

CATALOG DESCRIPTION

Basic understanding of controlled substances, including identification, physiological effects, testing, and use detection, methods of enforcement and investigation, applicable laws controlling use, treatment processes, and prevention.

This course is offered online.

**CSU
GE**

GE

**MJC-GE
Area B**

**CSU-GE
Area E**

**IGETC
NONE**

**OTHER
NONE**

PATTERNS



WHAT SKILLS AND COMPETENCIES WILL NON-MAJORS LEARN?

- Critical thinking/analytical reasoning
- Ethical Judgement and decision-making

This course will teach students about legal and illegal drug abuse. This course will benefit students of all majors by allowing them to know and understand the problems associated with drug addiction, the difficulties of participating and succeeding in drug rehabilitation, and the ethical and moral conundrum of legalizing and/or criminalizing drug use.

Greg Hausmann

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x6814

CATALOG DESCRIPTION

Examines the major physical, psychosocial, and cognitive/language developmental milestones for children, both typical and atypical, from conception through adolescence. Emphasis on interactions between maturational process and environmental factors. Studying developmental theory and investigative research methodologies, students will observe children, evaluate individual differences, and analyze characteristics of development at various stages.

This course is offered online.

**CSU
GE**

GE

MJC-GE

Area B, Area E

CSU-GE

Area E

IGETC

Area 4

OTHER

CAP Aligned

PATTERNS



WHAT SKILLS AND COMPETENCIES WILL NON-MAJORS LEARN?

- Can apply knowledge/skills in appropriate settings
- Can evaluate, analyze, and synthesize information from many sources

This course provides students with a foundation of understanding of human development. Students evaluate theoretical concepts surrounding the human developmental process from conception to adolescence which can be applied to their interactions with people of varying ages and developmental abilities.

Gisele Flores

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x5753

CATALOG DESCRIPTION

Scientific concepts of nutrition related to the function of nutrients in basic life processes; relationship of nutrition to optimum health, dietary changes, and disease.

**CSU
GE**

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PATTERNS



MJC-GE
Area A, E

CSU-GE
Area E

IGETC
NONE

OTHER
C-ID NUTR 110

WHAT SKILLS AND COMPETENCIES WILL NON-MAJORS LEARN?

- Ethical Judgement and decision-making
- Self-Motivated/proactive problem solving

This course will teach students basic knowledge of nutrient digestion, absorption and metabolism including the relationship between nutrition, health, fitness, and disease. This course can benefit students of all majors in making healthy decisions over a lifetime.

Benjamin Riley rileyb@mjc.edu

x6387

CATALOG DESCRIPTION

This course focuses on the exploration of major health issues and behaviors in the various dimensions of health. Emphasis is on self-assessment through gathering and analyzing information while setting personal goals. Topics include mental health, stress management, exercise, nutrition, weight control, substance abuse, violence, disease prevention, reproductive health, aging, healthcare, and environmental hazards and safety.

This course is offered online.

CSU
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MJC-GE
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Area EIGETC
NONE

OTHER

C-ID: PHS 100

WHAT SKILLS AND COMPETENCIES
WILL NON-MAJORS LEARN?

- Critical thinking/problem solving,
- Can evaluate, analyze, and synthesize information from many sources

This course helps students analyze personal development while evaluating the impact of daily decisions on health. Students learn strategies, develop techniques and obtain knowledge empowering them with the ability to take charge of their life to determine the best course of action for optimal health and wellness. Practical, relevant curriculum makes this course essential for all students.

Cheryl Mulder

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x6272

CATALOG DESCRIPTION

This course provides an overview of the epidemiology and toxicology of substance abuse and its relevance to personal and public health. The concepts of substance abuse and dependence, licit and illicit drugs, and the pharmacologic, neurologic, and physiologic effects of selected substances on the human brain will be introduced. Factors involved in the supply and demand for drugs will be discussed. Data on the prevalence, incidence, and trends of smoking, alcohol, prescription and other drug dependencies in the U.S. will be covered, as well as risk factors associated with the use and abuse of these substances. Recovery options and local resources will be reviewed.

CSU GE

CSU GE

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PATTERNS



MJC-GE

Area B, Area E

CSU-GE

Area D, Area E

IGETC

Area 4

OTHER

C-ID: PHS 103

WHAT SKILLS AND COMPETENCIES WILL NON-MAJORS LEARN?

- Critical thinking/problem solving,
- Can evaluate, analyze, and synthesize information from many sources

This course evaluates all aspects of substance abuse and its relevance to personal and public health. Licit and illicit drugs are examined, focusing on concepts from effects on the brain to supply and demand; as well as evaluating the impact of daily decisions on life and health. Data on prevalence, incidence and trends will be presented, along with recovery options and local resources.

Cheryl Mulder

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x6272

CATALOG DESCRIPTION

Study of human sexualities from a biopsychosocial perspective. The intersections of biology, culture, history, race, ethnicity, social class, sexual orientation and gender as they relate to sexualities will be explored throughout the course.

**CSU
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**MJC-GE
Area E**

**CSU-GE
Area E**

**IGETC
Area 4**

OTHER

C-ID: PSY 130

PATTERNS

WHAT SKILLS AND COMPETENCIES WILL NON-MAJORS LEARN?

- Critical thinking/analytical reasoning
- Can evaluate, analyze, and synthesize information from many sources

This course is an introduction to the interdisciplinary field of human sexuality from a biopsychosocial perspective. Students in this course will learn about theory and practical application of research relating to sexual development, orientation, identity, relationships and behavior. Students will develop an awareness and understanding of sexual behavior across society, cultures and the lifespan.

Shelly Fichtenkort fichtenkorts@mjc.edu x6898

CATALOG DESCRIPTION

Overview of the physiological and psychological effects of recreational and medicinal psychoactive substances including stimulants, sedative-hypnotics, antidepressants, antipsychotics, alcohol, opiates, hallucinogens, and marijuana. The course will examine the neurobiological, behavioral and social factors that influence drug use, abuse, and dependence.

CSU
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MJC-GE
Area E

CSU-GE
Area E

IGETC
NONE

OTHER
NONE

PATTERNS
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WHAT SKILLS AND COMPETENCIES WILL NON-MAJORS LEARN?

- Can apply knowledge/skills in appropriate settings
- Can evaluate, analyze, and synthesize information from many sources

This course introduces students to the field of psychopharmacology - the study of the effects of drugs on the brain and behavior - and the processes of substance dependence. Students will learn about the neurobiological and behavioral effects of psychoactive drugs to help inform personal choices, public policy, and careers in chemical dependency counseling.

Shelly Fichtenkort fichtenkorts@mjc.edu x6898

CATALOG DESCRIPTION

This course is designed with an applied focus for students interested in how psychology is used in everyday life and is related to other social sciences. The course surveys different psychological perspectives and theoretical foundations and how these are applied across a person's life taking into account the influence of factors such as culture, gender, ethnicity, historical cohort, and socio-economic status. A broad understanding of how scientists, clinicians and practitioners study and apply psychology is emphasized.

**CSU
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**MJC-GE
Area E**

**CSU-GE
Area E**

**IGETC
NONE**

OTHER

C-ID: PSY 115

PATTERNS
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WHAT SKILLS AND COMPETENCIES WILL NON-MAJORS LEARN?

- Critical thinking/problem solving
- Self-Motivated/proactive problem solving

This course provides students with an overview and understanding of the factors related to personal growth and development. Students will learn how psychology is used in everyday life and evaluate self-improvement strategies and activities. Students will integrate and apply psychological principles to stress and mood management, human relationships, self-esteem, and personal values.

Shelly Fichtenkort fichtenkorts@mjc.edu x6898

CATALOG DESCRIPTION

Introduction to the scientific study of human development from conception through death. Examines the interplay of biological, psychological, social, and cultural forces on the developing human being.

This course is offered online.

**CSU
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**MJC-GE
Area E**

**CSU-GE
Area E**

**IGETC
Area 4**

OTHER

C-ID: PSY 180

PATTERNS



WHAT SKILLS AND COMPETENCIES WILL NON-MAJORS LEARN?

- Can apply knowledge/skills in appropriate settings
- Can evaluate, analyze, and synthesize information from many sources

This course introduces students to the study of human development across the lifespan from prenatal to end of life stages. Students will learn about developmental theories and research surrounding the biological, psychological and social changes occurring during each stage of development. Students will also apply basic principles of developmental psychology to their own life experiences.

Shelly Fichtenkort fichtenkorts@mjc.edu x6898