

EMERITUS INSTITUTE

A Program for Older Adults

Director: David Anderson, Jr.

Faculty: Pat Baron, Dorothy Bregozzo, Jeffrey Briar, Stephen Burns, Rene Burton, Sebastian Caramango, Carolin Caverly, Steven Chidester, Robert Conrad, Sue Cross, Sheldon Disrud, John Dowden, Susan Drobish, Theresa Fernald, Fleur Fong, Marge Forehan, Peter Fournier, Beverly Gandall, Eva Garnet, Barbara Grane, Donna Hanna Chase, Phoenix Henderson, Gerry Herling, Annette Hernandez, Regina Hurley, Louise Jacobs, Beejay Janiga, Cecilia Kim, Kathryn Kramer, Mary Louise Landes, Eugenia Lane, Ellen Lang, Victor Leipzig, Carol Lippert, Lesley Lowe, Geoffrey Luis, Lisa Messenger, Richard Meyerson, Mikki Michele, Susan Miller, Bill Nicholls, Lou Ortega, Jackie Ovadia, Ed Peterson, Michael Ramirez, Louise Records, Becky Rigali, Pamela Schader, Jim Schilling, Joanna Schoon, Lynn Semer, Judith Sheilds, Natasha Shoro, Michelle Smith, Barbara Stockler, Ida Stuart, Steve Wang, Charles Willbourn, Thaddeus Williams, Richard Wong

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: ART

ART 400: ART HISTORY

0 Units

2 hours lecture

This course provides older adults an overview of the history of Western art. The course focuses on major works of art from the prehistoric to postmodern period. This is an open-entry/open-exit course. R-99

ART 403: INTRODUCTION TO ART MEDIA

1 Unit

3 hours lab

This course is an introduction to various art media—which may include drawing, painting, printmaking, beading, stained glass, and ceramics—for the older adult. A list of instructional materials will be provided at the first class session. This course is not graded. 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 is an introduction to the materials and techniques used in oil painting for the older adult. Students will have an opportunity to paint still life, floral, landscape, portrait, and abstract compositions. A list of instructional materials will be provided at the first class session. This is an open-entry/open-exit course. R-99

ART 410: INTERMEDIATE PAINTING

0 Units

.5 hour lecture, 1 hour lab; or

1 hour lecture, 2 hours lab

This intermediate painting course for the older adult emphasizes color theory, composition, and perspective in the application of oil, acrylic, and mixed media. Students will participate in exhibit, framing and installation activities. A list of instructional materials will be provided at the first class session. Students may meet with the instructor at alternate locations. This is an open-entry/open-exit course. R-99

ART 420: PAINTING IN SUBJECT AREA

0 Units

.5 hour lecture, 1 hour lab;

or 1 hour lecture, 2 hours lab

This course is an introduction to the theory, history and practice of landscape, seascape, life, and still life painting for the older adult. The materials, applications, and techniques relevant to each subject area will be emphasized. A list of instructional material will be provided at the first class session. This is an open-entry/open-exit course. R-99

ART 424: BEGINNING SKETCHING

0 Units

.5 hours lecture, 1 hour lab; or

1 hour lecture, 2 hours lab

This course presents beginning sketching techniques and media for the older adult. Students will create still lifes, gesture/figure drawings and outdoor sketches in the classic media of pencil, pen and ink, charcoal and pastel. A list of instructional materials will be provided at the first class session. This is an open-entry/open-exit course. R-99

ART 425: INTERMEDIATE SKETCHING

0 Units

1 hour lecture, 2 hours lab

This course presents intermediate sketching techniques and media for older adults. Students will create life drawings, landscapes, and still life compositions in the classic media of pencil, pen and ink, charcoal, and pastel. A list of instructional materials will be provided at the first class session. This is an open-entry/open-exit course. R-99

ART 426: ADVANCED SKETCHING

0 Units

1 hour lecture, 2 hours lab

Recommended Preparation: Art 425

This course presents advanced-level sketching techniques and media for older adults. Students will create life drawings, landscapes, and still life compositions in the classic media of pencil, pen and ink, charcoal and pastel, as well as new and mixed media. Abstract and experimental techniques will be emphasized. A list of instructional materials will be provided at the first class session. This is an open-entry/open-exit course. R-99

ART 430: BEGINNING WATERCOLOR
0 Units**.5 hour lecture, 1 hour lab; or
1 hour lecture, 2 hours lab**

This course for older adults introduces the materials and techniques used in watercolor painting. The course presents the basic methods of applying watercolor in washes, color mixing, and brush techniques, emphasizing the spontaneity of transparent watercolor. A list of instructional materials will be provided at the first class session. This is an open-entry/open-exit course. 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*

This is a course in intermediate and advanced watercolor applications and brush techniques for older adults. Emphasis will be placed on color mixing in a broader palette for washes, glazing, and spontaneous interpretation of the subject matter. A list of instructional materials will be provided at the first class session. This is an open-entry/open-exit course. R-99

ART 440: BEGINNING CALLIGRAPHY
0 Units**.5 hour lecture, .5 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:
CALIFORNIA HISTORY****HIST 400: CALIFORNIA HISTORY:
THE MISSION PERIOD****.5 Unit: .5 hour lecture
1 Unit: 1 hour lecture**

This course is an introduction to the California mission period for the older student. The course examines the ways in which the mission system, a complex religious, cultural, social, economic and political system, shaped the history and culture of early California. This course is not graded. R-E-3

**HIST 410: CALIFORNIA HISTORY:
EARLY CALIFORNIA****1 Unit
1 hour lecture**

This course for the older student presents a historical overview of the development of early California. It covers the period from Spanish exploration and colonization through the Gold Rush and the signing of the Treaty of Guadalupe Hidalgo in 1848. This course is not graded. R-E-3

**EMERITUS:
CLOTHING AND TEXTILES****CT 400: BEGINNING NEEDLEPOINT/
NEEDLE ART****0 Units
1 hour lecture, 2 hours lab**

This beginning course in needlepoint focuses on individual projects for older adults. The course presents various stitches, techniques, and bargello patterns, as well as needlepoint design and color theory. A list of instructional materials will be provided at the first class session. This is an open-entry/open-exit course. R-99

**CT 401: INTERMEDIATE
NEEDLEPOINT/NEEDLE ART****0 Units
2 hours lab***Recommended Preparation: CT 400*

This course is designed for older adults with prior needlepoint experience. Students integrate intermediate-level stitches, bargello patterns and techniques in a needlepoint project. Class projects focus on increasing the student's proficiency in the application of design, color and technique. A list of instructional materials will be provided at the first class session. This is an open-entry/open-exit course. R-99

CT 420: INTERMEDIATE KNITTING
0 Units**.5 hour lecture, 1 hour lab; or
1 hour lecture, 2 hours lab***Recommended Preparation: CT 410*

This course is for older adults with prior experience in knitting and crocheting. Emphasis is on the mastery of advanced stitches, techniques and terminology in knitting and crocheting. A list of instructional materials will be provided at the first class session. This is an open-entry/open-exit course. R-99

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

This course for older adults introduces the fundamental techniques of quilting and patchwork. The course covers designing and planning a quilt; selecting fabric; grafting a pattern; and using sewing techniques such as applique, reverse applique, cathedral windows, crazy quilting, piecing, and trapunto. A list of instructional materials will be provided at the first class session. This is an open-entry/open-exit course. R-99

**EMERITUS:
COMPUTER SCIENCE****CIS 400: COMPUTER FUNDAMENTALS
AND APPLICATIONS****1 Unit
3 hours lab**

This introductory course is designed to familiarize older adults with using a computer to create a variety of documents. The course covers basic computer operations; using and organizing files in the Windows operating system environment; and creating, editing, saving, and printing documents using word processing software. This course is not graded. R-E-3

**CIS 405: SPREADSHEETS AND
DATABASES****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. This course is not graded. R-E-3

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

This course introduces older adults to the features and uses of the Internet. The course focuses on strategies for conducting an Internet search, using search engines and browser programs, and sending and managing email messages. This course is not graded. R-E-3

EMERITUS: ENGLISH**ENG 400: INTRODUCTION TO CREATIVE WRITING****1 Unit****3 hours lab**

This course introduces creative writing forms such as fiction, poetry, and non-fiction for the older adult. Students may focus their work on the creative non-fiction techniques used in memoir, on the techniques and elements of fiction, or on the craft of poetry. This course is not graded. R-E-3

ENG 402: INTERMEDIATE CREATIVE WRITING**1 Unit****3 hours lab**

This intermediate-level creative writing course for older adults concentrates on further development of fiction, poetry, or non-fiction. Students may focus their work on the creative nonfiction techniques used in memoir, on the techniques and elements of fiction, or on the craft of poetry. This course is not graded. R-E-3

ENG 405: ADVANCED CREATIVE WRITING**1 Unit****3 hours lab**

This advanced-level creative writing course for older adults concentrates on more complex development and refinement of fiction, poetry, or nonfiction. Students may focus their work on the creative nonfiction techniques used in memoir, on the techniques and elements of fiction, or on the craft of poetry. This course is not graded. R-E-3

ENG 416: CREATIVE WRITING: NONFICTION**0 Units****1.5 hours lab**

This course for older adults introduces the writing of creative nonfiction, including articles, essays, biographies, autobiographies, and memoirs. The course discusses the process of researching a subject, writing a draft, and revising for performance and/or publication. R-99

ENG 417: INTRODUCTION TO THE SHORT STORY**1 Unit****3 hours lab**

This course for older adults explores the history, development, and characteristics of the short story. Students read and discuss examples of the genre from early times to the present day. This course is not graded. No UC credit. R-E-3

ENG 435: FILM GENRES**0 Units****1.5 or 3 hours lab**

A formal analysis of film as an art form for older adults. Films of various styles and periods will address issues of plot, character, setting, dialogue, imagery and symbolism. This is an open-entry/open-exit course. R-99

ENG 435: FILM GENRES**.5 Unit: 1.5 hours lab****1 Unit: 3 hours lab**

A formal analysis of film as an art form for older adults. Films of various styles and periods will address issues of plot, character, setting, dialogue, imagery and symbolism. This is an open-entry/open-exit course and is not graded. R-E-3

EMERITUS: FINANCE**ACCT 431: ESTATE PLANNING****0 Units****1 or 2 hours lecture**

This course introduces older adults to probate and estate planning. The course familiarizes students with terms and strategies they can apply to inheritance, gift and federal estate taxes; life insurance; annuities; retirement; and securing family assets. R-99

ACCT 432: STRUCTURING AND MANAGING INVESTMENTS**0 Units****1 or 2 hours lecture**

This course is designed to assist older adults in structuring and managing investment portfolios. The course will identify and analyze factors and trends that influence stock and bond markets. R-99

MGT 400: PERSONAL FINANCIAL MANAGEMENT FOR SENIORS**1 Unit****.5 hour lecture, 1.5 hours lab**

This course provides an overview of the components of, and strategies for, financial management for older adults. The course addresses cash flow, budgeting, taxes, insurance, asset and debt management, short-term and long-term health-care, and economic survival. This course is not graded. NR

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, food preparation, menu planning, and food shopping for one or two people, focusing on the dietary needs of older adults. Simplified meal preparation will be demonstrated in the cooking lab. This is an open-entry/open-exit course. R-99

EMERITUS: LAW**LGL 400: LAW FOR THE LAYPERSON****0 Units****2 hours lecture**

This introduction to the U.S. legal system addresses legal topics of special interest to older adults. These include procedures involved in making, changing, and enforcing laws; categories of laws and their relevance to the needs of older adults; and courses of action for addressing a legal problem. This is an open-entry/open-exit course. R-99

EMERITUS: MUSIC**MUS 400: MUSIC APPRECIATION****0 Units****2 hours lecture, 1 hour lab**

This course is an introduction to music appreciation for older adults. The course provides an overview of important periods and styles of music, the form of compositions, practical music theory, the concert program, and the role and contribution of various instruments and voices in the orchestra. This is an open-entry/open-exit course. R-99

MUS 405: MUSIC FUNDAMENTALS**.5 Unit: 1.5 hours lab****1 Unit: 3 hours lab**

This course introduces older adults to the fundamentals of music. Topics include rhythm and pitch notation, major and minor scales, key signatures, intervals, chord structures, and sight reading. This course is not graded. R-E-3

MUS 450: BEGINNING PIANO**0 Units****.5 hours lecture, 1 hour lab; or****1 hour lecture, 2 hours lab**

This is a beginning course in popular and classical piano technique for older adults. The course focuses on music theory, note reading, scales, fingering, chording, sight reading, and performance techniques. This is an open-entry/open-exit course. R-99

MUS 451: INTERMEDIATE PIANO**0 Units****1 hour lecture, 2 hours lab**

This is an intermediate-level course in classical and popular piano technique and performance for older adults. The course focuses on theory, fingering, interpretation techniques, sight reading, and repertoire development. This is an open-entry/open-exit course. R-99

MUS 453: INTRODUCTION TO ORGAN**0 Units****.5 hour lecture, 1 hour 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 for older adults focuses on the study, preparation, and performance of an orchestral concert repertoire. Students may participate in concerts and recitals at alternate locations. This is an open-entry/open-exit course. R-99

MUS 480: CHORAL ENSEMBLE**0 Units****1 hour lecture, 1 hour lab; or****1 hour lecture, 2 hours lab**

This is a course in choral singing and choral literature for older adults. The course focuses on developing correct singing techniques, vocal production, and sight-reading skills. Students may participate in concerts and recitals at alternate locations. This is an open-entry/open-exit course. R-99

**EMERITUS:
NATURAL SCIENCES****BIO 410: NATURAL HISTORY
OF SOUTHERN CALIFORNIA****1 Unit****3 hours lab**

This course for older adults is an introduction to the basic physical and biological features of the coastal, valley, mountain, and desert environments of Southern California. Students may meet with the instructor at alternate locations. This course is not graded. R-E-3

**BIO 420: BIRDS OF
SOUTHERN CALIFORNIA****1 Unit****3 hours lab**

This is an introductory course for older adults on the birds of Southern California. Topics include bird ancestry, physical structure, adaptations for survival, habitat, migration patterns, ecology, behavior, and field identification. Students may meet with the instructor at alternate locations. This course is not graded. R-E-3

EMERITUS: PHILOSOPHY**PHIL 400: COMPARATIVE RELIGION****1 Unit****.5 hour lecture, 1.5 hours lab**

This course is a comparative overview of Judaism, Christianity, and Islam for older adults. The course addresses the historical origins, key figures, rituals, texts, and doctrines for each religion, as well as the historical and current interactions among the three. It also explores how ancient Near Eastern and Mediterranean religions were foundational for each of the three religions. This course is not graded. R-E-3

**PHIL 420: COMPARATIVE RELIGIONS:
A SURVEY****1 Unit****.5 hour lecture, 1.5 hours lab**

This course for older adults is a comparative study of primitive and major world religions of humankind, including Hinduism, Jainism, Buddhism, Confucianism, Taoism, Judaism, Christianity, Islam, and Zoroastrianism. Each religion is considered in terms of its origins and evolution, literature, rituals, and basic beliefs. The content of the course differs thematically each time it is offered. This course is not graded. R-E-3

EMERITUS: PHOTOGRAPHY

PHOT 400: BEGINNING PHOTOGRAPHY

0 Units

.5 hour lecture, 1 hour 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

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

PE 400: AEROBIC CONDITIONING FOR THE MATURE ADULT

0 Units

1 or 2 hours lab

This course stresses the importance of aerobic exercise in maintaining cardiovascular fitness and health for older adults. Students participate in aerobic exercises and practice dance techniques designed to promote overall fitness levels. This is an open-entry/open-exit course. R-99

PE 401: PHYSICAL FITNESS

0 Units

1, 1.5, 2 or 3 hours lab

This course presents exercise and dance techniques designed to develop and maintain balance, coordination, agility, reaction time, and cardiovascular health in older adults. Students participate in exercises focusing on strength, flexibility, aerobic power, and neuromuscular integration. A list of instructional materials will be provided at the first class session. R-99

PE 415: PHYSICAL FITNESS: YOGA

0 Units

.5, 1, 1.5, 2 or 3 hours lab

This course is an introduction to the theory and practice of yoga for older adults. Students practice breathing techniques, yoga postures, and relaxation exercises. This is an open-entry/open-exit course. R-99

PE 416: TAI CHI

0 Units

**.5 hour lecture, .5 hour lab; or
.75 hour lecture, .75 hour lab; or
1 hour lecture, 1 hour lab**

This course is an introduction to the history, philosophy, and practice of tai chi for older adults. This is an open-entry/open-exit course. R-99

PE 435: BEGINNING CHAIR EXERCISE

0 Units

1, 1.5, 2 or 3 hours lab

This course is an introduction to beginning-level chair exercise techniques for older adults. Exercises are designed to improve flexibility and strength in various parts of the body. This goal is to maintain or enhance the level of physical fitness necessary to perform the activities of daily living. This is an open-entry/open-exit course. R-99

PE 436: INTERMEDIATE CHAIR EXERCISE

0 Units

2 hours lab

This course presents intermediate-level chair exercise techniques for older adults. Exercises are designed to improve flexibility and strength in various parts of the body. The goal is to maintain or further enhance the level of physical fitness necessary to perform the activities of daily living. This is an open-entry/open-exit course. R-99

PE 437: ADVANCED CHAIR EXERCISE

0 Units

3 hours lab

This course presents advanced chair exercise techniques for older adults. Exercises are designed to improve flexibility and strength in various parts of the body. The goal is to maintain or further enhance the level of physical fitness necessary to perform the activities of daily living. This is an open-entry/open-exit course. R-99

PE 438: BEGINNING CHAIR AEROBICS

0 Units

1, 1.5, or 3 hours lab

This course introduces beginning-level aerobic chair exercises for older adults. Rhythmic, upper-body movements are designed to elevate heart rate and improve aerobic power and joint range of motion. The goal is to develop and maintain the cardiorespiratory fitness level necessary to perform the activities of daily living. This is an open-entry/open-exit course. R-99

PE 440: ADVANCED CHAIR AEROBICS

0 Units

2 or 3 hours lab

This course presents advanced aerobic chair exercises for older adults. Rhythmic, upper-body movements are designed to elevate heart rate and further improve aerobic power and joint range of motion. The goal is to develop and maintain the cardiorespiratory fitness level necessary to perform the activities of daily living. This is an open-entry/open-exit course. R-99

PE 480: AQUATIC FITNESS TRAINING

0 Units

1, 1.5 or 2 hours lab

This course for older adults presents techniques for developing and maintaining physical fitness through swimming. Emphasis will be placed on cardiovascular fitness, muscular flexibility, agility, and overall fitness. This is an open-entry/open-exit course. R-99

PESS 400: MILD EXERCISE FOR FITNESS

0 Units

1 hour lab

This course is designed for older adults with a low fitness level. The course focuses on exercises to improve strength, cardiovascular fitness, and flexibility. This is an open-entry/open-exit course. R-99

PESS 405: PHYSICAL FITNESS/BACK

0 Units

.5 or 1 hour lab

This course for older adults presents fitness techniques and exercises specifically designed to strengthen the back. This is an open-entry/open-exit course. R-99

PESS 486: MILD WATER EXERCISE FOR FITNESS

0 Units

1.5 hours lab

This course is an introduction to hydrotherapy exercises, cardiovascular conditioning, and modified swimming techniques for older adults. This is an open-entry/open-exit course. R-99

EMERITUS: POLITICAL SCIENCE

PS 400: CURRENT ISSUES

1 Unit

.5 hour lecture, 1.5 hours lab

This course for older adults explores current issues and events on the national and local level. Among the topics addressed are crime, economics, the environment, domestic social problems, immigration, the media, and special interest groups. This course is not graded. R-E-3

PS 405: UNITED STATES GOVERNMENT AND POLITICS

1 Unit

.5 hour lecture, 1.5 hours lab

This course for older adults 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 not graded. R-E-3

PS 410: UNITED STATES POLITICAL ISSUES

1 Unit

.5 hour lecture, 1.5 hours lab

This course for the older adult 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 not graded. R-E-3

EMERITUS: THEATRE ARTS

TA 415: THEATRE REHEARSAL AND PERFORMANCE

0 Units

1.5 or 3 hours lab

This course for older adults focuses on the preparation, rehearsal, and performance of public theatre productions. Students participate in selecting a production, analyzing the script, auditioning, acting, technical preparation, and production management. This is an open-entry/open-exit course. R-99

TA 440: THEATRE APPRECIATION: CLASSICAL OVERVIEW

1 Unit

3 hours lab

This course provides an overview of theatre history for older adults. The course examines representative plays from the ancient Greek period through the Romantic period in light of their social and artistic context. Students may attend performances at alternate locations. This course is not graded. R-E-3

TA 441: THEATRE APPRECIATION: MODERN

1 Unit

3 hours lab

This course for older adults examines important plays, playwrights, and technical developments in the theatre in modern times. The course explores dramatic works in light of their social, economic, artistic, and intellectual contexts. Students may attend performances at alternate locations. This course is not graded. R-E-3