

# Emeritus

## The Curriculum

The Emeritus program affirms the importance of intellectual activities, critical thinking, and creative expression for senior citizens. The Emeritus curriculum challenges participants to formulate relationships between past experience and new ideas, maintain currency in all areas of academia, and develop an appreciation of the many disciplines offered at IVC. The curriculum recognizes the extensive prior experience of participants and attempts to build on those experiences. Emeritus courses meet academic standards and provide activities appropriate to the stimulation of intellectual and creative growth. These courses are not degree applicable.

### EMERITUS ACCOUNTING

#### ACCT 431 0 units

##### ESTATE PLANNING

This course covers all aspects of probate and estate planning. Topics include procedures for inheritance, gift, and federal estate tax; life insurance, annuities and retirement; and securing family assets. R-99

*Lecture hours: 1 or 2*

#### ACCT 432 0 units

##### STOCKS AND BONDS MANAGEMENT

This course will study influences that affect stock and bond markets and trends of selected stocks and bonds. It is designed to aid investors in structuring and managing portfolios. R-99

*Lecture hours: 1 or 2*

### EMERITUS ART

#### ART 400 0 units

##### ART HISTORY

This course is designed to review the history of Western art. It will focus on major works of lasting significance from primitive to modern. R-99

*Lecture hours: 1 or 2*

#### ART 401 0 units

##### ART APPRECIATION

This course is an introduction to the visual arts. The course focuses on the fundamentals of composition as well as on the major events that have shaped the direction of Western art. R-99

*Lecture hours: 1 or 2*

#### ART 402 1 unit

##### TOUR—ART HISTORY AND APPRECIATION

This class enables students to study the visual arts—painting, sculpture, architecture and the minor arts—on location in area museums, galleries, and artists' studios in the state; around the country; or in foreign countries. R-E-3

*Lecture hours: 3*

#### ART 403 1 unit

##### INTRODUCTION TO ART MEDIA

This course is designed for non-art majors. Students engage in introductory activities in drawing, painting, printmaking and related processes. R-E-3

*Lecture hours: 1 Lab hours: 2*

#### ART 405 0 units

##### BEGINNING OIL PAINTING

This course introduces the basic elements of drawing, color, design, and painting as the student learns the use of materials and techniques. Encouragement and emphasis are given to individual style and expression. R-99

*Lecture hours: 0.5 or 1 Lab hours: 1 or 2*

**The Faculty**  
Cathey Bertot  
Steven Chidester  
Sue Cross  
Sheldon Disrud  
Susan Drobish  
Eva Garnet  
Barbara Grane  
William Groves  
Louise Jacobs  
Beejay Janiga  
David Jessel  
Mary Louise Landes  
Carol Lippert  
Lesley Lowe

Wyoma McKinley  
Richard Meyerson  
Mikki Michele  
Doug Muir  
Bill Nicholls  
Glen Peltz  
Kathleen Sabine  
Pamela Schader  
Cathleen Schamp  
Jim Schilling  
Joanna Schoon  
Mona Tolin  
Charles Wilbourn

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#### ART 410 0 units

##### INTERMEDIATE PAINTING

This course is designed for students who wish to develop further facility using oil, acrylic, and mixed media and a greater working knowledge of color theory, composition, and perspective. The course emphasizes painting as a creative process and affords students an opportunity to develop their aesthetic sensibilities while enjoying peer interaction. Students may participate in installations and exhibitions of artwork, field trips to museums, and painting on location. R-99

*Lecture hours: 0.5 or 1 Lab hours: 1 or 2*

#### ART 415 0 units

##### ADVANCED PAINTING

This course is designed for students who have a working knowledge of painting principles and wish to explore representational and nonrepresentational subject matter. The course emphasizes personal expression in oil, acrylic, and mixed media and affords students an opportunity to develop their aesthetic sensibilities while enjoying peer interaction. Students may participate in installations and exhibitions of artwork, field trips to museums, and painting on location. R-99

*Lecture hours: 0.5 or 1 Lab hours: 1 or 2*

#### ART 420 0 units

##### PAINTING IN SUBJECT AREAS

This course offers a discussion of the theory and a demonstration of the materials, applications, and techniques of landscape painting in oils. The course includes various exercises in the use of material, composition, perspective, and values. R-99

*Lecture hours: 0.5 or 1 Lab hours: 1 or 2*

<b>ART 424</b>	<b>0 units</b>	<b>ART 441</b>	<b>0 units</b>	<b>BIO 420</b>	<b>1 unit</b>
<b>BEGINNING SKETCHING</b>		<b>INTERMEDIATE CALLIGRAPHY</b>		<b>BIRDS OF SOUTHERN CALIFORNIA</b>	
This course presents basic drawing techniques and encourages students in individual artistic expression. Still-life, student model, and some location work will be done in simple classic mediums of pencil, charcoal, and pastel. R-99		<i>Recom: Art 440.</i> This course is designed for those who have a basic working knowledge of calligraphy and chancery cursive writing. Students will advance to other calligraphic hands and learn the basics of layout and manuscript decoration. R-99		This is a general interest course for students with little background in the sciences. Discussion topics will include bird ancestry, evolution, systematics, distribution, topography, and behavior, as well as the field identification of birds. R-E-3	
<i>Lecture hours: 0.5 or 1 Lab hours: 1 or 2</i>		<i>Lecture hours: 1 Lab hours: 1</i>		<i>Lecture hours: 1 Lab hours: 2</i>	
<b>ART 425</b>	<b>0 units</b>	<b>ART 442</b>	<b>0 units</b>	<b>EMERITUS CLOTHING AND TEXTILES</b>	
<b>INTERMEDIATE SKETCHING</b>		<b>ADVANCED CALLIGRAPHY</b>		<b>CT 400</b>	<b>0 units</b>
Classic sketching mediums will be used in still life, landscapes, and life drawing. The course builds upon basic drawing techniques. Artistic expression will be encouraged. R-99		<i>Recom: Art 441.</i> This course assists students in developing more sophisticated skills in calligraphy. Students will study the copperplate hand, gilding, rubrication, versals, foliations, quill cutting, and other arts necessary to an expanded knowledge of hand lettering. Emphasis will be on demonstrations and projects including lightboxes, pasteup, simple bookbinding, scroll design, layout, shortcuts, color, and experimental design. R-99		<b>BEGINNING NEEDLEPOINT/NEEDLE ART</b>	
<i>Lecture hours: 0.5 or 1 Lab hours: 1 or 2</i>		<i>Lecture hours: 1 Lab hours: 1</i>		Various needlepoint stitches and bargello patterns will be presented. Design, color, and technique will be explored through demonstrations, discussion, and individual projects. Repetition will allow students to develop greater skill and creative expression. R-99	
<b>ART 426</b>	<b>0 units</b>	<b>ART 460</b>	<b>0 units</b>	<i>Lecture hours: 1 Lab hours: 2</i>	
<b>ADVANCED SKETCHING</b>		<b>STAINED GLASS</b>		<b>CT 401</b>	<b>0 units</b>
<i>Recom: Art 425.</i> This course includes theories and techniques in contour drawing, life drawing, gesture drawing, and still life drawing. Abstract concepts, shading techniques and line will be emphasized as ways to explore drawing what is seen and felt. Students will be given an opportunity to experiment in media and concept. R-99		This course is designed to explore and practice techniques of stained and leaded glass art and/or copper-foil technique in Tiffany lampshades or panel projects. R-99		<b>INTERMEDIATE NEEDLEPOINT/NEEDLE ART</b>	
<i>Lecture hours: 0.5 or 1 Lab hours: 1 or 2</i>		<i>Lecture hours: 1 Lab hours: 2</i>		<i>Recom: CT 400.</i> This course is designed for those who have completed Beginning Needlepoint/Needle Art. Students will increase proficiency in recognizing and performing various needlepoint stitches and bargello patterns. Demonstrations, discussion and individual class projects are directed at developing students' appreciation and understanding of design, color, and technique. R-99	
<b>ART 430</b>	<b>0 units</b>	<b>EMERITUS BIOLOGY</b>			
<b>BEGINNING WATERCOLOR</b>		<b>BIO 400</b>	<b>1 unit</b>	<i>Lecture hours: 1 Lab hours: 1</i>	
This course presents basic methods of applying watercolor in washes, color mixing, and brush technique. The spontaneity of transparent watercolor will be stressed and explored. R-99		<b>ECOLOGY OF SOUTHERN CALIFORNIA</b>		<b>CT 405</b>	<b>0 units</b>
<i>Lecture hours: 0.5 or 1 Lab hours: 1 or 2</i>		This course provides an overview of the ecology of Southern California. Emphasis is on environmental problems and an exploration of short- and long-range solutions. R-E-3		<b>ADVANCED NEEDLEPOINT/NEEDLE ART</b>	
<b>ART 435</b>	<b>0 units</b>	<i>Lecture hours: 3</i>		This course is designed to introduce needlepoint stitches, designs, and canvases. Techniques will include shading, charting, mitering corners, and using multi-fibers. R-99	
<b>INTERMEDIATE/ADVANCED WATERCOLOR</b>		<b>BIO 410</b>	<b>0.5 or 1 unit</b>	<i>Lecture hours: 1 Lab hours: 1</i>	
<i>Recom: Art 430.</i> Intermediate/advanced students will use and incorporate color mixing in a broader palette for washes, glazing, and spontaneous interpretation of the subject matter. An increasing emphasis will be placed on individual exploration with the media. R-99		<b>NATURAL HISTORY OF SOUTHERN CALIFORNIA</b>		<b>CT 410</b>	<b>0 units</b>
<i>Lecture hours: 0.5 or 1 Lab hours: 1 or 2</i>		This course acquaints the non-biology major with the basic physical and biological aspects of the coastal, valley, mountain, and desert environments of Southern California. R-E-3		<b>BEGINNING KNITTING</b>	
<b>ART 440</b>	<b>0 units</b>	<i>Lecture hours: 2 or 3</i>		This course provides an introduction to knitting theory, techniques, and materials. The course will include casting on, basic stitches, finishing techniques, terminology, and beginning pattern reading. Also included will be the use of test swatches, understanding gauge, and basic designing and altering of patterns. R-99	
<b>BEGINNING CALLIGRAPHY</b>				<i>Lecture hours: 0.5 or 1 Lab hours: 1 or 2</i>	
This course introduces the basic principles of various types of calligraphy and chancery cursive writing. The course includes spacing techniques and relationships, tools, and terminology. R-99					
<i>Lecture hours: 0.5 or 1 Lab hours: 0.5 or 1</i>					

**CT 420** 0 units  
**INTERMEDIATE KNITTING**  
*Recom: CT 410.* This course is designed to develop students' knitting skills (and crocheting skills for finishing) at intermediate and advanced levels. The course promotes the student's ability to master the stitches, techniques, and terminology used at this upper level. R-99  
*Lecture hours: 0.5 or 1 Lab hours: 1 or 2*

**CT 425** 0 units  
**QUILTING AND PATCHWORK**  
This course presents the fundamental techniques of quilting and patchwork, including appliqué, cathedral windows, crazy quilting, fabric selection, pattern drafting, piecing, reverse appliqué, and trapunto. R-99  
*Lecture hours: 0.5 or 1 Lab hours: 1 or 2*

**CT 430** 0 units  
**ETHNIC NEEDLEWORK**  
This course explores flat pattern design, decorative weaves, embellishments, and surface patterns of ethnic garments, as well as traditional methods of producing decorative designs on clothing. The course also discusses how this information is used by the professional designer. R-99  
*Lecture hours: 1 Lab hours: 2*

#### EMERITUS COMPUTER INFORMATION SCIENCE

**CIS 400** 1 unit  
**COMPUTER FUNDAMENTALS AND APPLICATIONS**  
This course provides a strong foundation for the novice interested in learning the nature and functions of computers, data processing, and information systems. R-E-3  
*Lecture hours: 3*

**CIS 405** 1.5 units  
**MICROCOMPUTER SOFTWARE: SPREADSHEET AND DATABASE**  
This course provides instruction and hands-on training in the use of record-keeping software such as spreadsheet and database programs. Students learn how to create, store, sort, and retrieve data, as well as prepare reports from stored files. R-E-3  
*Lecture hours: 1 Lab hours: 2*

**CIS 410** 1 unit  
**INTRODUCTION TO THE INTERNET**  
This course prepares students to use the Internet. Emphasis is on introducing the features of the World Wide Web and related utilities. Students will explore the vast resources of the Internet and learn to access information using a variety of methods. R-E-3  
*Lecture hours: 1 Lab hours: 3*

#### EMERITUS ENGLISH

**LIT 400** 0 units  
**INTRODUCTION TO LITERATURE**  
This course offers an introduction to the short story, poem, novel, and dramatic work. R-99  
*Lecture hours: 3*

**LIT 410** 0 units  
**MYTHS, TALES, AND LEGENDS**  
This course examines oral literature, art forms, indigenous music, and customs of various world cultures and subcultures. Students learn how the individual interacts with a social group and in the process transfers culture from one generation to the next. Topics might include survivors' tales, elders as purveyors of wisdom, exodus, death, and renewal. Students will be encouraged to articulate divergent opinions while respecting cultural differences. Field trips to museums and guest speakers further enhance student learning. R-E-3  
*Lecture hours: 1.5 or 3*

**LIT 415** 1 unit  
**LITERARY MASTERS AND MASTERPIECES**  
This course explores in depth the life and work of a selected author or authors, including poets, fiction writers, and essayists. Through lectures, assigned readings, and group discussions, the course will identify the universal themes and enduring value of each author's work. A typical course offering might include the reading of individual biographies, scholarly articles, and film adaptations. The focus of the course will vary from semester to semester to offer students an ongoing series of intellectually stimulating discussions. R-E-3  
*Lecture hours: 3*

**ENG 400** 1 unit  
**INTRODUCTION TO CREATIVE WRITING**  
A workshop for beginning and intermediate writers, this course provides mature adults with creative exercises as a starting point for the composition of imaginative prose and poetry. Course participants learn techniques for conceiving ideas, completing a first draft, editing, and revising short original works. Students receive constructive feedback from the instructor and their peers. The course also encourages critical reading of contemporary prose and poetry. R-E-3  
*Lecture hours: 3*

**ENG 402** 1 unit  
**INTERMEDIATE CREATIVE WRITING**  
This workshop provides intermediate writers with creative exercises in the composition of imaginative prose and poetry. Course participants learn techniques for completing, editing and revising short and longer original works. Students receive constructive feedback from the instructor and their peers. The course encourages critical reading of contemporary prose and poetry. Publishing procedures are also stressed. R-E-3  
*Lecture hours: 3*

**ENG 405** 1 unit  
**ADVANCED CREATIVE WRITING**  
This workshop focuses on writing and revising fiction and nonfiction manuscripts. Participants will write with attention to individual voice, character, plot, point-of-view, dialogue, and theme. Writers receive constructive feedback on works-in-progress with emphasis on professional preparation and submission for publication. R-E-3  
*Lecture hours: 3*

**ENG 416** 0 units  
**NONFICTION WRITING**  
This course provides instruction in the techniques and practice of writing nonfiction, including articles, essays, and biographical sketches. Emphasis is placed on writing for publication. R-99  
*Lecture hours: 1.5 or 3*

**ENG 417** 1 unit  
**INTRODUCTION TO THE SHORT STORY**  
This course is an intensive examination of the theory and practice of the short story with an emphasis on contemporary publishing standards. R-E-3  
*Lecture hours: 3*

**ENG 430** 0 units

**INTRODUCTION TO THE NOVEL**

This course surveys American, British, French, and Russian novels, emphasizing form, content, philosophical and historical perspectives, and criticism. R-99

*Lecture hours: 1.5 or 3*

**ENG 431** 0 units

**INTRODUCTION TO THE SHORT STORY**

This course surveys American, British, French, and Russian short stories, emphasizing form, content, philosophical and historical perspectives, and criticism. R-99

*Lecture hours: 1.5 or 3*

**ENG 435** 0, 0.5 or 1 unit

**FILM AS LITERATURE**

This course is an examination of film as a 20<sup>th</sup> century art form. The course considers both foreign and domestic cinema with attention given to the film in terms of archetype, myth, symbol, characterization and plot. R-E-3

*Lecture hours: 1.5 or 3*

**ENG 450** 0, 0.5 or 1 unit

**CURRENT BOOK REVIEW**

This course offers a critical review of bestselling current literature, including fiction, biography, and history. Discussions of representative works address theme, character, and plot. R-99

*Lecture hours: 1 or 2*

**EMERITUS FOODS AND NUTRITION**

**FN 400** 0 units

**NUTRITION/COOKING FOR ONE OR TWO**

This course offers practical information about nutrition, menu planning, and cost savings on shopping for one or two people. Simplified meal preparation will be demonstrated in cooking lab. Repetition of this course will permit greater proficiency in nutrition planning and allow students to update information. R-99

*Lecture hours: 1.5 Lab hours: 1.5*

**EMERITUS GEOLOGY**

**GEOL 400** 1 unit

**GEOLOGY OF ORANGE COUNTY**

This course is a study of a geological showcase—California. Emphasis is placed on geological factors which have influenced California's human history and on the interrelationships of geology with our environment. R-E-3

*Lecture hours: 3*

**EMERITUS HISTORY**

**HIST 400** 0.5 or 1 unit

**CALIFORNIA HISTORY: THE MISSION PERIOD**

This course is an in-depth study of the Franciscan padres and the California mission as a complex religious, socioeconomic institution used to colonize Spain's territorial claims. The course explores how secularization changed the center of community life from the mission to the ranchos. R-E-3

*Lecture hours: 1 or 3*

**HIST 405** 0.5 or 1 unit

**CALIFORNIA HISTORY: STATEHOOD TO PRESENT**

This course studies California's rise from a Spanish agrarian society to the present multiracial state. R-E-3

*Lecture hours: 1 or 2*

**HIST 410** 0.5 or 1 unit

**CALIFORNIA HISTORY: EARLY CALIFORNIA**

This course is a survey of California from the early Spanish explorations through the Spanish and Mexican periods to the American conquest and the signing of the Treaty of Guadalupe Hidalgo in 1848. It also includes the Gold Rush period. R-E-3

*Lecture hours: 1 or 2*

**EMERITUS HUMANITIES**

**HUM 400** 1 unit

**FILM STUDIES**

This course examines a variety of styles and genres including foreign films, silent classics, art films, independently produced American films, along with the best of Hollywood's studio era. Lectures emphasize film as a collaborative art form with influences from painting, photography, dance, music, and theater. Film trips and guest speakers offer students further opportunities to become informed critics of film. R-E-3

*Lecture hours: 3*

**EMERITUS LAW**

**LGL 400** 0 units

**LAW FOR THE LAYMAN**

This course provides an overview of substantive law and procedures used in a range of legal topics of particular interest to older adults. Emphasis is on enhancing students' knowledge of the law in specific areas as well as increasing awareness of their rights in legal proceedings. Topics include contract law, real estate law, small claims court, estates and trusts, and more. R-99

*Lecture hours: 2*

**EMERITUS MANAGEMENT**

**MGT 400** 1 unit

**PERSONAL FINANCIAL MANAGEMENT FOR SENIORS**

This course provides a comprehensive overview of the components and strategies of financial management for seniors. Course topics include budgeting and cash flow, income taxation, inflation, and long-term financial planning. Students learn how to generate a financial inventory of assets and debts, develop a personal investment strategy, and manage investments during retirement. The course also addresses health care issues, investment vehicles, and estate planning. NR

*Lecture hours: 1*

**EMERITUS MARINE SCIENCE**

**MS 400** 0.5 or 1 unit

**SOUTHERN CALIFORNIA COASTAL ENVIRONMENT**

This course is an overview of the Southern California coastal environment including its ecology and intertidal zones, estuaries, and marshlands. The course also reviews major plants and animals, the effect of coastline modifications, and pollution. R-E-3

*Lecture hours: 2 or 3*

**EMERITUS MUSIC**

**MUS 400** 0 units

**FOR THE LOVE OF MUSIC**

This course introduces overall musicianship and music appreciation and surveys various periods of music. Course topics include the form of compositions; creative theory; the makeup of a symphony orchestra, chorus, and concert program; the function of the conductor; and the instruments of the orchestra and their contribution. R-99

*Lecture hours: 3*

**MUS 405** 0.5 or 1 unit

**MUSIC FUNDAMENTALS**

This course is an overview of music fundamentals including rhythm and pitch notation, major and minor scales, key signatures, intervals, chord structures, and sight reading. R-A-3

*Lecture hours: 1.5 or 3*

**MUS 450** 0 units

**BEGINNING PIANO**

This course is designed to introduce adult beginners to the piano and to encourage the advancement of those who wish to improve their skills. Both classical and popular music will be offered. Students progress from note reading to scales, finger chording, improving performance techniques, and music theory. R-99  
*Lecture hours: 0.5 or 1 Lab hours: 1 or 2*

**MUS 451** 0 units

**INTERMEDIATE PIANO**

This course is designed for those who wish to improve their skills performing both classical and popular music. The course includes theory, fingering, interpretation techniques, sight reading, and repertoire development. R-99  
*Lecture hours: 1 Lab hours: 2*

**MUS 452** 0 units

**ADVANCED PIANO**

*Recom: Mus. 451.* This course is for students interested in furthering their understanding of musical styles through careful study of Baroque, Classical, Romantic, and contemporary piano literature. Works and performances are thoroughly analyzed and discussed as to style, interpretation, and technical problems. R-99  
*Lecture hours: 1 Lab hours: 2*

**MUS 453** 0 units

**INTRODUCTION TO ORGAN**

This course offers students an opportunity to learn arrangements of popular songs, old favorites, and easy classics. Course topics include theory, keyboard harmony, fingering, chording, styling, and rhythms. The content of Music 405 differs each time it is offered, and students who repeat the course will gain an expanded educational experience by supervised repetition and practice, developing skills and proficiency. R-99  
*Lecture hours: 0.5 or 1 Lab hours: 1 or 2*

**MUS 460** 0 units

**REHEARSAL AND PERFORMANCE: INSTRUMENTAL**

*Recom: Previous instrumental training and demonstrated proficiency.* This course focuses on the preparation, study, and performance of orchestral concert repertoire. R-99  
*Lecture hours: 1 Lab hours: 1 or 2*

**MUS 480** 0 units

**CHORAL ENSEMBLE**

This is a course in choral singing, emphasizing choral literature, the development of correct singing techniques, vocal production, and improved sight reading. R-99  
*Lecture hours: 0.5 or 1 Lab hours: 0.5 or 1*

**EMERITUS PHILOSOPHY**

**PHIL 400** 1 unit

**COMPARATIVE RELIGIONS**

This course presents a comparative study of primitive and major religions of mankind, including Hinduism, Jainism, Buddhism, Confucianism, Taoism, Shintoism, Judaism, Christianity, Islam, and Zoroastrianism. R-D-3  
*Lecture hours: 2*

**PHIL 405** 1 unit

**COMPARATIVE RELIGIONS: THE EAST**

This course is a comparative study of primitive and major religions in the East, from the Indus Valley to India, to the great river valleys of China; from the Ainu through contemporary Japan and the island cultures of the Pacific Basin. R-D-3  
*Lecture hours: 2*

**PHIL 410** 0.5 unit

**COMPARATIVE RELIGIONS: THE WEST**

This course is a comparative study of groups and sects in the contemporary world that derive from major religions East and West. R-D-3  
*Lecture hours: 1.5*

**PHIL 415** 1 unit

**COMPARATIVE RELIGIONS: GROUPS AND SECTS**

This course is a comparative study of primitive and major religions of mankind; the origins of primitive religions; Hinduism; Jainism; Buddhism; Confucianism; Taoism; Shintoism; Zoroastrianism; Judaism; Christianity; and Islam. These religions will be considered in terms of their literature, rituals, and basic beliefs. R-D-3  
*Lecture hours: 3*

**PHIL 420** 0.5 or 1 unit

**COMPARATIVE RELIGIONS: A SURVEY**

This course is a comparative study of primitive and major religions of mankind; the origins of primitive religions; Hinduism; Jainism; Sikhism; Buddhism; Confucianism; Taoism; Shintoism; Zoroastrianism; Judaism; Christianity; and Islam. These religions will be considered in terms of their literature, rituals, and basic beliefs. The content of this course differs thematically each time it is offered. R-D-3  
*Lecture hours: 1 or 2*

**EMERITUS PHOTOGRAPHY**

**PHOT 400** 0 units

**BEGINNING PHOTOGRAPHY**

This course provides a general overview of slide photography, including equipment and techniques, and cameras and their care. The course studies the elements of composition; creative aspects of photography; and aperture, speed, and depth of field. R-99  
*Lecture hours: 0.5 or 1 Lab hours: 1 or 2*

**PHOT 401** 0 units

**INTERMEDIATE PHOTOGRAPHY**

Students will learn to enhance slides, using innovative techniques. Included will be selective focus, zooming, composition and increased visual perception, set-ups, lighting, lenses, cropping, mounting, and adding color. R-99  
*Lecture hours: 0.5 or 1 Lab hours: 1 or 2*

**PHOT 402** 0 units

**ADVANCED PHOTOGRAPHY**

*Recom: Phot. 401.* This course addresses photography at an advanced level. Topics include bas relief, diazochrome, diffractions, rear projection, adding silhouettes and clouds, using colored filters, and tinting slides. The course discusses basic principles of judging and color harmony, as well as developing a library of slides. R-99  
*Lecture hours: 0.5 or 1 Lab hours: 1 or 2*

**EMERITUS PHYSICAL EDUCATION**

**PE 400** 0 units

**AEROBIC CONDITIONING FOR MATURE ADULTS**

This course is designed to stress the importance of cardiovascular and respiratory levels, showing students how they can use aerobics as a way of developing and maintaining health and fitness. The activities portion of the course will be suited to the needs of the individual student, considering age, sex, and general health. This class is designed for the mature adult. R-99  
*Lab hours: 1 or 2*

**PE 401** 0 units

**PHYSICAL FITNESS**

This course provides instruction and practice for older adults in the techniques of developing and maintaining physical fitness. The course emphasizes strength, flexibility, aerobic power, and neuromuscular integration. R-99  
*Lab hours: 1, 1.5, 2, 3 or 4*

**PE 402** 0 units  
**PHYSICAL FITNESS/WEIGHT CONTROL**  
This course is designed to inform students about the risk factors contributing to cardiovascular disease. Each student will develop an individual program of weight control, including measures for blood pressure control; caloric intake and energy expenditure; body composition; lipid analysis; aerobic conditioning; and nutritional analysis. R-99  
*Lecture hours: 0.75, 1.5 or 3*

**PE 415** 0 units  
**PHYSICAL FITNESS: YOGA**  
Instruction and practice will include passive exercise especially adapted to senior citizens; stretching, relaxing and breathing; and working together in rhythm as directed by the instructor. Repetition of this course will permit students to build skills and increase their fitness level. R-99  
*Lab hours: 0.5, 1, 1.5, 2 or 3*

**PE 416** 0 units  
**TAI CHI CH'UAN**  
This course presents tai chi ch'uan, an ancient Chinese exercise. The course includes instruction in movements from the 108 forms done in three sections; discussion of the yin-yang principle of opposing actions as it relates to these exercises; technique and sequence of forms; and discussions of the history and philosophy of tai chi ch'uan. R-99  
*Lecture hours: 0.25, 0.5, 0.75 or 1*  
*Lab hours: 0.25, 0.5, 0.75 or 1*

**PE 435** 0 units  
**BEGINNING CHAIR EXERCISES**  
This course enables the older adult to practice techniques for maintaining or improving the physical fitness necessary to perform the activities of daily living. The course is designed for individuals at a beginning level of fitness. R-99  
*Lab hours: 1, 1.5, 2, 3 or 4*

**PE 436** 0 units  
**INTERMEDIATE CHAIR EXERCISES**  
This course enables the older adult to practice techniques for maintaining or improving the physical fitness necessary to perform the activities of daily living. The course is designed for individuals at an intermediate level of fitness. R-99  
*Lab hours: 1, 1.5, 2, 3 or 4*

**PE 437** 0 units  
**ADVANCED CHAIR EXERCISES**  
This course enables the older adult to practice techniques for maintaining or improving the physical fitness necessary to perform the activities of daily living. The course is designed for individuals at a more advanced level of fitness. R-99  
*Lab hours: 1, 1.5, 2, 3 or 4*

**PE 438** 0 units  
**BEGINNING CHAIR AEROBICS**  
This course offers instruction and practice in techniques for developing and maintaining cardiorespiratory fitness from a chair. Emphasized are rhythmical upper-body movements performed to music that are designed to elevate heart rate and improve aerobic power and joint range of motion. The course is designed for older adults at the lowest fitness levels. R-99  
*Lab hours: 1, 1.5, 2 or 3*

**PE 439** 0 units  
**INTERMEDIATE CHAIR AEROBICS**  
This course offers instruction and practice in techniques for developing and maintaining cardiorespiratory fitness from a chair. Students perform rhythmical upper-body movements to music in order to elevate heart rate and improve aerobic power and joint range of motion. Five to ten percent of class time includes optional weight-bearing activities beside the chair. This course is designed for older adults with intermediate fitness skills and/or with weight-bearing problems. Students work at their own level. R-99  
*Lab hours: 1, 1.5, 2 or 3*

**PE 440** 0 units  
**ADVANCED CHAIR AEROBICS**  
This course offers instruction and practice in techniques for developing and maintaining cardiorespiratory fitness from a chair. Emphasized are rhythmical upper-body movements performed to music that are designed to elevate heart rate and improve aerobic power and joint range of motion. The course is designed for older adults with intermediate to advanced fitness skills and/or with weight-bearing problems. R-99  
*Lab hours: 1, 1.5, 2 or 3*

**PE 480** 0 units  
**AQUATIC FITNESS TRAINING**  
This course is designed to develop and maintain physical fitness through swimming. Emphasis is on endurance training for improved cardiovascular fitness. R-99  
*Lab hours: 0.5, 1, 1.5, 2, 3 or 4*

#### EMERITUS PHYSICAL EDUCATION SPECIAL SERVICES

**PESS 400** 0 units  
**MILD EXERCISE FOR FITNESS**  
This course consists of three major components: (1) strengthening exercises; (2) cardiovascular exercises; and (3) stretching, range-of-motion, and flexibility exercises. It is designed specifically for the older adult with a low fitness level. R-99  
*Lab hours: 1, 2, 3 or 4*

**PESS 405** 0 units  
**PHYSICAL FITNESS/BACK**  
This course teaches methods for the prevention and care of back problems in later adulthood. The course includes instruction in special exercises, relaxation training, and lifestyle changes to prevent back problems. R-99  
*Lab hours: 0.5, 1 or 2*

**PESS 486** 0 units  
**MILD EXERCISE FOR FITNESS/WATER**  
This course consists of three major components: (1) hydrotherapy exercise, (2) cardiovascular conditioning, and (3) modified swimming techniques. Each student will work on an individualized program designed to meet his or her needs. R-99  
*Lab hours: 0.75, 1.5 or 3*

#### EMERITUS POLITICAL SCIENCE

**PS 400** 0.5 or 1 unit  
**CURRENT ISSUES IN GOVERNMENT**  
This course explores current issues and events on global, national, and local levels. Problem areas include crime, economics, social service loads, environment, terrorism, and conflicts. The content of Political Science 400 varies each time it is offered, and students who repeat the course will gain an expanded educational experience by supervised repetition and practice, developing skills and proficiency. Learning objectives will be achieved through active participation in individual study and/or group assignments. R-E-3  
*Lecture hours: 0.5 or 1*

**PS 405** 0.5 or 1 unit

**UNITED STATES GOVERNMENT AND POLITICS**

This course is an overview of the structure and principles of the United States government; the balance of power; and major domestic and foreign policy issues. R-E-3

*Lecture hours: 1 or 2*

**PS 410** 0.5 or 1 unit

**UNITED STATES POLITICAL ISSUES**

This course explores major political issues in the United States, the political party system, the role of the three branches of government, and the power of the news media and special interest groups. R-E-3

*Lecture hours: 1 or 2*

**EMERITUS THEATRE ARTS**

**TA 415** 0 units

**REHEARSAL AND PERFORMANCE**

This course focuses on the preparation of productions for public performance, including acting and technical and production management. Students interested in major college productions should contact the dean or academic chair of Fine Arts. R-99

*Lab hours 1.5 or 3*

**TA 440** 0.5 or 1 unit

**THEATRE APPRECIATION: CLASSICAL**

This course examines theatre history, the role of the actor and director, and exemplary plays, emphasizing the classical period. Attendance at scheduled field trips to community and professional theatre performances, and evaluation and criticism of production are required. R-E-3

*Lecture hours 1 or 3*

**TA 441** 0.5 or 1 unit

**THEATRE APPRECIATION: CONTEMPORARY**

This course examines important playwrights, genres and technical aspects of the theatre, focusing primarily on the 20<sup>th</sup> century. Attendance at scheduled field trips to community and professional theatre performances, and evaluation and criticism of productions are required. R-E-3

*Lecture hours 1 or 3*