## Health/Physical Education

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Title</th>
<th>Credits</th>
<th>Quarters</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>HPE 180 B</td>
<td>ADVANCED BASKETBALL (WOMEN)</td>
<td>1</td>
<td>Fall, Winter</td>
<td>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.</td>
</tr>
<tr>
<td>HPE 180 BC</td>
<td>BASKETBALL CONDITIONING (WOMEN)</td>
<td>1</td>
<td>Fall, Winter, Spring</td>
<td>Advanced conditioning in the sport of basketball. Conditioning basketball athletes to train the aerobic and anaerobic systems for the enhancement of player performance.</td>
</tr>
<tr>
<td>HPE 180 C</td>
<td>ADVANCED CROSS COUNTRY (WOMEN)</td>
<td>1</td>
<td>Fall, Winter</td>
<td>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.</td>
</tr>
<tr>
<td>HPE 180 CC</td>
<td>CROSS COUNTRY CONDITIONING (WOMEN)</td>
<td>1</td>
<td>Fall, Winter, Spring</td>
<td>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.</td>
</tr>
<tr>
<td>HPE 180 D</td>
<td>ADVANCED SOFTBALL (WOMEN)</td>
<td>1</td>
<td>Fall, Winter, Spring</td>
<td>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.</td>
</tr>
<tr>
<td>HPE 180 DC</td>
<td>SOFTBALL CONDITIONING (WOMEN)</td>
<td>1</td>
<td>Fall, Winter, Spring</td>
<td>Advanced conditioning in the sport of softball. Conditioning softball athletes to train the aerobic and anaerobic systems for the enhancement of player performance.</td>
</tr>
<tr>
<td>HPE 180 F</td>
<td>ADVANCED TRACK AND FIELD (WOMEN)</td>
<td>1</td>
<td>Fall, Winter, Spring</td>
<td>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.</td>
</tr>
<tr>
<td>HPE 180 FC</td>
<td>TRACK AND FIELD CONDITIONING (WOMEN)</td>
<td>1</td>
<td>Fall, Winter, Spring</td>
<td>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.</td>
</tr>
<tr>
<td>HPE 180 R</td>
<td>ADVANCED RODEO (WOMEN)</td>
<td>1</td>
<td>Fall, Winter, Spring</td>
<td>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.</td>
</tr>
<tr>
<td>HPE 180 RC</td>
<td>RODEO CONDITIONING (WOMEN)</td>
<td>1</td>
<td>Fall, Winter, Spring</td>
<td>Advanced conditioning in the sport of rodeo. Conditioning rodeo athletes to train the aerobic and anaerobic systems for the enhancement of player performance.</td>
</tr>
<tr>
<td>HPE 180 S</td>
<td>ADVANCED SOCCER (WOMEN)</td>
<td>1</td>
<td>Fall, Winter, Spring</td>
<td>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 textbook option.</td>
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<tr>
<td>Course Code</td>
<td>Title</td>
<td>Credits</td>
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<tr>
<td>HPE 180 SC</td>
<td>SOCCER CONDITIONING (WOMEN)</td>
<td>1</td>
<td>Fall, Winter, Spring</td>
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<tr>
<td></td>
<td>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.</td>
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<tr>
<td>HPE 180 T</td>
<td>TENNIS CONDITIONING (WOMEN)</td>
<td>1</td>
<td>Fall, Winter, Spring</td>
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<td></td>
<td>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.</td>
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<tr>
<td>HPE 180 TC</td>
<td>TENNIS CONDITIONING (WOMEN)</td>
<td>1</td>
<td>Fall, Winter, Spring</td>
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<td></td>
<td>Advanced conditioning in the sport of tennis. Conditioning tennis athletes to train the aerobic and anaerobic systems for the enhancement of player performance.</td>
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<tr>
<td>HPE 180 V</td>
<td>ADVANCED VOLLEYBALL (WOMEN)</td>
<td>1</td>
<td>Fall, Winter, Spring</td>
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<td></td>
<td>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.</td>
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<tr>
<td>HPE 180 VC</td>
<td>VOLLEYBALL CONDITIONING (WOMEN)</td>
<td>1</td>
<td>Fall, Winter, Spring</td>
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<tr>
<td></td>
<td>Advanced conditioning in the sport of volleyball. Conditioning volleyball athletes to train the aerobic and anaerobic systems for the enhancement of player performance.</td>
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<tr>
<td>HPE 185 B</td>
<td>BASKETBALL ACTIVITY</td>
<td>1</td>
<td>Fall, Winter</td>
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<td></td>
<td>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.</td>
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<tr>
<td>HPE 185 D</td>
<td>STEP AEROBICS</td>
<td>1</td>
<td>Winter</td>
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<tr>
<td></td>
<td>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 text book option.</td>
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<tr>
<td>HPE 185 E</td>
<td>TENNIS ACTIVITY</td>
<td>1</td>
<td>Offered as needed</td>
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<td></td>
<td>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.</td>
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<tr>
<td>HPE 185 F</td>
<td>AEROBIC FITNESS</td>
<td>1</td>
<td>Summer, Fall, Winter, Spring</td>
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<td></td>
<td>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.</td>
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<tr>
<td>HPE 185 G</td>
<td>GOLF ACTIVITY</td>
<td>1</td>
<td>Spring</td>
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<td></td>
<td>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.</td>
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<tr>
<td>HPE 185 J</td>
<td>WALK/JOG/WEIGHT TRAINING</td>
<td>1</td>
<td>Summer, Fall, Winter, Spring</td>
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<tr>
<td></td>
<td>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.</td>
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</tbody>
</table>
HPE 185 K  1 Credit
KICKBOXING AEROBICS
Quarters: Spring
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. Some sections may have a no-cost text book option.

HPE 185 S  1 Credit
SWIMMING
Quarters: Summer, Fall, Winter
Utilizes swimming pool facilities for aerobic activities. Students will be allowed to set their own schedules in accordance with pool hours.

HPE 185 T  1 Credit
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.

HPE 185 W  1 Credit
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.

HPE 185 Y  1 Credit
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.

HPE 190 B  1 Credit
ADVANCED BASKETBALL (MEN)
Quarters: Fall, Winter
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.

HPE 190 BC  1 Credit
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.

HPE 190 C  1 Credit
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.

HPE 190 CC  1 Credit
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 anerobic systems for the enhancement of player performance.

HPE 190 D  1 Credit
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.

HPE 190 DC  1 Credit
BASEBALL CONDITIONING (MEN)
Quarters: Fall, Winter, Spring
Advanced conditioning in the sport of baseball. Conditioning baseball athletes to train the aerobic and anerobic systems for the enhancement of player performance.

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.
HPE 190 FC
TRACK AND FIELD CONDITIONING (MEN) 1 Credit
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.

HPE 190 R
ADVANCED RODEO (MEN) 1 Credit
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.

HPE 190 RC
RODEO CONDITIONING (MEN) 1 Credit
Quarters: Fall, 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.

HPE 190 S
ADVANCED SOCCER (MEN) 1 Credit
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 player development, and mental preparation.

HPE 190 SC
SOCCER CONDITIONING (MEN) 1 Credit
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.

HPE 190 T
ADVANCED TENNIS (MEN) 1 Credit
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.

HPE 190 TC
TENNIS CONDITIONING (MEN) 1 Credit
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.

HPE 190 W
ADVANCED WRESTLING (MEN) 1 Credit
Quarters: Fall, Winter
Provides advanced training, instruction and conditioning for male athletes in the following intercollegiate sports: basketball, cross country, soccer, baseball, track and field, golf, tennis, rodeo and wrestling.

HPE 190 WC
WRESTLING CONDITIONING (MEN) 1 Credit
Quarters: Fall, Winter
Advanced conditioning in the sport of baseball. Conditioning baseball athletes to train the aerobic and anaerobic systems for the enhancement of player performance.

HPE 260 J
INTRO TO ATHLETIC TRAINING II 3 Credits
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
TAPING AND BRACING 2 Credits
Quarters: Offered as needed
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 120  2 Credits
FIRST AID AND CPR
Quarters: Summer, 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 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: 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 low-cost text book option.

HPE 194  2 Credits
PROFESSIONAL ACTIVITIES
Quarters: Fall
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: Winter
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 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: Offered as needed
This course provides a general understanding of exercise physiology, sport pedagogy, sporty 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: 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 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
**HISTORY OF WESTERN CIVILIZATIONS**
- **Quarters:** Summer, Winter
- 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.

### HIST 103
**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
**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
**U.S. HISTORY**
- **Quarters:** 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.

### HIST 203
**U.S. HISTORY**
- **Quarters:** Summer, Fall, 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
**ROUGH STOCK I**
- **Quarters:** Fall
- (P/T) 3 Credits
- 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
**ROUGH STOCK II**
- **Quarters:** Winter
- (P/T) 3 Credits
- Continues skill acquisition of Rough Stock I, emphasizing sharpening skills, improving techniques and preparing for competition.

#### HPRD 103
**ROUGH STOCK III**
- **Quarters:** Spring
- (P/T) 3 Credits
- Includes participation in NIRA competition and organizing and conducting a college rodeo event.

#### HPRD 104
**TIMED EVENTS I**
- **Quarters:** Fall
- (P/T) 3 Credits
- 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
**TIMED EVENTS II**
- **Quarters:** Winter
- (P/T) 3 Credits
- A continuation of Timed Events I with emphasis on preparation for competition.

#### HPRD 106
**TIMED EVENTS III**
- **Quarters:** Spring
- (P/T) 3 Credits
- Provides students the opportunity to participate in NIRA competitions and organize and conduct their own college rodeo.
## Horticulture

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
<th>Prerequisites</th>
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<tbody>
<tr>
<td>HORT 111</td>
<td>INTRO TO PLANT GROWTH</td>
<td>3</td>
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<td>Quarters: Fall, Winter, Spring</td>
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<td></td>
<td>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.</td>
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<tr>
<td>HORT 211</td>
<td>PLANT PROPAGATION</td>
<td>3</td>
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<td>Quarters: Offered as needed</td>
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<td>Presents theory and methodology for reproducing plants by seed and rootstock. Covers anatomy, physiology, and genetics related to plant propagation as well as grafting.</td>
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<tr>
<td>HORT 250</td>
<td>PLANT PATHOLOGY</td>
<td>3</td>
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<td>Quarters: Offered as needed</td>
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<td>Covers symptoms, causal agents, diagnosis, and prevention of plant diseases with emphasis on fungi, bacteria, nematode, and virus pathogens.</td>
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## Human Development

<table>
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<tr>
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<th>Credits</th>
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<tbody>
<tr>
<td>HDEV 112</td>
<td>FRESHMAN SEMINAR</td>
<td>1</td>
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<td>Quarters: Summer, Fall, Winter, Spring</td>
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<td>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 low-cost or no-cost text book option.</td>
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<td>HDEV 120</td>
<td>COLLEGE SUCCESS</td>
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<td>Quarters: Summer, Fall, Winter, Spring</td>
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<td>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 text book option.</td>
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<tr>
<td>HDEV 130</td>
<td>TUTOR TRAINING (PEER LEADERSHIP)</td>
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<td>Quarters: Fall, Spring</td>
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<td>Students will develop knowledge of the college, student resources and services, adult development, critical thinking, communication skills, and many other topics relevant to &quot;best practices&quot; 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.</td>
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<td>HDEV 202</td>
<td>LIFE TRANSITIONS</td>
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<td>Quarters: Offered as needed</td>
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<td>Initiates empowerment of women experienceing significant changes or seeking new directions for their lives. Emphasizes personal development by exploring values, interests, strengths, and abilities using assessments and professional guidance. Examines choices in terms of career, education, volunteer work and personal creativity. Helps women develop a plan of action to reach the goals they have set for themselves.</td>
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<tr>
<td>HDEV 208</td>
<td>CAREER PLANNING</td>
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<td>Quarters: Offered as needed</td>
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<td>Assists students in identifying skills, interests and values as they relate to career choices. Includes self-assessment, career exploration, job search strategies, decision-making, and goal setting. Requires students to conduct informational interviews and begin to build personal portfolios.</td>
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<tr>
<td>HDEV 209</td>
<td>COMPLETE JOB FINDER</td>
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<td>Quarters: Offered as needed</td>
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<td>Provides intensive instruction in job search skills. Explores local and statewide options for employers. Examines what makes a qualified employee in both hard and soft skills.</td>
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<td>Course Code</td>
<td>Course Title</td>
<td>Credits</td>
<td>Quarters</td>
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<tr>
<td>HSER 101</td>
<td>ADDICTIONS PHARMACOLOGY</td>
<td>3</td>
<td>Fall, Spring</td>
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<tr>
<td>HSER 102</td>
<td>DRUG USE, MISUSE AND ADDICTION</td>
<td>3</td>
<td>Fall</td>
</tr>
<tr>
<td>HSER 152</td>
<td>STRESS MANAGEMENT</td>
<td>1</td>
<td>Offered as needed</td>
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<tr>
<td>HSER 200</td>
<td>ALCOHOL/DRUGS AND FAMILY</td>
<td>3</td>
<td>Fall</td>
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<tr>
<td>HSER 202</td>
<td>COUNSELING TECHNIQUES I</td>
<td>4</td>
<td>Winter</td>
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<td>HSER 219</td>
<td>CASE MANAGEMENT- CAPSTONE</td>
<td>3</td>
<td>Summer</td>
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<td>HSER 224</td>
<td>GROUP SKILLS FOR SUBSTANCE ABUSE</td>
<td>3</td>
<td>Spring</td>
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<tr>
<td>HSER 226</td>
<td>ETHICS FOR ADDICTIONS COUNSELING</td>
<td>3</td>
<td>Spring</td>
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<tr>
<td>HSER 228</td>
<td>SCREENING AND ASSESSMENT</td>
<td>4</td>
<td>Winter</td>
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HSER 248  
**INFECTIOUS DISEASES: ADDICTION RISK**  
Quarters: Summer, Spring  
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  
**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  
**ADDITION 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. 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**  
**INTRO TO HUMANITIES**  
Quarters: Fall  
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 and pass READ 090, or suitable placement score.

**HUMN 149**  
**INTRO TO HUMANITIES**  
Quarters: Winter  
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 and pass READ 090, or suitable placement score.

**HUMN 150**  
**INTRO TO HUMANITIES**  
Quarters: Spring  
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 and pass READ 090, or suitable placement score.