

## **Los Angeles Pierce College 2021-2022 General Catalog Addendum D**

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### **KEY**

- Underlined text = Addition
- ~~Strikethrough text~~ = Deletion

### **Update to LAPC CSU GE-Breadth Certification Plan 2021-2022**

- Added courses to LAPC CSU GE Plan, retroactive to fall 2021:
  - COMM 130 to Area A1
  - CHICANO 008 to Area F

### **Corrections/Revisions**

- Asterisk (\*) for UC Credit Limit added to select KIN courses, retroactive to fall 2019:
  - KIN 301-3, 303-1, 303-2, 329-2, 347-2

## Update to LAPC CSU GE- Breadth Certification Plan 2021-2022

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### AREA A – English Language Communication and Critical Thinking

9 semester or 12-15 quarter units. One course from each area.

#### A1 - ORAL COMMUNICATION (minimum grade of "C-" required)

COMM 101, 104, 121, [130 \(Fall 21\)](#), 151 (Fall 14)

#### A2 - WRITTEN COMMUNICATION (minimum grade of "C-" required)

ENGLISH 101

#### A3 - CRITICAL THINKING (minimum grade of "C-" required)

COMM 104; ENGLISH 102, 103; PHILOS 005, 006, 009; POL SCI 005 (Fall 13); PSYCH 066

### AREA F – Ethnic Studies

3 semester or 4 quarter units.

Requirement for new or returning students who begin at the CCC in fall 2021: will need to complete 3 units or 4 quarter units from Area F for full CSU GE certification.

Students with catalog rights prior to fall 2021: are NOT required to complete Area F. However, continuing students may opt to follow the revised 2021-22 CSU GE Breadth pattern and complete 6 units in Area D and 3 units in Area F.

~~Los Angeles Pierce College does not have any approved courses for fall 2021. Check with a counselor and Assist.org to determine if courses at another CCC have been approved for Area F.~~

[CHICANO 008 \(Fall 21\)](#)

## Correction to select KIN courses

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### Kinesiology (KIN)

#### 301-3 Swimming Skills III (1) \*UC:CSU

Laboratory 3 hours.

**Prerequisite:** Kinesiology 301-2 with a grade of "C" or better.

In this advance swimming course students will practice freestyle, backstroke and butterfly and are introduced to breaststroke and Individual Medleys. Upon completion of this course, student will be able to perform these strokes with more advanced technique, apply interval training and develop swim workouts.

(CSU GE Area E)

**\*UC Credit Limit:** Any or all of these PE Activity courses combined: maximum credit, 4 units.

#### 303-1 Aqua Aerobics I (1) \*UC:CSU

Laboratory 3 hours.

An introduction to aqua aerobics, a conditioning method that promotes fitness and therapy using water resistance exercises. Students will learn how to improve cardiovascular endurance, muscular fitness, and flexibility by practicing exercises with

body weight, flotation devices, and resistance equipment in shallow water. No swimming skills required.

(CSU GE Area E)

**\*UC Credit Limit:** Any or all of these PE Activity courses combined: maximum credit, 4 units.

#### 303-2 Aqua Aerobics II (1) \*UC:CSU

Laboratory 3 hours.

**Prerequisite:** Kinesiology 303-1 with a grade of "C" or better.

This course continues the study and practice of aqua aerobics, a conditioning method that promotes fitness and therapy. Students focus on skill progression by practicing intermediate water resistance exercise routines: ideal for improved fitness, cross-training, and injury management. No swimming skills required.

(CSU GE Area E)

**\*UC Credit Limit:** Any or all of these PE Activity courses combined: maximum credit, 4 units.

#### 329-2 Body Conditioning II (1) \*UC:CSU

Laboratory 3 hours.

**Prerequisite:** Kinesiology 329 with a grade of "C" or better.

Students continue to develop body fitness with an emphasis on aerobics, proper nutrition, weight control, and strength training in accordance with the American College of Sports Medicine Guidelines. Using a variety of exercises and techniques, based on personal needs, students establish programs that achieve these goals.

(CSU GE Area E)

**\*UC Credit Limit:** Any or all of these PE Activity courses combined: maximum credit, 4 units.

#### 347-2 Pilates Mat II (1) \*UC:CSU

Laboratory 3 hours.

**Prerequisite:** Kinesiology 347 with a grade of "C" or better.

This course continues the study and practice the Pilates method of conditioning. Students focus on skill progression by practicing intermediate Pilates mat exercises: designed to reduce muscular imbalances and improve body alignment by incorporating flexibility, muscular strength, muscular endurance, and relaxation techniques. Activities focus on movement precision, breath control, and fluidity.

(CSU GE Area E)

**\*UC Credit Limit:** Any or all of these PE Activity courses combined: maximum credit, 4 units.