



Art						Business Skills Center					
Section	Days	Time	Instructor	Loc/Rm	Units	Section	Days	Time	Instructor	Loc/Rm	Units

### ART - STUDIO

#### ARTS 11A Sketch I

Emphasis on the quick sketch for developing ideas and skills. (LG-P/NP) Transfer: CSU; UC.

0222	TTh	9:00am-11:50am	Niven M	AC101	1.5
	&TTh	12:30pm-4:35pm	Niven M	AC101	
(01/05-01/26)					

#### ARTS 11B Sketch II

*Prerequisites:* ARTS 11A (or ART 29A)

Continuation of ARTS 11A to further develop skills in quick sketch with emphasis on composition and personal expression. Using wet and dry media, students synthesize complex visual information, resulting in quick, accurate sketches. (LG-P/NP) Transfer: CSU; UC.

0144	TTh	9:00am-11:50am	Niven M	AC101	1.5
	&TTh	12:30pm-4:35pm	Niven M	AC101	
(01/05-01/26)					

#### ARTS 13A Expressive Drawing I

*Advisories:* ARTB 2 (or ART 22); or ARTS 10A (or ART 28A)

Introduction to the study and practice of drawing with emphasis on creative expression. Students work in a wide variety of materials. (LG-P/NP) Transfer: CSU; UC.

0418	TTh	9:00am-11:50am	Niven M	AC101	1.5
	&TTh	12:30pm-4:35pm	Niven M	AC101	
(01/05-01/26)					

#### ARTS 13B Expressive Drawing II

*Prerequisites:* ARTS 13A (or ART 31)

Continuation of ARTS 13A. Emphasis on creative expression and increased student participation in idea development. Expanded use of materials and construction techniques. (LG-P/NP) Transfer: CSU.

0423	TTh	9:00am-11:50am	Niven M	AC101	1.5
	&TTh	12:30pm-4:35pm	Niven M	AC101	
(01/05-01/26)					

#### ARTS 85 Monoprints

A specialized course in monoprinting, exploring inking and press techniques. Hands-on use of tools and materials to master monoprint techniques and concepts. Covers content, social, and historical issues and a variety of subject matter. (P/NP) Transfer: CSU.

0713	MW	9:00am-2:35pm	Klein E	AS101	1.0
(01/04-01/25)					

### BUSINESS SKILLS CENTER

LAB DAYS/TIMES (January 4 - January 26):

10:00 am – 4:00 pm

Monday through Friday

Instructors: Staff

Open enrollment - come to the lab in BMC 201 to check in to obtain an add code, or for questions.

1. Students may enroll any time during the session until the last official date to withdraw.

2. Course syllabus and requirements are explained when students come to the lab.

3. Students work at their own pace, with the assistance of an instructor.

#### BUSC 108 Individualized Computer And Typing Skills

*Advisories:* BUSC 109; or basic typing skills

For students who want to strengthen or add to their previous typing skills. Students meet regularly with an instructor while working on an individualized program of study. (P/NP)

4588	26 hrs total	Staff	BMC201	0.5
(01/04-01/26)				
4589	51 hours total	Staff	BMC201	1.0
(01/04-01/26)				

#### BUSC 109 Keyboarding For Computers

Development of efficient use of computer keyboard through mastery of touch system of alphanumeric typewriter keys and ten-key calculator number pad. Work is done on a computer. Not for students with typing knowledge. (P/NP)

4592	51 hours total	Staff	BMC201	1.0
(01/04-01/26)				

#### BUSC 117A Business Machine Calculations I

Instruction in using the ten-key keyboard by touch (without looking at the keys) with speed and accuracy. (LG-P/NP)

4595	26 hours total	Staff	BMC201	0.5
(01/04-01/26)				

#### BUSC 117B Business Machine Calculations II

*Advisories:* BUSC 117A; MATH 351

Continuation of BUSC 117A. Students apply ten-key calculator skills learned in BUSC 117A to solving common business problems on an electronic ten-key calculator. Application exercises deal with the solution of common business and accounting problems. (LG-P/NP)

4597	26 hours total	Staff	BMC201	0.5
(01/04-01/26)				

<b>Business Skills Center</b>	<b>Dental Assisting</b>
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Section	Days	Time	Instructor	Loc/Rm	Units
<b>BUSC 140</b>		<b>Microsoft Word 2013: Word For Windows I</b>			
<i>Advisories: BUSC 109; basic keyboarding skills; eligibility for ENGL 111 and 112 or ENSL 110 and 155</i>					
Introductory course using beginning functions of Microsoft Word for Windows. (LG-P/NP)					
4570		51 hours total (01/04-01/26)	Staff	BMC201	1.0
<i>The Word 2013 version will be taught in the Early Spring semester.</i>					

Section	Days	Time	Instructor	Loc/Rm	Units
<b>BUSC 141</b>		<b>Microsoft Word 2013: Word For Windows II</b>			
<i>Advisories: BUSC 140 (or BUSC 100A) or basic Microsoft Word skills; eligibility for ENGL 111 and 112 or ENSL 110 and 155</i>					
Continuation of the introductory course BUSC 140 (formerly BUSC 100A). (LG-P/NP)					
4573		51 hours total (01/04-01/26)	Staff	BMC201	1.0
<i>The Word 2013 version will be taught in the Early Spring semester.</i>					

Section	Days	Time	Instructor	Loc/Rm	Units
<b>BUSC 142</b>		<b>Microsoft Word 2013: Word For Windows III</b>			
<i>Advisories: BUSC 141 (or BUSC 100B) or basic Microsoft Word skills; eligibility for ENGL 111 and 112 or ENSL 110 and 155</i>					
Continuation of BUSC 141 (formerly BUSC 100B). (LG-P/NP)					
4576		51 hours total (01/04-01/26)	Staff	BMC201	1.0
<i>The Word 2013 version will be taught in the Early Spring semester.</i>					

Section	Days	Time	Instructor	Loc/Rm	Units
<b>BUSC 143</b>		<b>Microsoft Word 2013: Advanced Word For Windows</b>			
<i>Advisories: BUSC 142 (or BUSC 100C) or basic Microsoft Word skills; eligibility for ENGL 111 and 112 or ENSL 110 and 155</i>					
Advanced features of Microsoft Word for Windows. (LG-P/NP)					
4579		51 hours total (01/04-01/26)	Staff	BMC201	1.0
<i>The Word 2013 version will be taught in the Early Spring semester.</i>					

Section	Days	Time	Instructor	Loc/Rm	Units
<b>BUSC 150</b>		<b>Microsoft Excel 2013: Introduction To Spreadsheets I</b>			
<i>Advisories: Elig for ENGL 111 &amp; 112 or ENSL 110 &amp; 155</i>					
Introductory course using beginning functions of Microsoft Excel. Creation and formatting of worksheets while using basic formulas. (LG-P/NP)					
4599		51 hours total (01/04-01/26)	Staff	BMC201	1.0
<i>The Excel 2013 version will be taught in the Early Spring semester.</i>					

Section	Days	Time	Instructor	Loc/Rm	Units
<b>BUSC 151</b>		<b>Microsoft Excel 2013: Introduction To Spreadsheets II</b>			
<i>Advisories: BUSC 150 (or BUSC 119A) or basic spreadsheet preparation skills; eligibility for ENGL 111 and 112 or ENSL 110 and 155</i>					
Continuation of BUSC 150 (formerly BUSC 119A). Covers functions of Microsoft Excel. Emphasis on working with formulas, multiple-sheet workbooks, formatting techniques, page setup, use of images, charting, printing techniques. (LG-P/NP)					
4602		51 hours total (01/04-01/26)	Staff	BMC201	1.0
<i>The Excel 2013 version will be taught in the Early Spring semester.</i>					

Section	Days	Time	Instructor	Loc/Rm	Units
<b>BUSC 155</b>		<b>Quickbooks 2013</b>			
<i>Advisories: Elig for ENGL 111 &amp; 112 or ENSL 110 &amp; 155</i>					
Introductory hands-on training, in a simulated office environment, using QuickBooks, a financial software program that is used to organize and manage the finances of a small business. Emphasis on small business financial skills such as invoicing, payroll, inventory, payment processing, and creating reports, graphs, lists, and forms. (LG-P/NP)					
4609		51 hours total (01/04-01/26)	Staff	BMC201	1.0
<i>The QuickBooks 2013 version will be taught in the Early Spring.</i>					

Section	Days	Time	Instructor	Loc/Rm	Units
<b>BUSC 160</b>		<b>Microsoft Powerpoint: Introduction To Presentation Management</b>			
<i>Advisories: Elig for ENGL 111 &amp; 112 or ENSL 110 &amp; 155</i>					
Introductory hands-on training in Microsoft PowerPoint, the most common presentation management software. (LG-P/NP)					
4604		51 hours total (01/04-01/26)	Staff	BMC201	1.0
<i>The Microsoft PowerPoint 2013 version will be taught in the Early Spring semester.</i>					

Section	Days	Time	Instructor	Loc/Rm	Units
<b>BUSC 170</b>		<b>Microsoft Windows 8</b>			
<i>Advisories: Elig for ENGL 111 &amp; 112 or ENSL 110 &amp; 155</i>					
Introductory course using Microsoft Windows. Basic instruction on the Windows user interface, and management of files, folders, and accounts. Gives the students a good foundation in computer basics for academic, employment, and home use. (LG-P/NP)					
4607		26 hours total (01/04-01/26)	Staff	BMC201	0.5
<i>The Windows 8 Operating System will be taught in the Early Spring.</i>					

## DENTAL ASSISTING

Section	Days	Time	Instructor	Loc/Rm	Units
<b>DNTL 107</b>		<b>Coronal Polish</b>			
<i>Prerequisites: DNTL 100, 102, and 104</i>					
<i>Advisories: Eligibility for ENGL 1A</i>					
Tools and techniques used in coronal polish, for removing stains and preparing tooth surfaces for application of dental sealants or attachment of orthodontic bands. (LG)					
4155	MTWThF	8:00am-11:50am	Grasmuck K	LS202	1.0
	&MTWThF	12:40pm-3:40pm	Hopkins/Roach	LS202	
			Grasmuck K	LS202	
			Hopkins/Roach		
(01/04-01/08)					
<i>PLEASE NOTE: Class begins Monday, January 4, 2016.</i>					

Section	Days	Time	Instructor	Loc/Rm	Units
<b>DNTL 108</b>		<b>Pit And Fissure Sealants</b>			
<i>Prerequisites: or corequisites: DNTL 100, 102, 104, and 107</i>					
<i>Advisories: Eligibility for ENGL 1A</i>					
Proper application of pit and fissure sealants for prevention of dental caries. (LG)					
4156	MTWThF	8:00am-11:50am	Grasmuck K	LS202	1.0
	&MTWThF	12:40pm-3:50pm	Hopkins/Roach	LS202	
			Grasmuck K	LS202	
			Hopkins/Roach		
(01/11-01/15)					
<i>PLEASE NOTE: Class meets Monday, January 11, 2016 to Friday, January 15, 2016.</i>					

## Early Childhood Education

Section	Days	Time	Instructor	Loc/Rm	Units
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## EARLY CHILDHOOD EDUCATION

**ECED 72 Supervising Adults In The Child Care Setting***Prerequisites: ECED 1 (or CHDV 1); ECED 51 (or CHDV 51); and ECED 55 (or CHDV 55)**Advisories: Eligibility for ENGL 1A*

Covers methods and principles of supervising adults in early childhood settings. Emphasis on the role of experienced teachers acting as mentors to new teachers while addressing other classroom needs. (LG-P/NP)

Transfer: CSU.

0490	TThSat	6:00pm-9:10pm (01/05-01/26)	Nyznyk	CDC201	2.0
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*Above section will meet Tuesdays and Thursdays from 6:00pm-9:10pm starting Tuesday, 1/5/2016, and will also meet on three Saturdays, 1/9, 1/16 and 1/23 from 9:00am-12:10pm. This class ends on Tuesday, 1/26. For more information contact Cathy Nyznyk (831) 646-4066 or email cnyznyk@mpc.edu Students who are declared early childhood education majors and have an education plan on file with Amber Kerchner must meet with Amber to obtain a voucher from her for textbook check out from MPC Library. Non-majors can purchase or rent the text online at skyo.com or at the MPC bookstore.*

## EMERGENCY MEDICAL SERVICES

**EMMS 270R EMT-1 Recertification***Advisories: EMMS 170 or EMT-1 California certification (current or expired for no more than one year).*

Designed for emergency medical response personnel. An individualized course that meets the requirements for renewal of California State EMT-1 certification. (P/NP)

0179	SatSun &SatSun	8:00am-11:50am 1:00pm-4:50pm (01/09-01/17)	Parker A Parker A	SPS101 SPS101	0.5
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*Emergency Medical Technician Refresher Training is designed to provide the student with the required training for recertification. CPR basic life support is the prerequisite for admission to the EMT refresher course. Contact the Public Safety Training Center for additional information 831-646-4240 or e-mail David Brown at dbrown@mpc.edu*

## ENGLISH AS A SECOND LANGUAGE

**ENSL 326 English Skills For Success I***Advisories: ENSL 312 and 313; or ENSL 412 and 413; or qualifying assessment score*

A course at the high-beginning or low-intermediate level for the non-native speaker, emphasizing listening and conversation. (P/NP)

0277	MTWThF	9:00am-11:10am (01/04-01/22)	Brady B	HU102	2.0
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**ENSL 426 English Skills For Success I***Advisories: ENSL 312 and 313; or ENSL 412 and 413; or qualifying assessment score*

A course at the high-beginning or low-intermediate level for the non-native speaker, emphasizing listening and conversation. (NC)

0276	MTWThF	9:00am-11:10am (01/04-01/22)	Brady B	HU102	0.0
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## Law Enforcement Training Program

Section	Days	Time	Instructor	Loc/Rm	Units
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## HUMANITIES

**HUMA 10 Exploration Of Values In Living***Prerequisites: ENGL 111; or ENSL 110*

Explores the humanities as a guide to living. Examines diverse attitudes toward art, science and technology, philosophy, religion, mythology, and ethics. Emphasizes self-knowledge, critical thinking, and responsible value choices. (LG-P/NP) Transfer: CSU; UC.

4552	MTWThF	12:30pm-3:40pm (01/04-01/25)	Ramsden-Scott	HU105	3.0
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## LAW ENFORCEMENT TRAINING PROGRAM

For more information on these and other law enforcement training courses, please visit the South Bay Regional Public Safety Training Consortium website at [theacademy.ca.gov](http://theacademy.ca.gov)/or call (408) 270-6458.

**LETP 140 PC 832 Laws Of Arrest**

Professional orientation, laws of arrest, search, seizure, evidence, preliminary investigations, communications and arrest techniques. Satisfies PC 832 requirements for entry level without firearms portion. POST-certified. (LG)

0486		40 hrs per week (01/25-01/29)	Vaughn	SNJOSE	1.0
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**LETP 232 Advanced Peace Officer Training***Limits: Successful completion of the P.O.S.T. Basic Police Academy, P.O.S.T. Basic Certificate, or equivalent; course requires driving.*

Covers a series of topics designed to provide updated training in active shooter, driver awareness, first aid, CPR, arrest and control techniques, firearms, use of force, legal updates, harassment, and discrimination training. Meets the requirements of the California Commission of Peace Officer Standards and Training. (P/NP)

0374	MTWTh & MTWTh	8:00am-11:50am 1:00pm-4:50pm (01/25-01/28)	Vaughn Vaughn	SNJOSE SNJOSE	0.5
0428		16 hrs per week (01/11-01/12)	Vaughn	SNJOSE	0.5
0429		24 hrs per week (01/13-01/15)	Vaughn	SNJOSE	0.5

**LETP 233.2 Basic S.W.A.T. - 80 Hours***Advisories: P.O.S.T. Basic Certificate or equivalent*

Variable 40-hour or 80-hour course providing students with training in law enforcement S.W.A.T. tactics. The 80-hour course will include more time spent on each tactical maneuver. (P.O.S.T. certified.) (P/NP)

0827		40 hrs per week (01/11-01/15)	Vaughn	SNJOSE	1.0
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**LETP 234 Skills And Knowledge**

This variable-hour course consists of modules dealing with different aspects of public safety training. Each module is eight hours long and is either certified through Peace Officers Standards and Training (POST), State Board of Corrections Correctional Standard Authority (CSA) or the Office of the State Fire Marshal. (POST-certified) (P/NP)

0482		16 hrs per week (01/25-01/26)	Vaughn	SNJOSE	0.5
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## Law Enforcement Training Program

## Philosophy

Section	Days	Time	Instructor	Loc/Rm	Units
<b>LETP 242</b>	<b>Peace Officer Association Training</b>				
<i>Limits: P.O.S.T. Basic Certificate or equivalent</i>					
Selected topics are delivered as a symposium in Law Enforcement. Topics are designed for the in-service education and training of students employed by criminal justice agencies and/or seeking employment. (P/NP)					
0692		32 hrs per week (01/25-01/29)	Vaughn	SNJOSE	1.0

Section	Days	Time	Instructor	Loc/Rm	Units
<b>LETP 254</b>	<b>Dispatch Field Training Program</b>				
Variable-hour, POST-certified course providing a training continuum that integrates the acquired knowledge and skills from the Dispatcher Academy with practical application. Covers basic skills, tasks, and information dispatchers are expected to know and perform. (POST-certified) (P/NP)					
0884		36 hrs 45 mins per week (10/12-01/15)	Vaughn	SNJOSE	12.0
<b>NO CLASS ON: 11/9/15, 11/26/15, 11/27/15, 12/24-1/1/16, 2/13/16, 2/16/16.</b>					

Section	Days	Time	Instructor	Loc/Rm	Units
<b>LETP 255</b>	<b>Public Safety Dispatch Update</b>				
Variable-hour course (40 to 200 hours) designed to provide necessary and required continuing professional training to public safety dispatches. (P.O.S.T. certified) (P/NP)					
0687		28 hrs 35 mins per week (11/17-01/05)	Vaughn	SNJOSE	5.0

Section	Days	Time	Instructor	Loc/Rm	Units
<b>LETP 280.1</b>	<b>Supervisor Course</b>				
<i>Limits: P.O.S.T. Basic Certificate or equivalent</i>					
A career development tool that provides students a chance to develop and refine their leadership skills. Basic leadership knowledge, communication skills, team building, conflict management, legal responsibilities, stress management, workplace diversity, sexual harassment, performance skills, briefing skills, and situational decision-making to obtain the highest level of performance and accountability. Updated regularly for currency according to P.O.S.T. and California Corrections Standards Authority. (P.O.S.T.-certified) (P/NP)					
0421		40 hrs per week (01/04-01/15)	Vaughn	SNJOSE	2.0

Section	Days	Time	Instructor	Loc/Rm	Units
<b>LETP 280.2</b>	<b>Field Training Officer</b>				
<i>Limits: P.O.S.T. Basic Certificate or equivalent</i>					
Develops proficiency in adult learning theory, evaluation and documentation, leadership, remedial training, and other skills necessary to become a qualified Field Training Officer. This course meets minimum California Commission on Peace Officer Standards and Training requirements for Field Training officers and follows the guidelines and standards under 832.3 of the Penal Code. (P.O.S.T. certified) (P/NP)					
0828		40 hrs per week (01/04-01/08)	Vaughn	SNJOSE	1.0
0839		40 hrs per week (01/04-01/08)	Vaughn	SNJOSE	1.0

LEARNING SKILLS

Section	Days	Time	Instructor	Loc/Rm	Units
<b>LNSK 330</b>	<b>Learning Skills Assessment</b>				
Standardized learning assessment for students with possible learning differences. Assessment of specific academic and cognitive strengths and weaknesses, identification of learning styles, and eligibility for services. May be taken two times for credit. After that, may be repeated based on provisions of Title 5, Section 56029. May be taken two times for credit. (P/NP)					
0420		4 hrs 20 mins per week (01/04-01/26)	Lewis V	STS115	1.0

Contact instructor at (831) 646-4070 to arrange first meeting.


Section	Days	Time	Instructor	Loc/Rm	Units
<b>LNSK 410</b>	<b>Job Readiness I</b>				
Assists students with developmental disabilities in preparing for, entering into, and retaining entry-level work. Includes basic work routine orientation, on-the-job relationships, job retention skills, and the use of computers and other adaptive technologies used in the workplace. (NC)					
0415		20 hrs per week (12/14-01/28)	Phillips SA	HOPE	0.0
4718		20 hrs per week (01/04-01/26)	Jaros R	NBI	0.0

NURSING

Section	Days	Time	Instructor	Loc/Rm	Units
<b>NURS 264</b>	<b>Basic Arrhythmia And Coronary Care</b>				
Provides an introduction to cardiac care, including anatomy and physiology of the heart, ECG interpretation, risk factor reduction, and review of medical and nursing interventions for the coronary care client. Provides seventeen contact hours for California RN licensure renewal, provider number 00184. (P/NP)					
0130	MW	9:00am-1:00pm (01/04-01/13)	Bingaman	IC204	1.0

Four class meetings: 1/04, 1/06, 1/11, and 1/13/2016.

PHILOSOPHY

Section	Days	Time	Instructor	Loc/Rm	Units
<b>PHIL 2</b>	<b>Introduction To Philosophy</b>				
<i>Advisories: Eligibility for ENGL 1A</i>					
Philosophical ideas and methods concerning knowledge, reality, and values. Expected topics will include the sources and limits of knowledge, and the nature of reality. Other topics that may be examined from a philosophical perspective include the nature of the self, truth, ethics, religion, science, language, beauty and art, political theory, or mind. (LG-P/NP) Transfer: CSU; UC.					
	<b>Online</b>				
4764		15 hrs 50 mins per week (01/04-01/26)	Provost	Online	3.0

**ONLINE COURSE.** Course materials and instructions will be provided at <http://mpconline.mpc.edu> No face-to-face orientation will be held for this course, and there are no required on-campus meetings. Log-in instructions and class information including textbook and participation requirements can be found on the instructor's website <http://www.mpc.edu/jprovost> Make sure you have a working e-mail address entered into your MPC Online profile so that the instructor can contact you. The course will become open for access the week prior to class start date. E-mail questions to [jprovost@mpc.edu](mailto:jprovost@mpc.edu)

## Philosophy

Section	Days	Time	Instructor	Loc/Rm	Units
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**PHIL 8 Introduction To World Religions**

*Advisories: Eligibility for ENGL 1A*

An introduction to the origins, history, and significant ideas of the world's major religions, including the Oral Religions, Hinduism, Buddhism, Taoism, Confucianism, Judaism, Christianity, and Islam. (LG-P/NP) Transfer: CSU; UC.

 **Online**

0797		15 hrs 15 mins per week (01/04-01/26)	Provost	Online	3.0
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**ONLINE COURSE.** Course materials and instructions will be provided at [mpconline.mpc.edu](http://mpconline.mpc.edu). No face-to-face orientation will be held for this course, and there are no required on-campus meetings. Log-in instructions and class information including textbook and participation requirements can be found on the instructor's website <http://www.mpc.edu/jprovost>. Make sure you have a working e-mail address entered into your MPC Online profile so that the instructor can contact you. The course will become open for access the week prior to class start date. E-mail questions to [jprovost@mpc.edu](mailto:jprovost@mpc.edu)

## PHYSICAL EDUCATION

**PHED 20.8 Skill Development For Tennis**

*Limits: Initial tryout required to determine possession of appropriate skill level for safe participation*

Tournament play, advanced techniques, singles and doubles tactics and strategies appropriate for intercollegiate tennis. May be taken four times for credit. (LG-P/NP) Transfer: CSU; UC.

4794	MTWThF	12:00pm-1:50pm (01/04-01/26)	Tran	TCTS	0.5
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**PHED 21 Competitive Golf**

*Limits: Initial tryout required to determine possession of appropriate skill level for safe participation*

Designed to build the skills and techniques required for playing competitive golf. May be taken four times for credit. May be taken four times for credit. (LG-P/NP) Transfer: CSU.

0000	MTWThF	1:00pm-2:50pm (01/04-01/26)	Russo J	RCGC	0.5
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**PHED 29 Varsity Athletic Conditioning**

*Limits: Initial tryout required to determine possession of appropriate skill level for safe participation*

Designed to improve the cardiovascular endurance, muscular strength, flexibility, and athletic skills of individuals interested in intercollegiate competition. May be taken four times for credit. (LG-P/NP) Transfer: CSU.

0717	MTWThF	2:30pm-4:20pm (01/04-01/26)	Carroll M	TRACK	0.5
4795	MTWThF	10:00am-11:50am (01/04-01/26)	Bates	PE201	0.5
4796	MTWThF	1:00pm-2:50pm (01/04-01/26)	Phillips D	BFIELD	0.5
4798	MTWThF	2:00pm-3:50pm (01/04-01/26)	Berg W	SFIELD	0.5
4799	MTWThF	2:00pm-3:50pm (01/04-01/26)	Spiering	PE201	0.5

## Speech Communication

Section	Days	Time	Instructor	Loc/Rm	Units
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## PHYSICAL FITNESS

**PFIT 10A Beginning Weight Training**

Beginning weight training exercises and routines for developing and maintaining muscular tone, strength, and endurance. (LG-P/NP) Transfer: CSU; UC.

0083		26 hrs total (01/04-01/26)	Rasmussen	FTC206	0.5
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*5 hrs 5 mins per week during open hours of the Fitness Center: Monday through Saturday: 9:00am-1:00pm; Monday through Thursday: 4:30pm-6:30pm, from January 4 through January 26, 2016.*

**PFIT 10B Intermediate Weight Training**

*Prerequisites: PFIT 10A (or PFIT 10)*

A continuation of PFIT 10A. Intermediate weight training exercises and routines for developing and maintaining muscular tone, strength, and endurance. (LG-P/NP) Transfer: CSU; UC.

0754		26 hrs total (01/04-01/26)	Rasmussen	FTC206	0.5
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*5 hrs 5 mins per week during open hours of the Fitness & Weight Training Center: Monday through Saturdays: 9:00am-1:00pm; Monday through Thursday: 4:30pm-6:30pm, from January 2 through January 26, 2016.*

**PFIT 14 Exercise For Health And Fitness**

Introduction to stretching and strengthening exercises on a stability ball. Designed for varying fitness levels and abilities with emphasis on alignment, posture, and efficiency. (LG-P/NP) Transfer: CSU; UC.

4817		5 hrs 5 mins per week (01/04-01/26)	Schutzler	FTC206	0.5
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*5 hrs 5 mins per week during open hours of the Fitness Center: Monday through Saturday: 9:00am-1:00pm; Monday through Thursday: 4:30pm-6:30pm, from January 4 through January 26, 2016.*

## SPEECH COMMUNICATION

**SPCH 1 Public Speaking**

*Prerequisites: ENGL 111 or ENSL 110*

Theory and techniques of public speaking in democratic society. Discovery, development, and criticism of ideas in public discourse through research, reasoning, organization, composition, presentation, and evaluation of various types of speeches, including informative and persuasive speeches. (LG-P/NP) Transfer: CSU; UC.

0907	MTWThF	9:00am-12:10pm (01/04-01/25)	Sturt	HU205	3.0
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<b>Older Adult Program</b>	<b>Older Adult Program</b>
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Section	Days	Time	Instructor	Loc/Rm	Units	Section	Days	Time	Instructor	Loc/Rm	Units
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## OLDER ADULT PROGRAM

### ART

#### ART 431 Drawing And Composition

Techniques of drawing and principles of composition. Work in a variety of media. (NC)

4953	W	9:00am-11:50am (01/06-01/27)	Okelberry	CVCYC	0.0
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*Above section subtitled 'Making Faces.'*

#### ENGL 425 From The Book Shelf

Guided reading of selected literary works designed to promote discussion, socialization, and the literary judgment of older adults. Content varies from semester to semester and may include fiction, drama, poetry, essays, biographies, and autobiographies. (NC)

4957	W	10:00am-11:50am (01/06-01/27)	Tarantino	CF	0.0
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*Above section subtitled 'Annie Dillard: Enchanting the Earth.'*

### ENGLISH

#### ENGL 16 Shakespeare Visions: Film And Text Comparisons

*Advisories: Eligibility for ENGL 1A*

A comparative analysis of the tragedies, comedies and histories of William Shakespeare through examination of various film versions and texts of the works. (LG-P/NP) Transfer: CSU; UC.



**Online**

0257		12.8 Hours per week (01/04-01/26)	James	Online	3.0
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*ONLINE COURSE. Please check instructor's website for additional course and contact information: <http://www.mpc.edu/ajames>*

<b>CF</b>	<b>Carmel Foundation</b> Lincoln & 8th Avenue, Carmel
<b>CVCYC</b>	<b>Carmel Valley Community Youth Center</b> 25 Ford Rd, Carmel Valley
<b>CVM</b>	<b>Carmel Valley Manor</b> 8545 Carmel Valley Rd., Carmel
<b>OC</b>	<b>Oldemeyer Center</b> 986 Hilby Ave., Seaside
<b>SALLYG</b>	<b>Sally Griffin Active Living Center</b> 700 Jewell Ave., Pacific Grove
<b>SPC</b>	<b>Scholze Park Center</b> Lighthouse & Dickman Ave., Monterey
<b>UUCMP</b>	<b>Unitarian Universalist Church</b> 490 Aguajito Rd., Carmel