

EMERITUS INSTITUTE

A Program for Older Adults

Director: David Anderson, Jr.

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CURRICULUM

The Emeritus program affirms the importance of intellectual activities, critical thinking, and creative expression for older adults. The curriculum challenges participants to formulate relationships between past experience and new ideas and to keep current in all academic areas. Courses are developed to stimulate participants' individual and personal growth and to benefit their daily lives—personally, socially, culturally, economically, and environmentally. And while these courses meet the college's academic standards, they are not degree applicable.

COURSES

EMERITUS (BANKING AND FINANCE)

ACCT 431: ESTATE PLANNING

0 Units

1 or 2 hours lecture

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

ACCT 432: STOCKS AND BONDS MANAGEMENT

0 Units

1 or 2 hours lecture

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

MGT 400: PERSONAL FINANCIAL MANAGEMENT FOR SENIORS

1 Unit

1 hour lecture

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. This course is offered on a credit/no-credit basis only. NR

EMERITUS (CALIFORNIA HISTORY)

HIST 400: CALIFORNIA HISTORY: THE MISSION PERIOD

.5 or 1 Unit

1 or 3 hours lecture

This course is an in-depth study of the Franciscan padres and the California mission as a complex religious, socio-economic 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. This course is offered on a credit/no-credit basis only. R-E-3

HIST 410: CALIFORNIA HISTORY: EARLY CALIFORNIA

1 Unit

2 hours lecture

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. This course is offered on a credit/no-credit basis only. R-E-3

EMERITUS (CLOTHING AND TEXTILES)

CT 400: BEGINNING NEEDLEPOINT/ NEEDLE ART

0 Units

1 hour lecture, 2 hours lab

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

CT 401: INTERMEDIATE NEEDLEPOINT/NEEDLE ART

0 Units

1 hour lecture, 1 hour lab

Recommended Preparation: CT 400

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 the student's appreciation and understanding of design, color, and technique. R-99

CT 420: INTERMEDIATE KNITTING

0 Units

.5 hours lecture, 1 hour lab; or

1 hour lecture, 2 hours lab

Recommended Preparation: CT 410

This course is designed to develop students' knitting skills (and crocheting skills for finishing) at intermediate and advanced levels. The course promotes students' ability to master the stitches, techniques, and terminology used at this upper level. R-99

CT 425: QUILTING AND PATCHWORK
0 Units**1 hour lecture, 2 hours lab**

This course presents the fundamental techniques of quilting and patchwork, including applique, cathedral windows, crazy quilting, fabric selection, pattern drafting, piecing, reverse applique, and trapunto. R-99

EMERITUS (CIS)**CIS 400: COMPUTER FUNDAMENTALS AND APPLICATIONS****1 Unit****3 hours lecture**

This course provides a strong foundation for the novice interested in learning the nature and functions of computers, data processing, and information systems. This course will be offered on a credit/no credit basis only. R-E-3

CIS 405: MICROCOMPUTER SOFTWARE: SPREADSHEET AND DATABASE**1.5 Units****1 hour lecture, 2 hours lab**

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. The course is offered on a credit/no-credit basis only. R-E-3

CIS 410: INTRODUCTION TO THE INTERNET**1 Unit****1 hour lecture, 3 hours lab**

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. This course is offered on a credit/no-credit basis only. R-E-3

EMERITUS (DRAWING)**ART 424: BEGINNING SKETCHING****0 Units****.5 hours lecture, 1 hour lab; or****1 hour lecture, 2 hours lab**

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

ART 425: INTERMEDIATE SKETCHING
0 Units**1 hour lecture, 2 hours lab**

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

ART 426: ADVANCED SKETCHING
0 Units**1 hour lecture, 2 hours lab****Recommended Preparation:** Art 425

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

EMERITUS (FINE ARTS)**ART 400: ART HISTORY****0 Units****2 hours lecture**

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

ART 440: BEGINNING CALLIGRAPHY**0 Units****.5 hours lecture, .5 hours lab; or****1 hour lecture, 1 hour lab**

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

EMERITUS (FOOD AND NUTRITION)**FN 400: NUTRITION/COOKING FOR ONE OR TWO****0 Units****1.5 hours lecture, 1.5 hours lab**

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

EMERITUS (LAW, GENERAL)**LGL 400: LAW FOR THE LAYMAN****0 Units****2 hours lecture**

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

EMERITUS (LITERATURE)**ENG 417: INTRODUCTION TO THE SHORT STORY****1 Unit****3 hours lecture**

This course is an intensive examination of the theory and practice of the short story with an emphasis on contemporary publishing standards. This course is offered on a credit/no-credit basis only. R-E-3

ENG 435: FILM AS LITERATURE**0, .5 or 1 Unit****1.5 or 3 hours lecture**

This course is an examination of film as a 20th 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-99

ENG 450: CURRENT BOOK REVIEW**1 Unit****1 hour lecture**

This course offers a critical review of best-selling current literature including fiction, biography, and history. Discussions of representative works address theme, characters, and plot. This course is offered on a credit/no credit basis only. R-E-3

EMERITUS (MUSIC)

MUS 400: FOR THE LOVE OF MUSIC

0 Units

3 hours lecture

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

MUS 405: MUSIC FUNDAMENTALS

.5 or 1 Unit

1.5 or 3 hours lecture

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. This course is offered on a credit/no credit basis. R-E-3

MUS 450: BEGINNING PIANO

0 Units

**.5 hours lecture, 1 hour lab; or
1 hour lecture, 2 hours lab**

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

MUS 451: INTERMEDIATE PIANO

0 Units

1 hour lecture, 2 hours lab

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

MUS 453: INTRODUCTION TO ORGAN

0 Units

**.5 hours lecture, 1 hour lab; or
1 hour lecture, 2 hours lab**

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

MUS 460: REHEARSAL AND PERFORMANCE: INSTRUMENTAL

0 Units

**1 hour lecture, 1 hour lab; or
1 hour lecture, 2 hours lab**

Recommended Preparation: Previous instrumental training and demonstrated proficiency.

This course focuses on the preparation, study and performance of orchestral concert repertoire. R-99

MUS 480: CHORAL ENSEMBLE

0 Units

**.5 hours lecture, .5 hours lab; or
1 hour lecture, 1 hour lab**

This is a course in choral singing, emphasizing choral literature, the development of correct singing techniques, vocal production, and improved sight reading. R-99

EMERITUS (NATURAL SCIENCES)

BIO 410: NATURAL HISTORY OF SOUTHERN CALIFORNIA

1 Unit

3 hours lecture

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. Field trips may supplement classroom presentation. This course is offered on a credit/no-credit basis only. R-E-3

BIO 420: BIRDS OF SOUTHERN CALIFORNIA

1 Unit

1 hour lecture, 2 hours lab

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. This course is offered on a credit/no-credit basis only. R-E-3

GEOL 400: GEOLOGY OF ORANGE COUNTY

1 Unit

3 hours lecture

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. Field trips may be required to fulfill the objectives of this course. This course is offered on a credit/no-credit basis only. R-E-3

EMERITUS (PAINTING)

ART 403: INTRODUCTION TO ART MEDIA

1 Unit

1 hour lecture, 2 hours lab

This course is designed for non-art majors. Students engage in introductory activities in drawing, painting, printmaking and related processes. This course is offered on a credit/no-credit basis only. R-E-3

ART 405: BEGINNING OIL PAINTING

0 Units

**.5 hour lecture, 1 hour lab; or
1 hour lecture, 2 hours lab**

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

ART 410: INTERMEDIATE PAINTING

0 Units

**.5 hour lecture, 1 hour lab; or
1 hour lecture, 2 hours lab**

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-E-99

ART 420: PAINTING IN SUBJECT AREA

0 Units

**.5 hour lecture, 1 hour lab;
or 1 hour lecture, 2 hours lab**

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 materials, composition, perspective, and values. R-99

ART 430: BEGINNING WATERCOLOR

0 Units

**.5 hour lecture, 1 hour lab; or
1 hour lecture, 2 hours lab**

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

ART 435: INTERMEDIATE/ADVANCED WATERCOLOR**0 Units****.5 hour lecture, 1 hour lab; or
1 hour lecture, 2 hours lab**

Recommended Preparation: Art 430
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

EMERITUS (PHILOSOPHY)**PHIL 400: COMPARATIVE RELIGION****1 Unit****2 hours lecture**

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. This course is offered on a credit/no-credit basis only. R-D-3

PHIL 420: COMPARATIVE RELIGIONS: A SURVEY**1 Unit****2 hours lecture**

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. This course is offered on a credit/no-credit basis only. R-D-3

EMERITUS (PHOTOGRAPHY)**PHOT 400: BEGINNING PHOTOGRAPHY****0 Units****.5 hour lecture, 1 hour lab; or
1 hour lecture, 2 hours lab**

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

PHOT 401: INTERMEDIATE PHOTOGRAPHY**0 Units****.5 hour lecture, 1 hour lab; or
1 hour lecture, 2 hours lab**

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

EMERITUS (PHYSICAL FITNESS AND MOVEMENT)**PE 400: AEROBIC CONDITIONING FOR MATURE ADULTS****0 Units****1 or 2 hours lab**

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

PE 401: PHYSICAL FITNESS**0 Units****1, 1.5, 2 or 3 hours lab**

This course provides instruction and practice for older adults in the techniques of developing and maintaining physical fitness, emphasizing strength, flexibility, aerobic power, and neuromuscular integration. R-99

PE 415: PHYSICAL FITNESS: YOGA**0 Units****.5, 1, 1.5, 2 or 3 hours lab**

Instruction and practice will include passive exercises 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

PE 416: TAI CHI CH'UAN**0 Units****.5 hour lecture, .5 hour lab; or
.75 hour lecture, .75 hour lab; or
1 hour lecture, 1 hour lab**

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

PE 417: DAYAN (WILD GOOSE) QIGONG**0 Units****.5 hour lecture, .5 hour lab; or
.75 hour lecture, .75 hour lab; or
1 hour lecture, 1 hour lab; or
1.5 hour lecture, 1.5 hour lab**

This course introduces Dayan ("Wild Goose") Qigong, a 1700-year-old mind-body practice centered on a set of simple, graceful movements. These movements, combined with stretching, acupressure massage, and meditation, are intended to promote the body's natural self-healing and self-regulatory systems for improved health and wellness. R-99

PE 435: BEGINNING CHAIR EXERCISES**0 Units****1, 1.5, 2 or 3 hours lab**

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

PE 436: INTERMEDIATE CHAIR EXERCISES**0 Units****1.5 or 2 hours lab**

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

PE 437: ADVANCED CHAIR EXERCISES**0 Units****2 or 3 hours lab**

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

PE 438: BEGINNING CHAIR AEROBICS**0 Units****1, 1.5, 2 or 3 hours lab**

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

PE 440: ADVANCED CHAIR AEROBICS**0 Units****1.5, 2 or 3 hours lab**

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

PE 480: AQUATIC FITNESS TRAINING**0 Units****1, 1.5 or 2 hours lab**

This course is designed to develop and maintain physical fitness through swimming. Emphasis is on endurance training for improved cardiovascular fitness. R-99

PESS 400: MILD EXERCISE FOR FITNESS**0 Units****1 or 2 hours lab**

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

PESS 405: PHYSICAL FITNESS/BACK**0 Units****.5 or 1 hour lab**

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

PESS 486: MILD EXERCISE FOR FITNESS/WATER**0 Units****1.5 hours lab**

The 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

EMERITUS (POLITICAL SCIENCE)**PS 400: CURRENT ISSUES IN GOVERNMENT****1 Unit****1 hour lecture**

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. This course is offered on a credit/no-credit basis only. R-E-3

PS 405: UNITED STATES GOVERNMENT AND POLITICS**1 Unit****2 hours lecture**

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. This course is offered on a credit/no-credit basis only. R-E-3

PS 410: UNITED STATES POLITICAL ISSUES**1 Unit****2 hours lecture**

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 new media and special interest groups. This course is offered on a credit/no-credit basis only. R-E-3

EMERITUS (THEATRE ARTS)**TA 415: REHEARSAL AND PERFORMANCE****0 Units****1.5 or 3 hours lab**

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

TA 440: THEATRE APPRECIATION: CLASSICAL OVERVIEW**1 Unit****3 hours lecture**

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 productions are required. This course is offered on a credit/no-credit basis only. R-E-3

TA 441: THEATRE APPRECIATION: CONTEMPORARY OVERVIEW**1 Unit****3 hours lecture**

This course examines important playwrights, genres and technical aspects of the theatre, focusing primarily on the 20th century. Attendance at scheduled field trips to community and professional theatre performances, and evaluation and criticism of productions are required. This course is offered on a credit/no-credit basis only. R-E-3

EMERITUS (WRITING)

ENG 400: INTRODUCTION TO CREATIVE WRITING

1 Unit

3 hours lecture

A workshop for beginning 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. This course is offered on a credit/no-credit basis only. R-E-3

ENG 402: INTERMEDIATE CREATIVE WRITING

1 Unit

3 hours lecture

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. This course is offered on a credit/no-credit basis only. R-E-3

ENG 405: ADVANCED CREATIVE WRITING

1 Unit

3 hours lecture

This course 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. This course is offered on a credit/no-credit basis only. R-E-3

ENG 416: NONFICTION WRITING

0 Units

1.5 hours lecture

This course provides instruction in the techniques and practices of writing nonfiction, including articles, essays, and biographical sketches. Emphasis is placed on writing for publication. R-99



“*Emeritus means ‘retired with honor.’ Our classes provide older adults personal, social, cultural, economic, and environmental benefits that have a positive impact on their daily lives.*”

— David E. Anderson, Jr.
Director, Extended Education
and the Emeritus Institute