

Health/Physical Education

- HPE 180 B 1 Credit
ADVANCED BASKETBALL (WOMEN)
Quarters: Fall, Winter, Spring
Advanced training in the sport of basketball. Team concepts for basketball will be taught that include strategy for competition, drill work associated with player development, and mental preparation. Some sections may have a no-cost text book option.
- HPE 180 BC 1 Credit
BASKETBALL CONDITIONING (WOMEN)
Quarters: Fall, Winter, Spring
Advanced conditioning in the sport of basketball. Conditioning basketball athletes to train the aerobic and anaerobic systems for the enhancement of player performance. Some sections may have a no-cost text book option.
- HPE 180 C 1 Credit
ADVANCED CROSS COUNTRY (WOMEN)
Quarters: Fall, Winter
Advanced training in the sport of cross country. Team concepts for cross country will be taught that include strategy for competition, drill work associated with player development, and mental preparation. Some sections may have a no-cost text book option.
- HPE 180 CC 1 Credit
CROSS COUNTRY CONDITIONING (WOMEN)
Quarters: Fall, Winter, Spring
Advanced conditioning in the sport of cross country. Conditioning cross country athletes to train the aerobic and anaerobic systems for the enhancement of player performance. Some sections may have a no-cost text book option.
- HPE 180 D 1 Credit
ADVANCED SOFTBALL (WOMEN)
Quarters: Fall, Winter, Spring
Advanced training in the sport of softball. Team concepts for softball will be taught that include strategy for competition, drill work associated with player development, and mental preparation. Some sections may have a no-cost text book option.
- HPE 180 DC 1 Credit
SOFTBALL CONDITIONING (WOMEN)
Quarters: Fall, Winter, Spring
Advanced conditioning in the sport of softball. Conditioning softball athletes to train the aerobic and anaerobic systems for the enhancement of player performance. Some sections may have a no-cost text book option.
- HPE 180 F 1 Credit
ADVANCED TRACK AND FIELD (WOMEN)
Quarters: Fall, Winter, Spring
Advanced training in the sport of track and field. Team concepts for track and field will be taught that include strategy for competition, drill work associated with player development, and mental preparation. Some sections may have a no-cost text book option.
- HPE 180 FC 1 Credit
TRACK AND FIELD CONDITIONING (WOMEN)
Quarters: Fall, Winter, Spring
Advanced conditioning in the sport of track and field. Conditioning track and field athletes to train the aerobic and anaerobic systems for the enhancement of player performance. Some sections may have a no-cost text book option.
- HPE 180 R 1 Credit
ADVANCED RODEO (WOMEN)
Quarters: Fall, Winter, Spring
Advanced training in the sport of rodeo. Team concepts for rodeo will be taught that include strategy for competition, drill work associated with player development, and mental preparation. Some sections may have a no-cost text book option.
- HPE 180 RC 1 Credit
RODEO CONDITIONING (WOMEN)
Quarters: Winter, Spring
Advanced conditioning in the sport of rodeo. Conditioning rodeo athletes to train the aerobic and anaerobic systems for the enhancement of player performance. Some sections may have a no-cost text book option.
- HPE 180 S 1 Credit
ADVANCED SOCCER (WOMEN)
Quarters: Fall, Winter, Spring
Advanced training in the sport of soccer. Team concepts for soccer will be taught that include strategy for competition, drill work associated with player development, and mental preparation. Some sections may have a no-cost text book option.

HPE 180 SC SOCCER CONDITIONING (WOMEN) Quarters: Fall, Winter, Spring Advanced conditioning in the sport of soccer. Conditioning soccer athletes to train the aerobic and anaerobic systems for the enhancement of player performance. Some sections may have a no-cost text book option.	1 Credit
HPE 180 T TENNIS CONDITIONING (WOMEN) Quarters: Fall, Winter, Spring Advanced training in the sport of tennis. Team concepts for tennis will be taught that include strategy for competition, drill work associated with player development, and mental preparation. Some sections may have a no-cost text book option.	1 Credit
HPE 180 TC TENNIS CONDITIONING (WOMEN) Quarters: Fall, Winter, Spring Advanced conditioning in the sport of tennis. Conditioning tennis athletes to train the aerobic and anaerobic systems for the enhancement of player performance. Some sections may have a no-cost text book option.	1 Credit
HPE 180 V ADVANCED VOLLEYBALL (WOMEN) Quarters: Fall, Winter, Spring Advanced training in the sport of volleyball. Team concepts for volleyball will be taught that include strategy for competition, drill work associated with player development, and mental preparation. Some sections may have a no-cost text book option.	1 Credit
HPE 180 VC VOLLEYBALL CONDITIONING (WOMEN) Quarters: Fall, Winter, Spring Advanced conditioning in the sport of volleyball. Conditioning volleyball athletes to train the aerobic and anaerobic systems for the enhancement of player performance. Some sections may have a no-cost text book option.	1 Credit
HPE 185 B BASKETBALL ACTIVITY Quarters: Fall Provides instruction and physical exercise and conditioning around a specific activity or sport. Features courses in basketball, aerobic activities, jogging, weight training, yoga, golf, swimming, tennis, and seasonal activity classes.	1 Credit
HPE 185 D STEP AEROBICS Quarters: Winter Provides instruction and physical exercise and conditioning around a specific activity or sport. Features courses in basketball, aerobic activities, jogging, weight training, yoga, golf, swimming, tennis, and seasonal activity classes. Some sections may have a no-cost text book option.	1 Credit
HPE 185 E TENNIS ACTIVITY Quarters: Fall, Spring Provides instruction and physical exercise and conditioning around a specific activity or sport. Features courses in basketball, aerobic activities, jogging, weight training, yoga, golf, swimming, tennis, and seasonal activity classes. Some sections may have a no-cost text book option.	1 Credit
HPE 185 F AEROBIC FITNESS Quarters: Summer, Fall, Winter, Spring Provides instruction and physical exercise and conditioning around a specific activity or sport. Features courses in basketball, aerobic activities, jogging, weight training, yoga, golf, swimming, tennis, and seasonal activity classes. Some sections may have a no-cost text book option.	1 Credit
HPE 185 G GOLF ACTIVITY Quarters: Offered as needed Provides instruction and physical exercise and conditioning around a specific activity or sport. Features courses in basketball, aerobic activities, jogging, weight training, yoga, golf, swimming, tennis, and seasonal activity classes.	1 Credit
HPE 185 J WALK/JOG/WEIGHT TRAINING Quarters: Summer, Fall, Winter, Spring Provides instruction and physical exercise and conditioning around a specific activity or sport. Features courses in basketball, aerobic activities, jogging, weight training, yoga, golf, swimming, tennis, and seasonal activity classes. Some sections may have a no-cost text book option.	1 Credit

HPE 185 K KICKBOXING AEROBICS Quarters: Offered as needed Focuses on three primary aspects of physical fitness: cardiovascular fitness, flexibility, and strength. The primary emphasis is on the cardiovascular component of the course. Increases cardiovascular endurance and strength utilizing punching and kicking techniques while incorporating various aerobic methods.	1 Credit
HPE 185 S SWIMMING Quarters: Summer, Fall, Winter, Spring Utilizes swimming pool facilities for aerobic activities. Students will be allowed to set their own schedules in accordance with pool hours. Some sections may have a no-cost text book option.	1 Credit
HPE 185 T AEROBIC/WEIGHT TRAINING Quarters: Offered as needed Provides instruction and physical exercise and conditioning around a specific activity or sport. Features courses in basketball, aerobic activities, jogging, weight training, yoga, golf, swimming, tennis, and seasonal activity classes.	1 Credit
HPE 185 W WEIGHT TRAINING Quarters: Summer, Fall, Winter, Spring Provides instruction and physical exercise and conditioning around a specific activity or sport. Features courses in basketball, aerobic activities, jogging, weight training, yoga, golf, swimming, tennis, and seasonal activity classes. Some sections may have a low-cost or no-cost text book option.	1 Credit
HPE 185 Y YOGA Quarters: Summer, Fall, Winter, Spring Provides instruction and physical exercise and conditioning around a specific activity or sport. Features courses in basketball, aerobic activities, jogging, weight training, yoga, golf, swimming, tennis, and seasonal activity classes. Some sections may have a no-cost text book option.	1 Credit
HPE 190 B ADVANCED BASKETBALL (MEN) Quarters: Fall, Winter, Spring Advanced training in the sport of basketball. Team concepts for basketball will be taught that include strategy for competition, drill work associated with player development, and mental preparation. Some sections may have a no-cost text book option.	1 Credit
HPE 190 BC BASKETBALL CONDITIONING (MEN) Quarters: Fall, Winter, Spring Advanced conditioning in the sport of basketball. Conditioning basketball athletes to train the aerobic and anerobic systems for the enhancement of player performance. Some sections may have a no-cost text book option.	1 Credit
HPE 190 C ADVANCED CROSS COUNTRY (MEN) Quarters: Fall, Winter Advanced training in the sport of cross country. Team concepts for cross country will be taught that include strategy for competition, drill work associated with player development, and mental preparation. Some sections may have a no-cost text book option.	1 Credit
HPE 190 CC CROSS COUNTRY CONDITIONING (MEN) Quarters: Fall, Winter, Spring Advanced conditioning in the sport of cross country. Conditioning cross country athletes to train the aerobic and anaerobic systems for the enhancement of player performance. Some sections may have a no-cost text book option.	1 Credit
HPE 190 D ADVANCED BASEBALL (MEN) Quarters: Fall, Winter, Spring Advanced training in the sport of baseball. Team concepts for baseball will be taught that include strategy for competition, drill work associated with player development, and mental preparation. Some sections may have a no-cost text book option.	1 Credit
HPE 190 DC BASEBALL CONDITIONING (MEN) Quarters: Fall, Winter, Spring Advanced conditioning in the sport of baseball. Conditioning baseball athletes to train the aerobic and anaerobic systems for the enhancement of player performance. Some sections may have a no-cost text book option.	1 Credit

HPE 190 F 1 Credit

ADVANCED TRACK AND FIELD (MEN)

Quarters: Fall, Winter, Spring

Advanced training in the sport of track and field. Team concepts for track and field will be taught that include strategy for competition, drill work associated with player development, and mental preparation. Some sections may have a no-cost text book option.

HPE 190 FC 1 Credit

TRACK AND FIELD CONDITIONING (MEN)

Quarters: Fall, Winter, Spring

Advanced conditioning in the sport of track and field. conditioning track and field athletes to train the aerobic and anaerobic systems for the enhancement of player performance. Some sections may have a no-cost text book option.

HPE 190 R 1 Credit

ADVANCED RODEO (MEN)

Quarters: Fall, Winter, Spring

Advanced training in the sport of rodeo. Team concepts for rodeo will be taught that include strategy for competition, drill work associated with player development, and mental preparation. Some sections may have a no-cost text book option.

HPE 190 RC 1 Credit

RODEO CONDITIONING (MEN)

Quarters: Winter, Spring

Advanced conditioning in the sport of rodeo. Conditioning rodeo athletes to train the aerobic and anaerobic systems for the enhancement of player performance. Some sections may have a no-cost text book option.

HPE 190 S 1 Credit

ADVANCED SOCCER (MEN)

Quarters: Fall, Winter, Spring

Advanced training in the sport of soccer. Team concepts for soccer will be taught that include strategy for competition, drill work associated with player development, and mental preparation. Some sections may have a no-cost text book option.

HPE 190 SC 1 Credit

SOCCER CONDITIONING (MEN)

Quarters: Fall, Winter, Spring

Advanced conditioning in the sport of soccer. Conditioning soccer athletes to train the aerobic and anaerobic systems for the enhancement of player performance. Some sections may have a no-cost text book option.

HPE 190 T 1 Credit

ADVANCED TENNIS (MEN)

Quarters: Fall, Winter, Spring

Advanced training in the sport of tennis. Team concepts for tennis will be taught that include strategy for competition, drill work associated with player development, and mental preparation. Some sections may have a no-cost text book option.

HPE 190 TC 1 Credit

TENNIS CONDITIONING (MEN)

Quarters: Fall, Winter, Spring

Advanced conditioning in the sport of tennis. Conditioning tennis athletes to train the aerobic and anaerobic systems for the enhancement of player performance. Some sections may have a no-cost text book option.

HPE 260 J 3 Credits

INTRO TO ATHLETIC TRAINING II

Quarters: Offered as needed

Introduces the proper techniques of injury evaluation, treatment, rehabilitation and/or care of athletic injuries. Covers anatomical structures of the foot, ankle, lower leg, knee, thigh, hip, groin, thoracic region, chest, back, ribs, back, fingers, wrist, hand, elbow, shoulder, head, neck, and spinal area. Discusses how each functions and what injuries may occur. Covers the relevant soft tissue structures, including muscle tendon units, cartilage, and ligamentous structures. Teaches students to complete injury evaluations and provides a working knowledge of how each injury occurred.

HPE 261 J 2 Credits

TAPING AND BRACING

Quarters: Fall

Demonstrates multiple techniques in preventing, supporting and protecting athletes from injury by means of taping, bracing, wrapping and/or splinting. Uses various braces, splints and types of tape for numerous body parts, including feet, ankles, lower leg, knees, hip/groin, shoulders, elbows, wrists, hands and fingers.

- HPE 100 1 Credit
YOGA
Quarters: Summer, Spring
Incorporates a dynamic series of poses performed at a gentle pace. Covers basic yoga philosophy, asanas, pranayama, meditation and relaxation for a better health and wellness. Recommended beginner students who are not ready for a more active yoga. Some sections may have a no-cost text book option.
- HPE 101 1 Credit
YOGA-BARRE
Quarters: Summer, Fall, Winter, Spring
Barre is a mixture of modern postural alignment theory, core activation, glute strengthening movements, leg and arm strengthening movements. You use your body weight to churn out rep after rep of muscle-burning moves. The yoga in this course will mainly be a vinyasa flow, which focuses the movement with the breath, a constant movement that allows you to build up heat as you flow. Includes intermediate yoga exercises for increased flexibility, improved health, relaxation, and reduced stress in daily living. Some sections may have a no-cost text book option.
- HPE 120 2 Credits
FIRST AID AND CPR
Quarters: Fall, Winter, Spring
Teaches the proper techniques in administering CPR and rescue breathing on an adult, child and infant and the use of an Automated External Defibrillator (AED) on an adult and child victim. Presents the proper techniques for clearing an obstructed airway on both a conscious and unconscious victim of any age, and the proper first aid procedures to control bleeding, treat for shock, bandage wounds, splint broken bones and numerous other emergency care techniques.
- HPE 121 1 Credit
BEGINNING WEIGHT TRAINING
Quarters: Fall, Winter, Spring
Stresses the proper guidelines, principles, and techniques of weight lifting and the development of muscular strength and endurance. Introduces the development of individual weight training programs which allow for body and strength differences, including weight training etiquette and safety. Introduces evaluation techniques for muscular endurance and strength. Some sections may have a no-cost text book option.
- HPE 122 1 Credit
INDEPENDENT/ADV WEIGHT TRAINING
Quarters: Fall, Winter, Spring
Development of muscular strength, endurance and power at an advanced level. Continues and reinforces beginning weight training concepts. The students will be held accountable for independent lifting by turning in a work-out log designated by the instructor. Recommended: Beginning Weight Training or equivalent Some sections may have a no-cost text book option.
- HPE 131 3 Credits
INTRO TO P.E. AND HEALTH
Quarters: Offered as needed
Introduces the broad spectrum of fields related to exercise science. Covers the history, and current and future trends within the exercise field. Includes an introduction to anatomy. Discusses athletic training as a profession, biomechanics and exercise physiology, and modern trends related to nutrition, sports psychology and measurements.
- HPE 185 1 Credit
CO EDUCATIONAL PHYSICAL EDUCATION
Quarters: Fall, Winter
Provides instruction and physical exercise and conditioning around a specific activity or sport. Features courses in basketball, aerobic activities, jogging, weight training, yoga, golf, swimming, tennis, and seasonal activity classes.
- HPE 194 2 Credits
PROFESSIONAL ACTIVITIES
Quarters: Fall, Winter, Spring
Introduces team and/or individual sports, providing a sound foundation of skill development and knowledge in each area of the sport. Emphasizes methods, and progression and analysis of motor skills needed to become an effective teacher of each selected sport and/or event. Concentrates on one sport each quarter in the following six-quarter rotation: soccer, volleyball, tennis, softball, basketball, and golf. Lab required. Some sections may have a low-cost text book option.
- HPE 201 3 Credits
PERSONAL TRAINING
Quarters: Offered as needed
Students will follow the curriculum for the American College of exercise (ACE) Personal Trainer Certification. The course will guide students through expectations, requirements, processes and knowledge to prepare to become a certified personal trainer through ACE. The student will obtain information through videos, lecture, and self-study. Students will be prepared to take the ACE American College of Exercise personal training exam, which is offered through ACE and not included in this course.

HPE 231 2 Credits

LIFETIME FITNESS

Quarters: Fall, Winter, Spring

This class explores fitness, nutrition, stress management, healthy literacy, and behavior change to maximize personal wellness by making good choices in regards to wellness. Related topics covered include muscular strength and endurance, writing an exercise plan, analyzing personal diet, and stress management techniques. The class will include a behavior change project, personal fitness plan, nutrition analysis and specific techniques to manage stress to improve overall quality of life.

HPE 259 3 Credits

INTRO TO ATHLETIC TRAINING I

Quarters: Offered as needed

Introduces the history, characteristics and employment opportunities for athletic trainers. Discusses epidemiology of injuries, recognition of specific injuries, and a variety of conditions related to the health of the athlete. Includes civil litigation, preparing to become an athletic trainer, day to day tasks required, structure of a sports medicine team, prevention and management of injuries and how to establish an emergency response plan.

HPE 288 3 Credits

SCIENCE OF COACHING YOUTH SPORTS

Quarters: Fall

This course provides a general understanding of exercise physiology, sport pedagogy, sport psychology, and sport medicine for individuals who wish to coach in a school or youth sport setting. The course is designed to prepare the student to take the coaching certification through the National Federation of State High School Association (NFHS).

HPE 294 2 Credits

PE PROFESSIONAL ACTIVITIES METHODS

Quarters: Offered as needed

Introduces team and/or individual sports, providing a sound foundation of skill development and knowledge in each area of the sport. Emphasizes methods, and progression and analysis of motor skills needed to become an effective teacher of each selected sport and/or event. Concentrates on one sport each quarter in the following six-quarter rotation: soccer, volleyball, tennis, softball, basketball, and golf. Lab required.

HPE 295 3 Credits

HEALTH AND FITNESS FOR LIFE

Quarters: Summer, Fall, Winter, Spring

Explores wellness concepts and emphasizes how to maximize health by making informed choices in regards to total wellness, fitness, nutrition and other lifestyle changes. Covers muscle strength and endurance, cardiovascular issues, lifestyle related diseases and their risk factors, and prevention methods.

History

HIST 101 3 Credits

HISTORY OF WESTERN CIVILIZATIONS

Quarters: Fall

Examines the major ideas, issues, events and personalities of the time. Offers different frameworks of analysis to enhance comprehension and critical thinking. Includes the Birth of Civilization, Greece and Rome, Middle Ages, and Renaissance.

HIST 102 3 Credits

HISTORY OF WESTERN CIVILIZATIONS

Quarters: Summer, Winter, Spring

Examines the major ideas, issues, events and personalities of the time. Offers different frameworks of analysis to enhance comprehension and critical thinking. Includes the Reformation, Absolutism, the Scientific and Industrial Revolutions, and the French Revolution. Some sections may have a no-cost text book option.

HIST 103 3 Credits

HISTORY OF WESTERN CIVILIZATIONS

Quarters: Summer, Spring

Examines the major ideas, issues, events and personalities of the time. Offers different frameworks of analysis to enhance comprehension and critical thinking. Includes the age of Napoleon, the age of nation-states, the birth of modern European thought. World War I, Great Depression, World War II, the Vietnam War, and through to the present.

HIST 201 3 Credits

U.S. HISTORY

Quarters: Summer, Fall, Winter

Examines the major ideas, issues, events, and personalities of the time. Offers different frameworks of analysis to enhance comprehension and critical thinking. Includes early migration into North America through nationhood to the eve of the Civil War.

HIST 202 3 Credits

U.S. HISTORY

Quarters: Fall, Winter, Spring

Examines the major ideas, issues, events and personalities of the time. Offers different frameworks of analysis to enhance comprehension and critical thinking. Includes westward movement, Civil War, industrial America, and the Progressive Era. Some sections may have a no-cost text book option.

HIST 203 3 Credits

U.S. HISTORY

Quarters: Fall, Winter, Spring

Examines the major ideas, issues, events and personalities of the time. Offers different frameworks of analysis to enhance comprehension and critical thinking. Includes WWI, Depression and New Deal, WWII, Vietnam War, and the 1960's through to the present.

Horse Production

HPRD 101 (P/T) 3 Credits

ROUGH STOCK I

Quarters: Fall

Teaches basic skills of rough stock rodeo events and activities. Includes physical and mental aspects of successful rodeo competition. Provides opportunity to practice on live animals.

HPRD 102 (P/T) 3 Credits

ROUGH STOCK II

Quarters: Winter

Continues skill acquisition of Rough Stock I, emphasizing sharpening skills, improving techniques and preparing for competition.

HPRD 103 (P/T) 3 Credits

ROUGH STOCK III

Quarters: Spring

Includes participation in NIRA competition and organizing and conducting a college rodeo event.

HPRD 104 (P/T) 3 Credits

TIMED EVENTS I

Quarters: Fall

Teaches basic timed event skills, emphasizing sharpening techniques and the mental and physical aspects of rodeo competition. Provides opportunity to practice with live animals. Requires the student to have a suitable horse for timed events competition.

HPRD 105 (P/T) 3 Credits

TIMED EVENTS II

Quarters: Winter

A continuation of Timed Events I with emphasis on preparation for competition.

HPRD 106 (P/T) 3 Credits

TIMED EVENTS III

Quarters: Spring

Provides students the opportunity to participate in NIRA competitions and organize and conduct their own college rodeo.

HPRD 280 (P/T) 1 Credit

EQUINE WORK EXPERIENCE

Quarters: Summer, Fall, Spring

Applies actual work experience in an equine-related. An on-site supervisor evaluates and supervises the work experience student. Requires instructor approval of work setting and placement, and documentation of 36 worksite hours for each credit earned.

Horticulture

HORT 111 3 Credits

INTRO TO PLANT GROWTH

Quarters: Fall, Winter, Spring

Covers basic botany along with a study of principles of plant growth and reproduction. Emphasis is on understanding how plants grow and the factors which influence yield and quality. Students will learn basic plant parts and their functions.

HORT 211 3 Credits

PLANT PROPAGATION

Quarters: Winter

This course is designed to provide students with the understanding and knowledge for propagating plants from seeds and vegetative tissues. The course covers the basic theory and applications of seed science, including collection testing, handling, treatment, and sowing. Clonal propagation via cuttings, layering, and grafting is also covered. Management of plant genetic material and basic concepts behind plant selection will be addressed.

HORT 220 4 Credits

INTRODUCTORY PLANT BIOLOGY

Quarters: Offered as needed

This course covers biology of plants beginning with classification and anatomy through functional ecology. Major plant groups, plant cells and tissues, plant anatomy, physiology, growth and development, and ecology as well as the function of plants in the environment are discussed. Emphasis is placed on function and physiology, and the determination of functional ecology from life cycles, anatomy, growth, and development. Laboratory included.

HORT 225 4 Credits

GREENHOUSE MANAGEMENT

Quarters: Offered as needed

This course covers the importance of greenhouse structure and operational systems to quality plant production. Emphasis is placed on production requirements for greenhouse crops and management of the environment. Hydroponic and other advanced soilless production systems are also addressed. Prerequisites: HORT 111

HORT 250 3 Credits

PLANT PATHOLOGY

Quarters: Offered as needed

Covers symptoms, causal agents, diagnosis, and prevention of plant diseases with emphasis on fungi, bacteria, nematode, and virus pathogens.

Human Development

HDEV 112 1 Credit

FRESHMAN SEMINAR

Quarters: Summer, Fall, Winter, Spring

Provides information and self-evaluation in areas of goal setting, educational planning, career interest, learning styles, time management, study skills, and successful navigation of the college system (financial aid, resources, policies). Some sections may have a no-cost text book option.

HDEV 120 3 Credits

COLLEGE SUCCESS

Quarters: Summer, Fall, Winter

Provides student success strategies, including analyzing academic needs, developing long-term academic plans, exploring career choices, and accessing electronic and human resources on campus. Presents effective communication skills, time management, test taking, note taking, memory and study techniques, and stress management. Some sections may have a low-cost or no-cost text book option.

HDEV 129 2 Credits

STUDENT LIFE LEADERSHIP

Quarters: Fall, Spring

Promotes the understanding of a student leadership position on Student Government, Student Activities, or as a Resident Assistant. Also allows for personal and team goal setting, life skills, conflict resolution skills, and promotes overall student success.

HDEV 130 1 Credit

TUTOR TRAINING (PEER LEADERSHIP)

Quarters: Offered as needed

Students will develop knowledge of the college, student resources and services, adult development, critical thinking, communication skills, and many other topics relevant to "best practices" in tutoring. This course is a required component of the math tutoring services made available by TVCC and is focused on training. There are no pre-requisites other than the application requirements and being selected to take the course by the Math Lab leaders.

Human Services

HSER 100 (P/T) 3 Credits

INTRODUCTION TO HUMAN SERVICES

Quarters: Fall

Provides an overview of the profession of human services, and an opportunity to explore careers. Helps prepare students to be effective human services professionals by providing: Information that will increase knowledge about human services organizations and programs; skill-building opportunities that improve students' professional helping skills; Examples of professional roles, opportunities, and responsibilities to help students consider their own option for a career in human services. Explores such fields of practice as aging, corrections, alcohol and other drug abuse, child welfare, mental health and developmentally disabled.

HSER 101 3 Credits

ADDICTIONS PHARMACOLOGY

Quarters: Fall, Spring

Explains how alcohol and other drugs are processed in the body and the brain. Includes the physiological effects of alcohol and other drugs on the human body, and the possible implications for the treatment and prevention of problems that arise from their use. Prerequisites: Pass WR 095 with a C- or better, or suitable placement score.

HSER 102 3 Credits

DRUG USE, MISUSE AND ADDICTION

Quarters: Fall

Introduces students to drug classification systems and specific drugs within each classification, including physiological and psychological effects, signs and symptoms of use, abuse, dependence, overdose and withdrawal. Examines treatment modalities and the recovery process. Co-requisite: HSER 101.

HSER 120 (P/T) 3 Credits

PEER RECOVERY COACHING

Quarters: Fall, Winter, Spring

This course provides a comprehensive overview of the purpose, tasks, roles, and responsibilities of Recovery Coaches. A Recovery Coach's goal is to serve as a personal guide and mentor for people seeking recovery from addictions and help to remove obstacles and barriers to recovery. Recovery Coaching is not a clinical service. Rather, it is a new and exciting role in the field of substance use disorders. Students will learn to use their lived experience to support the recovery process of others. Additionally, the course provides instruction in the multiple paths toward recovery including how to navigate systems, events, and exploration of the recovery community.

HSER 200 3 Credits

ALCOHOL/DRUGS AND FAMILY

Quarters: Fall

Explores the role of the counselor in the chemically dependent family, from identification of roles through intervention strategies and treatment modalities. Includes competency-based education techniques, including group activities, presentations, research, readings, role playing, attendance in community meetings, and interviewing professionals in the field of family therapy. Co-requisite: HSER 101.

HSER 202 4 Credits

COUNSELING TECHNIQUES I

Quarters: Winter

Introduces a variety of techniques used in group and individual counseling practices, emphasizing those relevant to addictions treatment. Explores cultural diversity, self-awareness in one's personal and professional life, and clients with disabilities. Discusses establishing a helping relationship with the client, professional responsibilities, adapting counseling strategies to individual characteristics of the client, and crisis management skills. Prerequisites: HSER 101 and HSER 102 or 200, with a grade of C- or better.

HSER 219 3 Credits

CASE MANAGEMENT- CAPSTONE

Quarters: Summer, Fall

Covers the preparation of clinical documentations related to screening and intake processes, assessments, treatment plans, reports, progress notes, discharge summaries, and other client-related data. Applies state ASAM and other professionally relevant standards. Prerequisites: HSER 101, 102, 200, 202, 224, 226 and 228 with a grade of C- or better.

HSER 224 3 Credits

GROUP SKILLS FOR SUBSTANCE ABUSE

Quarters: Spring

Presents strategies from accepted and culturally appropriate models for group counseling with clients with a variety of disorders including substance abuse. Focuses on the ethical use of groups as an effective therapeutic intervention. Addresses leadership behaviors, group formation and group states. Prerequisites: HSER 202 and HSER 228 with a grade of C- or better,

HSER 226 3 Credits

ETHICS FOR ADDICTIONS COUNSELING

Quarters: Fall, Winter, Spring

Provides information on personal and professional ethics that apply to addictions counselors. Discusses personal issues and values, client rights, confidentiality, when to report abuse, self-care, sexual dilemmas, cultural diversities and standards, dual relationships and professional code of ethics.

HSER 228 4 Credits

SCREENING AND ASSESSMENT

Quarters: Winter

Surveys the process of obtaining and interpreting client information to determine substance abuse and substance dependence issues. Investigates how to utilize collateral information to determine client characteristics and needs, courses of action and available resources with the client's community. Presents the importance of gathering and interpreting information necessary for treatment planning and evaluating the progress of clients. Prerequisites: HSER 101 and 102, or 200 with a grade of C- or better.

HSER 248 2 Credits

INFECTIOUS DISEASES:ADDICTION RISK

Quarters: Summer

Explores the relationship between alcohol and other drug abuse and infectious diseases, including HIV/AIDS, tuberculosis, sexually-transmitted diseases and hepatitis. Provides counseling techniques for assisting clients to identify personal risk and practice harm reduction. Also addresses special issues affecting diverse populations. Examines personal issues/discomforts arising from frankly discussing sexual behaviors of clients. Some sections may have a no-cost text book option.

HSER 250 3 Credits

INTRO TO MEDITATION, MINDFUL/STRESS

Quarters: Summer, Fall, Winter, Spring

This course explores various meditation, body awareness, and yoga techniques. Learning takes place through practice and study of how your body handles (and can resolve) stress neurologically. The skills developed in this course can increase the ability to cope with stress, pain, and the challenges of everyday life. Students will learn to deal with disturbing events with grace and composure and to become more aware and fully present and alive in the moment. A growing body of research points to the benefits of mindfulness and meditation for mental and physical health. Although these terms are closely related, they are not identical. Mindfulness practice is one of many approaches to meditation; and mindfulness is applicable not just to meditation techniques but to a wide variety of daily life activities as well. These techniques assist us to combating negativity bias: triggers for the fight or flight stress response. By using meditation, mindfulness, and other techniques, and by learning more about how to manage our stress responses, we increase our well-being and life satisfaction. Some sections may have a low-cost or no-cost text book option.

HSER 280 1 Credit

ADDICTION STUDIES COOP WK EXP

Quarters: Summer, Fall, Winter, Spring

Designed to give students an opportunity to acquire work experience in their chosen field. An on-site supervisor will supervise and evaluate the work experience student. Instructor approval of work setting and placement is required. For each credit earned, the student will need to document 36 hours at the work site. Some sections may have a no-cost text book option. Prerequisites: HSER 101, HSER 102, HSER 200, or be working in the field now, or have a degree in Social Work and getting additional credentials.

Humanities

HUMN 148 3 Credits

INTRO TO HUMANITIES

Quarters: Offered as needed

Explores the question, "What does it mean to be human?" through examining the interrelationships of literature, art, and music. Focus: Classical and Medieval periods. Prerequisites: Pass WR 115 with a "C-" or better, or suitable placement score.

HUMN 149 3 Credits

INTRO TO HUMANITIES

Quarters: Offered as needed

Explores the question, "What does it mean to be human?" through examining the interrelationships of literature, art, and music. Focus: Renaissance through Neoclassical periods. Prerequisites: Pass WR 115 with a C- or better, or suitable placement score.

HUMN 150 3 Credits

INTRO TO HUMANITIES

Quarters: Offered as needed

Explores the question, "What does it mean to be human?" through examining the interrelationships of literature, art, and music. Focus: Romanticism to the present. Prerequisites: Pass WR 115 with a "C-" or better, or suitable placement score.