BUSAD 230

PERSONAL FINANCE

CATALOG DESCRIPTION

Open to both business and non-business majors. An integrated approach to personal finance and financial literacy. Topics are designed to facilitate informed and deliberate decision making, in alignment with personal values, to maximize financial resources throughout the individual's life span. Emphasizes practical decision making using contemporary theory and real world examples while integrating the social, psychological, and physiological context in which financial decisions are made. Topics include common financial issues such as budgeting, career planning, goal setting, purchasing and financing a home and other large consumer purchases, personal risk management and insurance issues, managing credit, investment strategies, as well as tax, retirement and estate planning.

MJC GE PATTERNS

MJC-GE
Area E

CSU-GE
None

IGETC
None

OTHER
n/a

☑ This course is offered online.

WHAT SKILLS AND COMPETENCIES WILL NON-MAJORS LEARN?

- Budgeting
- Critical thinking/problem solving

This course will help students understand the issues involved in financial decision making throughout the stages of their life. Students will be equipped to set financial goals, analyze their current financial situation, and create a financial plan to pay off debt, manage cash flow, make wise purchasing decisions, grow and protect assets, and achieve lifelong financial health.

CONTACT

Linda Kropp kroppl@mjc.edu x6168

HE 110

HEALTHFUL LIVING

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.

MJC GE

GE PATTERNS

MJC-GE
Area E

CSU-GE
Area E

IGETC
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.

CONTACT

Cheryl Mulder mulderc@mjc.edu x6272

CLDDV 103

CHILD GROWTH & DEVELOPMENT

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.

GE PATTERNS

MJC GE MJC GE

MJC-GE
Area B, Area E

CSU-GE
Area E

IGETC
Area 4

OTHER
CAP Aligned

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.

CONTACT

Gisele Flores floresg@yosemite.edu x5753

FAMLF 131

FAMILY RELATIONSHIPS

CATALOG DESCRIPTION

This is an introductory course to marriage and family, including psychological, physiological, and social aspects of close personal relationships. The topics include dating, courtship, marriage, family life, dual career marriages, single parenting, and other contemporary issues

GE PATTERNS

MJC GE

MJC GE

MJC-GE
Area B, E

CSU-GE
Area D

IGETC
Area 4

OTHER
NONE

WHAT SKILLS AND COMPETENCIES WILL NON-MAJORS LEARN?

- Ethical Judgement and decision-making
- Work with people from different backgrounds/cultures

This course will teach students how to identify the different family structures as categorized by types of Marriage, types of families, and authority patterns. This course can benefit students of all majors by looking at the impacts on interpersonal relationships, including physical health, mental health, and family planning.

CONTACT

Benjamin Riley rileyb@mjc.edu x6387

FDNTR 219

INTRODUCTION TO NUTRITION SCIENCE

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.

GE 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.

CONTACT

Benjamin Riley rileyb@mjc.edu x6387

HE 111

WOMEN'S HEALTH ISSUES

CATALOG DESCRIPTION

Explore women's issues in relation to dimensions of wellness and lifestyle behaviors for fitness, nutrition, healthcare and reduction of chronic illnesses.

☑ This course is offered online.

MJC GE

GE PATTERNS

MJC-GE
Area E

CSU-GE
Area D

IGETC
NONE

OTHER
NONE

WHAT SKILLS AND COMPETENCIES WILL NON-MAJORS LEARN?

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

This course, through analyzing self-development and making plans for lifelong learning, explores the impact of daily decisions on life and health in relation the dimensions of wellness and lifestyle behaviors. Specific focus is placed on fitness, nutrition, stress, sexuality and specific health issues as they pertain to women. Very relevant, interactive course recommended for all women.

CONTACT

Cheryl Mulder mulderc@mjc.edu x6272

HE 115

DRUGS, HEALTH, AND SOCIETY

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.

☑ This course is offered online.

MJC

MJC GE

GE 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.

CONTACT

Cheryl Mulder mulderc@mjc.edu x6272

HE 118

EXERCISE AND NUTRITION FOR HEALTHY LIVING

CATALOG DESCRIPTION

Theories of exercise including techniques of endurance, methods of strength attainment, and flexibility training. Nutrition concepts and influences on exercise and weight management.

This course is offered online.

MJC GE PATTERNS

MJC-GE
Area E

CSU-GE
NONE

IGETC
NONE

OTHER
NONE

WHAT SKILLS AND COMPETENCIES WILL NON-MAJORS LEARN?

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

This course, through evaluating various methods of exercise and concepts of nutrition, will teach students how to positively impact daily decision on life and health. If utilized throughout life, the tools provided in class will allow students to analyze the development of one's self and make plans for lifelong learning and implementation of good health choices. Recommended for all students.

CONTACT

Cheryl Mulder mulderc@mjc.edu x6272

HUMSR 118

DRUGS AND HUMAN BEHAVIOR

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.

MJC GE

GE PATTERNS

MJC-GE
Area E

CSU-GE
NONE

IGETC
NONE

OTHER
CAADE: California Association for Alcohol/Drug Educators.

WHAT SKILLS AND COMPETENCIES WILL NON-MAJORS LEARN?

- Critical thinking/problem solving
- Ability to work with data, numbers and statistics

This course applies the scientific method in order to explain, analyze and solve problems related to physical phenomena. Students will explore physical concepts in a collaborative laboratory setting. This course is designed for elementary education majors, but is valuable for all students wanting to pursue a scientific or educational degree.

CONTACT

Layla Spain spainl@yosemite.edu x6296

PSYCH 110

HUMAN SEXUALITIES

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.

MJC GE

GE PATTERNS

MJC-GE
Area E

CSU-GE
Area E

IGETC
Area 4

OTHER
C-ID: PSY 130

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.

CONTACT

Shelly Fichtenkort fichtenkorts@mjc.edu x6898

PSYCH 141

HUMAN LIFESPAN DEVELOPMENT

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.

MJC GE

GE PATTERNS

MJC-GE
Area E

CSU-GE
Area E

IGETC
Area 4

OTHER
C-ID: PSY 180

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.

CONTACT

Shelly Fichtenkort fichtenkorts@mjc.edu x6898

PSYCH 118

DRUGS AND HUMAN BEHAVIOR

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.

MJC GE PATTERNS

MJC-GE
Area E

CSU-GE
Area E

IGETC
NONE

OTHER
NONE

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.

CONTACT

Shelly Fichtenkort fichtenkorts@mjc.edu x6898

PSYCH 130

PERSONAL ADJUSTMENT

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.

GE PATTERNS

MJC GE

MJC-GE
Area E

CSU-GE
Area E

IGETC
NONE

OTHER
C-ID: PSY 115

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.

CONTACT

Shelly Fichtenkort fichtenkorts@mjc.edu x6898