

COSUMNES RIVER COLLEGE

CATALOG 2014 2015

JANUARY 2015 ADDENDUM



COSUMNES
RIVER COLLEGE
Los Rios Community College District

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INTRODUCTION

This special January 2015 Addendum to the 2014-15 Catalog was approved by the Cosumnes River College Curriculum Committee in order to publish new courses that bring the College in compliance with California Title 5 Requirements Sections 55040 through 55046 regarding course repetition/repeatability.

NEW COURSES

AMT 375

Ford Asset Automotive Wheel Alignment **3 Units**

Prerequisite: AMT 371 (Ford ASSET Automotive Electrical/Electronic Systems) with a grade of "C" or better

Corequisite: AMT 374 (Ford ASSET Automotive Suspension and Steering)
Enrollment Limitation: Students taking this course must be enrolled in the Ford Automotive Student Service Education Training (ASSET) program due to prerequisite Ford Motor Company training requirements.

Course Transferable to CSU

Hours: 36 hours LEC, 54 hours LAB

This course is offered to students enrolled in the Ford Automotive Student Service Education Training (ASSET) program. This course covers various automotive wheel alignment equipment and procedures. Wheel alignment diagnosis and repair will be performed as well as maintenance and repair of related systems. Students who successfully complete this course may be eligible for Ford Service Technician Specialty Training (STST) certification.

AMT 376

Ford ASSET Automotive Heating and Air Conditioning **3 Units**

Prerequisite: AMT 371 (Ford ASSET Automotive Electrical/Electronic Systems) with a grade of "C" or better

Enrollment Limitation: Students taking this course must be enrolled in the Ford Automotive Student Service Education Training (ASSET) program due to prerequisite Ford Motor Company training requirements.

Course Transferable to CSU

Hours: 36 hours LEC, 54 hours LAB

This course is offered to students enrolled in the Ford Automotive Student Service Education Training (ASSET) program. This course covers the theory, diagnosis, and repair of automotive heating and air conditioning systems, including air management sub-systems and an overview of engine cooling systems. Proper handling of common automotive refrigerants in accordance with EPA regulations will also be covered. Students who successfully complete this course may be eligible for Ford Service Technician Specialty Training (STST) certification.

FITNS 444

Swimming V **1 Unit**

Prerequisite: NONE

General Education: AA/AS Area III(a); CSU Area E

Course Transferable to UC/CSU

Hours: 54 hours LAB

This swimming class emphasizes improvement in aerobic fitness. This is a self-paced overload method of training using a workout approach. Stroke efficiency, aerobic fitness, and personal improvement will be emphasized.

PHOTO 271

Color Management **1.5 Units**

Prerequisite: PHOTO 302 (Beginning Digital Photography) with a grade of "C" or better

Advisory: PHOTO 320 (Color Photography)

Hours: 18 hours LEC, 27 hours LAB

This course covers the fundamental principles of color management. Topics of instruction include: calibration, profile generation, color management in Photoshop, and optimizing and preparing images for output to labs. Students will work with digital cameras. The class includes: lectures, lab time, field trips, exams, a journal, and a final project.

SPORT 301

Off Season Conditioning for Baseball **.5-3 Units**

Prerequisite: None

Advisory: It is advised that students taking this course have played 2 years of high school varsity baseball.

General Education: AA/AS Area III(a); CSU Area E

Course Transferable to UC/CSU

Hours: 27-162 hours LAB

This course is designed to optimize sports performance and reduce risk of injury for the off-season intercollegiate athlete in the sport of baseball. Course content will include: sport specific skill development, sport specific strength training, cardiovascular conditioning, agility work, plyometric jump training, speed training and flexibility exercises. This course is designed to prepare students for intercollegiate baseball competition and may be repeated to meet requirements for CCCAA eligibility.

SPORT 303**Pre-Season Conditioning for Baseball .5-3 Units***Prerequisite: None**General Education: AA/AS Area III(a)***Course Transferable to CSU***Hours: 27-162 hours LAB*

This course is designed to optimize sports performance and reduce risk of injury for the pre-season intercollegiate athlete in the sport of baseball. Course content includes sport-specific skill development, sport-specific strength training, cardiovascular conditioning, agility work, plyometric training, speed training, and flexibility exercises. This course designed to prepare students for participation in intercollegiate competition and may be repeated a maximum of four times to meet California Community College Athletic Association requirements for eligibility.

SPORT 314**Pre-Season Conditioning for Men's Basketball .5-3 Units***Prerequisite: None**Enrollment Limitation: Once enrolled, the student must demonstrate intercollegiate athletic skills as determined by the coaching staff to remain enrolled in this course.**General Education: AA/AS Area III(a)***Course Transferable to UC/CSU***Hours: 27 -162 hours LAB*

This course is designed to prepare the collegiate basketball player for the competitive season and reduce risk of injury. Course content will include: collegiate level basketball-specific skill development, a solid aerobic conditioning plan, sport specific strength training, agility work, plyometrics, speed training and flexibility exercises as well as team play combination of activities designed to prepare the athlete both physically and mentally. This course is designed to prepare students for intercollegiate basketball competition and may be repeated a maximum of four times to meet California Community College Athletic Association requirements for eligibility.

SPORT 351**Off-Season Conditioning for Soccer .5-3 Units***Prerequisite: None**General Education: AA/AS Area III(a); CSU Area E***Course Transferable to UC/CSU***Hours: 27-162 hours LAB*

This course is designed to prepare the collegiate soccer player for the competitive season and reduce the risk of injury. Course content will include: collegiate level soccer-specific skill and tactical development, a solid aerobic conditioning plan, sport specific strength training, agility work, plyometrics, speed training and flexibility exercises as well as team play combination of activities designed to prepare the athlete both physically and mentally. This course is designed to prepare students for intercollegiate soccer competition and may be repeated to meet requirements for CCCAA eligibility.

SPORT 352**Off-Season Conditioning for Women's Soccer .5-3 Units***Prerequisite: None**General Education: AA/AS Area III(a)**Enrollment Limitation: The student must demonstrate intercollegiate athletic soccer skills as determined by a try-out conducted by the coaching staff to remain in the course.***Course Transferable to UC/CSU***Hours: 27-162 hours LAB*

This course covers off-season training and conditioning skills and techniques specific for intercollegiate soccer. Topics include skill development, strength training, cardiovascular conditioning, and speed training. Students will need to provide themselves with appropriate soccer attire, soccer cleats, and shin guards. This course may be repeated a maximum of four times to meet California Community College Athletic Association requirements for eligibility.

SPORT 357**Pre-Season Conditioning For Women's Soccer .5-3 Units***Prerequisite: None**General Education: AA/AS Area III(a)***Course Transferable to UC/CSU***Hours: 27-162 hours LAB*

This course is designed to increase sport performance and overall understanding of intercollegiate soccer concepts and strategic philosophies. Course content will include: collegiate level soccer-specific skill development, collegiate level offensive and defensive concepts, team specific soccer fundamentals, team specific drills for individual improvement and sport specific agility work, plyometrics and speed training. This course is designed to prepare students for intercollegiate soccer competition and may be repeated a maximum of four times to meet California Community College Athletic Association requirements for eligibility.

SPORT 358**Pre-Season Conditioning for Men's Soccer .5-3 Units***Prerequisite: None**General Education: AA/AS Area III(a)***Course Transferable to UC/CSU***Hours: 27-162 hours LAB*

This course is designed to increase sport performance and overall understanding of intercollegiate soccer concepts and strategic philosophies. Course content will include: collegiate level soccer-specific skill development, collegiate level offensive and defensive concepts, team specific soccer fundamentals, Team specific drills for individual improvement and sport specific agility work, plyometrics and speed training. This course may be repeated a maximum of four times to meet California Community College Athletic Association requirements for eligibility.

SPORT 375**Swimming and Diving, Intercollegiate-Women 3 Units***Prerequisite: None**General Education: AA/AS Area III(a)**Enrollment Limitation: Once enrolled, the student must demonstrate intercollegiate athletic skills as determined by the coaching staff to remain enrolled in this course***Course Transferable to UC/CSU***Hours: 175 hours LAB*

This is an advanced swimming and diving activity course that provides competition with other community college teams. Fundamentals, rules, team strategy, and aquatic skills appropriate to intercollegiate athletic competition are expected of competitors. This course is designed to prepare students for intercollegiate competition and may be repeated a maximum of four times to meet California Community College Athletic Association requirements for eligibility.

SPORT 376**Off Season Swim & Dive .5-3 Units***Prerequisite: None**General Education: AA/AS Area III(a)**Enrollment Limitation: Once enrolled, the student must demonstrate intercollegiate athletic skills as determined by the coaching staff to remain enrolled in this course.***Course Transferable to UC/CSU***Hours: 27-162 hours LAB*

This course combines basic skills and stroke technique with an emphasis on a fitness component for the sport of swim and dive. It also offers a dry-land training component for peak performance. This course is designed to prepare students for intercollegiate swim and dive competition. This course is designed to prepare students for intercollegiate competition and may be repeated a maximum of four times to meet California Community College Athletic Association requirements for eligibility. The participant must adhere to CCCAA eligibility requirements.

SPORT 377**Pre-Season Conditioning Swim & Dive .5-3 Units***Prerequisite: None**General Education: AA/AS Area III(a)**Enrollment Limitation: Once enrolled, the student must demonstrate intercollegiate athletic skills as determined by the coaching staff to remain enrolled in this course.***Course Transferable to UC/CSU***Hours: 27-162 hours LAB*

This course is a preparation for the competitive swimming and dive intercollegiate season. It also offers a dry-land and weight training components for peak performance. This course is designed to prepare students for intercollegiate competition and may be repeated a maximum of four times to meet California Community College Athletic Association requirements for eligibility.

SPORT 380**Tennis, Intercollegiate-Men 3 Units***Prerequisite: None**General Education: AA/AS Area III(a)***Course Transferable to UC/CSU***Hours: 175 hours LAB*

This course covers fundamentals, rules, and individual and/or team strategy appropriate to intercollegiate athletic competition in tennis. It may be repeated a maximum of four times to meet California Community College Athletic Association requirements for eligibility.

SPORT 385**Tennis, Intercollegiate-Women 3 Units***Prerequisite: None**General Education: AA/AS Area III(a)***Course Transferable to UC/CSU***Hours: 175 hours LAB*

This course is for students who wish to participate in intercollegiate tennis. This course may be repeated a maximum of four times to meet California Community College Athletic Association requirements for eligibility.

SPORT 403**Pre-Season Conditioning for Volleyball .5-3 Units***Prerequisite: None**General Education: AA/AS Area III(a)**Enrollment Limitation: Once enrolled, the student must demonstrate intercollegiate athletic skills as determined by the coaching staff to remain enrolled in this course. It is advised that athletes taking this course have participated at the varsity level in high school or competed on a club volleyball team.***Course Transferable to UC/CSU***Hours: 27-162 hours LAB*

This course involves a combination of skill development and tactical strategies with an emphasis on a fitness component for the sport of volleyball. The course will also offer a mental training component for peak performance. This course is designed to prepare students for intercollegiate volleyball competition and may be taken a maximum of four times to meet California Community College Athletic Association requirements for eligibility.

SPORT 406**Off Season Conditioning for Volleyball .5-3 Units***Prerequisite: None**General Education: AA/AS Area III(a) CSU Area E**Enrollment Limitation: Once enrolled, the student must demonstrate intercollegiate athletic skills as determined by the coaching staff to remain enrolled in this course.***Course Transferable to UC/CSU***Hours: 27-162 hours LAB*

This course is designed to prepare the collegiate volleyball player for the competitive season and reduce risk of injury. Course content will include: Collegiate level volleyball-specific skill development, a solid aerobic conditioning plan, sport specific strength training, agility work, plyometric jump training, speed training and flexibility exercises as well as team play combination of activities designed to prepare the athlete both physically and mentally. This course is designed to prepare students for intercollegiate volleyball competition and may be repeated a maximum of four times to meet California Community College Athletic Association requirements for eligibility.

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