### DANCE HUMANITIES

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Units</th>
<th>Description</th>
<th>Prerequisites</th>
<th>Additional Course Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>DAH100</td>
<td>Introduction to Dance</td>
<td>3.0</td>
<td>Overview of the field of dance focusing on origins, historical development, and cultural characteristics of the various styles of dance.</td>
<td>None</td>
<td></td>
</tr>
<tr>
<td>DAH255</td>
<td>Hip Hop: Arts, Aesthetic &amp; Culture</td>
<td>3.0</td>
<td>Selective survey and historico-cultural analysis of hip hop arts, aesthetics and culture organized around the founding elements of DJing, MCing, B-boy and B-girling, graffiti arts and knowledge. Requisites:</td>
<td>Prerequisites: ENG101 or ENG107</td>
<td></td>
</tr>
</tbody>
</table>

### DANCE

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<tr>
<th>Course Code</th>
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</tr>
</thead>
<tbody>
<tr>
<td>DAN/PED: Ballet</td>
<td></td>
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</tr>
<tr>
<td>DAN131</td>
<td>Ballet I</td>
<td>1.0</td>
<td>Introduction to the theory and practice of ballet at the beginning level. Development of movement quality and performance skills.</td>
<td>None</td>
<td>Additional Course Fee: $7</td>
</tr>
<tr>
<td>DAN134</td>
<td>Ballet II</td>
<td>1.0</td>
<td>Theory and practice of ballet at the advanced beginning level. Development of movement quality and performance skills.</td>
<td>DAN131 or permission of Instructor</td>
<td>Additional Course Fee: $7</td>
</tr>
<tr>
<td>DAN231</td>
<td>Ballet III</td>
<td>1.0</td>
<td>Theory and practice of ballet at the beginning intermediate level. Development of movement quality and performance skills.</td>
<td>DAN134 or permission of Instructor</td>
<td>Additional Course Fee: $7</td>
</tr>
<tr>
<td>DAN234</td>
<td>Ballet IV</td>
<td>1.0</td>
<td>Theory and practice of ballet at the intermediate level. Development of movement quality and performance skills.</td>
<td>DAN231 or permission of Instructor</td>
<td>Additional Course Fee: $7</td>
</tr>
<tr>
<td>DAN132</td>
<td>Modern Dance I</td>
<td>1.0</td>
<td>Introduction to the theory and practice of modern dance at the beginning level. Development of movement quality and performance skills.</td>
<td>None</td>
<td>Additional Course Fee: $7</td>
</tr>
<tr>
<td>DAN135</td>
<td>Modern Dance II</td>
<td>1.0</td>
<td>Theory and practice of modern dance at the advanced beginning level. Development of movement quality and performance skills.</td>
<td>DAN132 or permission of Instructor</td>
<td>Additional Course Fee: $7</td>
</tr>
<tr>
<td>DAN232</td>
<td>Modern Dance III</td>
<td>1.0</td>
<td>Theory and practice of modern dance at the beginning intermediate level. Development of movement quality and performance skills.</td>
<td>DAN135 or permission of Instructor</td>
<td>Additional Course Fee: $7</td>
</tr>
<tr>
<td>DAN235</td>
<td>Modern Dance IV</td>
<td>1.0</td>
<td>Theory and practice of modern dance at the intermediate level. Development of movement quality and performance skills.</td>
<td>DAN232 or permission of Instructor</td>
<td>Additional Course Fee: $7</td>
</tr>
<tr>
<td>DAN133</td>
<td>Modern Jazz Dance I</td>
<td>1.0</td>
<td>Introduction to the theory and practice of modern jazz dance at the beginning level. Development of movement quality and performance skills.</td>
<td>None</td>
<td>Additional Course Fee: $7</td>
</tr>
<tr>
<td>DAN136</td>
<td>Modern Jazz Dance II</td>
<td>1.0</td>
<td>Theory and practice of modern jazz dance at the advanced beginning level. Development of movement quality and performance skills.</td>
<td>DAN133 or permission of Instructor</td>
<td>Additional Course Fee: $7</td>
</tr>
<tr>
<td>DAN233</td>
<td>Modern Jazz Dance III</td>
<td>1.0</td>
<td>Theory and practice of modern jazz dance at the beginning intermediate level. Development of movement quality and performance skills.</td>
<td>DAN136 or permission of Instructor</td>
<td>Additional Course Fee: $7</td>
</tr>
<tr>
<td>DAN236</td>
<td>Modern Jazz Dance IV</td>
<td>1.0</td>
<td>Theory and practice of modern jazz dance at the intermediate level. Development of movement quality and performance skills.</td>
<td>DAN233 or permission of Instructor</td>
<td>Additional Course Fee: $7</td>
</tr>
</tbody>
</table>
**DAN: Special Projects**

**DAN298AA Special Projects** 1.0
Organized and tailored around the interests and needs of the individual student. Structured to provide an atmosphere of individualized research and study paralleled by professional expertise and guidance. Professional type facilities and equipment available for student use. Allows the best aspects of independent study and individualized learning to be combined to maximize student development. Prerequisites: Permission of Program Director or Instructor.

26056 TBA TBA 9/14-12/4 S. Valle

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**DAN: Performance**

**DAN150 Dance Performance I** 1.0

Students must attend the Dance Audition listed below in order to enroll in this class. By Audition Only: Wednesday, 9/9, 9/3, 4P-20P, in F133

Required additional time outside of class.

Students will be chosen for one or more of the following rehearsals in the audition process:

Rehearsals starting 9/14-12/10:
- Mondays, 3P-4:20P
- Tuesdays, 3P-4:20P
- Wednesdays, 3P-4:20P
- Thursdays, 3P-4:20P
- Fridays, 12P-2:30P

Tech and Dress: Thursday, 12/3, 5P-11P & Friday, 12/4, 4P-6:30P

Performances: Friday 12/4, 630P-9:30P & Saturday, 12/5, 6P-9:30P

25269 F 133 TBA 3:00- 4:20P 9/14- 12/10 Staff

**DAN155 Dance Performance II** 1.0

Students must attend the Dance Audition listed below in order to enroll in this class. By Audition Only: Wednesday, 9/9, 9/3, 4P-20P, in F133

Required additional time outside of class.

Students will be chosen for one or more of the following rehearsals in the audition process:

Rehearsals starting 9/14-12/10:
- Mondays, 3P-4:20P
- Tuesdays, 3P-4:20P
- Wednesdays, 3P-4:20P
- Thursdays, 3P-4:20P
- Fridays, 12P-2:30P

Tech and Dress: Thursday, 12/3, 5P-11P & Friday, 12/4, 4P-6:30P

Performances: Friday 12/4, 630P-9:30P & Saturday, 12/5, 6P-9:30P

25362 F 133 TBA 3:00- 4:20P 9/14- 12/10 S. Valle

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**DAN: Production**

**DAN210 Dance Production I** 3.0
Introduction to the elements of light, sound, and scenery as they relate to the art of dance. Prerequisites: None. Additional Course Fee: $25

25902 M Theatre F 10:00A- 1:00P 8/28- 12/18 Staff

**DAN: Choreography**

**DAN264 Choreography I** 3.0
Study of basic dance choreography to include construction of a phrase, structure and form in a composition, and the basic elements of space, time, and energy. Prerequisites: None. Additional Course Fee: $7

24733 F 109 TR 3:00- 4:20P 9/1- 12/10 S. Valle

**DAN265 Choreography II** 3.0
Exploration of the craft of choreography at the intermediate level. Experimentation with the various approaches to contemporary choreography as established by 20th century artists. Prerequisites: DAN264. Additional Course Fee: $7

24732 F 109 TR 3:00- 4:20P 9/1- 12/10 S. Valle

**DAN280 Dance Practicum** 2.0
A culmination of coursework for the dance major requiring completion of an extended choreographic work from conception to performance. Also requires a final evaluative paper on the successes and challenges encountered throughout the project. Prerequisites: DAN264 and DAN265 or permission of instructor. Additional Course Fee: $7. Students participating in this project must be currently enrolled at PVCC.

Rehearsals: TBA 9/1- 12/5
Tech and Dress: Thursday, 12/3, 5P-11P & Friday, 12/4, 4P-6:30P
Performances: Friday, 12/4, 630P-9:30P & Saturday, 12/5, 6P-9:30P

26057 TBA TBA 8/31- 12/10 S. Valle

**DAN/PED: World**

**PED101BE Belly Dance** 1.0
Practice and demonstration of basic belly dance skills and movements. Basic posture and muscularity, primary upper and lower body isolations, footwork, simple combination movements. Rhythms broken down, and at least one prop demonstrated. Basic routine, improvisation, and current styles and trends in belly dance. Belly dance etiquette and attire. Prerequisites: None. Additional Course Fee: $7

26058 F 133 MW 7:45- 8:35P 8/31- 12/9 Staff

**PED: Hip Hop**

**PED101HH Hip Hop** 1.0
Basic skills of hip hop with instruction, practice, and performance including proper body mechanics, choreography, and behavioral competencies. Get introduced to Hip Hop at the beginning level. Development of movement, quality and performance skills. Prerequisites: None. Additional Course Fee: $7

26059 F 109 T 4:40- 6:20P 9/1- 12/8 C. Valdez
### DAN101A Social Dance: Ballroom I 1.0
Theory and practice of ballroom dance. Development of movement quality and performance skills individually, with a partner or in a group setting. May include Salsa, Mambo, Cha Cha Cha, Merengue, Rumba, East Coast Swing, Lindy Hop, West Coast Swing, Foxtrot, Waltz, American Tango, International Ballroom, or Ballroom Performance. Prerequisites: None. Additional Course Fee: $7.

<table>
<thead>
<tr>
<th>CRN</th>
<th>Days</th>
<th>Time</th>
<th>Dates</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>25477</td>
<td>F 109</td>
<td>M  6:45- 8:35P</td>
<td>8/31-12/7</td>
<td>M. Vasileva</td>
</tr>
</tbody>
</table>

### DAN101A Social Dance: Ballroom II 1.0
This course covers fundamental lead and follow techniques. You will learn intermediate, easy-to-remember steps and routines which you can use to navigate in any social setting or party. In each successive lesson, the class will build on materials learned in the previous classes. You will learn a series of step patterns for each dance, and the techniques and footwork that are associated with those patterns. You will also develop good technique, balance, and partnering skills. As dancers, you will then be able to flow more gracefully from one step to the next, making bigger movements with more turns and arm styling. And do it all with flair! May include Waltz, Foxtrot, Tango, Swing, Salsa, Cha Cha, Rumba and Merengue. Prerequisites: None. Additional Course Fee: $7.

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</tr>
</thead>
<tbody>
<tr>
<td>25478</td>
<td>F 109</td>
<td>M  6:45- 8:35P</td>
<td>8/31-12/7</td>
<td>M. Vasileva</td>
</tr>
</tbody>
</table>

### DAN101B Social Dance: Swing 1.0
Theory and practice of swing dance. Development of movement quality and performance skills individually, with a partner or in a group setting. May include East Coast Swing, Lindy Hop, West Coast Swing, or Foxtrot. Prerequisites: None. Additional Course Fee: $7.

<table>
<thead>
<tr>
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<th>Dates</th>
<th>Instructor</th>
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</thead>
<tbody>
<tr>
<td>26060</td>
<td>F 133</td>
<td>T  6:45- 8:35P</td>
<td>9/1-12/8</td>
<td>M. Vasileva</td>
</tr>
</tbody>
</table>

### DAN101C Social Dance: Latin I 1.0
Theory and practice of Latin dance. Development of movement quality and performance skills individually, with a partner or in a group setting. May include Salsa, Mambo, Cha Cha Cha, Merengue, Rumba, Bachata, International Latin Ballroom, or Latin Ballroom Performance. Prerequisites: None. Additional Course Fee: $7.

<table>
<thead>
<tr>
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<th>Days</th>
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<th>Dates</th>
<th>Instructor</th>
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</thead>
<tbody>
<tr>
<td>25481</td>
<td>F 133</td>
<td>R  6:45- 8:35P</td>
<td>9/3-12/10</td>
<td>B. Bogedain</td>
</tr>
</tbody>
</table>

### DAN101C Social Dance: Latin II 1.0
Continued theory and practice of Latin dance. Development of movement quality and performance skills individually, with a partner or in a group setting. May include Salsa, Mambo, Cha Cha Cha, Merengue, Rumba, Bachata, International Latin Ballroom, or Latin Ballroom Performance. Prerequisites: None. Additional Course Fee: $7.

<table>
<thead>
<tr>
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<tbody>
<tr>
<td>25482</td>
<td>F 133</td>
<td>R  6:45- 8:35P</td>
<td>9/3-12/10</td>
<td>B. Bogedain</td>
</tr>
</tbody>
</table>

### PED101PS Pilates 1.0
An exercise program that aims at developing a stable core for all types of movement to occur more efficiently. Pilates teaches you about breathing with movement, body mechanics, balance, coordination positioning of the body, spatial awareness, strength and flexibility. Pilates is an all-encompassing mind, body and spirit exercise. Mat based exercise system focused on improving flexibility and strength for the total body. Teaches core control and stabilization while improving postural alignment. Prerequisites: None.

<table>
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<th>Dates</th>
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</thead>
<tbody>
<tr>
<td>24782</td>
<td>F 133</td>
<td>MW  8:20- 9:15A</td>
<td>9/7-12/9</td>
<td>K. Driggs-Warner</td>
</tr>
<tr>
<td>26061</td>
<td>F 109</td>
<td>TR  9:00- 9:55A</td>
<td>9/8-12/10</td>
<td>S. Valle</td>
</tr>
<tr>
<td>24886</td>
<td>F 133</td>
<td>TR  5:35- 6:30P</td>
<td>9/8-12/10</td>
<td>K. Driggs-Warner/L. Tomasulo</td>
</tr>
</tbody>
</table>

### PED101ZU Zumba® 1.0
Zumba is a dynamic fitness program. Fuses hypnotic Latin rhythms and easy to follow moves. Interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt while burning fat. Prerequisites: None. Zumba is a dynamic fitness program. Fuses hypnotic Latin rhythms and easy to follow moves. Interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt while burning fat.

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<th>Instructor</th>
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<tbody>
<tr>
<td>24857</td>
<td>F 133</td>
<td>MW  6:35- 7:30P</td>
<td>9/7-12/9</td>
<td>K. Driggs-Warner</td>
</tr>
</tbody>
</table>

### PED: Pilates

#### Please see online class schedule for available class dates, times, and class section notes.
www.paradisevalley.edu/fire

### EMT101 Basic Cardiac Life Support/ CPR for Health Care Providers 0.5
Designed to provide the allied healthcare provider with the knowledge and skills to perform basic life support (BLS) according to current guidelines for emergency cardiovascular care (ECC).

### EMT104 Basic Emergency Medical Techniques 9.0
Techniques of emergency medical care in accordance with national and state curriculum. Study of the human body, patient assessment, treatment of medically or traumatically compromised patients, special hazards, and medical operations. IV monitoring, Sudden Infant Death Syndrome (SIDS), patient-assisted medication administration, automated external defibrillators, and blood-glucose monitoring. Includes participation in two eight-hour clinical rotations through a local emergency department scheduled during the semester outside normal class hours. Requires personal CPR/pocket mask and stethoscope. Prerequisites: At least 18 yrs. Prior to applying to BLS Trng Prg per class hours. Requires personal CPR/pocket mask and stethoscope.

### EMERGENCY MEDICAL TECHNOLOGY

#### Please see online class schedule for available class dates, times, and class section notes.
www.paradisevalley.edu/fire

- EMT101 Basic Cardiac Life Support/ CPR for Health Care Providers
- EMT104 Basic Emergency Medical Techniques
<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>EMT200</td>
<td>Refresher Course for Certified EMTS</td>
<td>2.0</td>
</tr>
<tr>
<td>EMT235</td>
<td>Basic ECG Rhythm Analysis and Interpretation in the Emergency Setting</td>
<td>3.0</td>
</tr>
<tr>
<td>EMT236</td>
<td>Pharmacology in Emergency Setting</td>
<td>3.0</td>
</tr>
<tr>
<td>EMT255AE</td>
<td>Basic and Advanced Level Skills for the EMS Instructor/Examiner</td>
<td>1.0</td>
</tr>
<tr>
<td>EMT298AA</td>
<td>Special Projects</td>
<td>1.0</td>
</tr>
<tr>
<td>EXS101</td>
<td>Intro Exercise Sci., Kinesiology, PE</td>
<td>3.0</td>
</tr>
<tr>
<td>EXS125</td>
<td>Intro to Exercise Physiology</td>
<td>3.0</td>
</tr>
<tr>
<td>EXS211</td>
<td>Assessment and Program Design: Flexibility and Balance</td>
<td>2.0</td>
</tr>
<tr>
<td>EXS213</td>
<td>Assessment and Program Design: Weight Management and Motivation</td>
<td>2.0</td>
</tr>
<tr>
<td>EXS216</td>
<td>Instructional Competency: Muscular Strength and Conditioning</td>
<td>2.0</td>
</tr>
<tr>
<td>EXS218</td>
<td>Instructional Competency: Cardiorespiratory Exercises and Activities</td>
<td>2.0</td>
</tr>
<tr>
<td>EXS239</td>
<td>Practical Applications of Personal Training Skills &amp; Techniques Internship</td>
<td>3.0</td>
</tr>
<tr>
<td>EXS239AA</td>
<td>Practical Applications of Personal Training Skills &amp; Techniques Intern.</td>
<td>1.0</td>
</tr>
</tbody>
</table>

**EXERCISE SCIENCE**

**EXS101 Intro Exercise Sci., Kinesiology, PE 3.0**
Introductory course that will provide the student with a general overview of the disciplines and professions associated with the fields of Exercise Science, Kinesiology and Physical Education. Basic history, philosophy, and theory of each discipline will be examined as well as relevant career potential and options. Prerequisites: None.

26018 F 131 M 10:30-11:45A 8/31-12/14 D. Heuser
HYBRID Format

**EXS125 Intro to Exercise Physiology 3.0**
Principles of exercise science applied to teaching fitness/aerobics. Major factors related to the function of the human body. Emphasis on anatomy/physiology, exercise physiology, and biomechanics. Prerequisites and corequisites: EXS101 or instructor permission. To receive instructor permission, contact dale.heuser@paradisevalley.edu. Additional Course Fee: $15.

24798 Online Letter Grade 9/14-12/13 D. Heuser
All textbook and course materials available at no or low cost (<$40) - may include OER (Open Educational Resources).

**EMT235 Basic ECG Rhythm Analysis and Interpretation in the Emergency Setting**
Designed to provide the allied healthcare provider with basic electrocardiograph (ECG) rhythm analysis and interpretation of sinus rhythms, atrial rhythms, junctional rhythms, ventricular rhythms, heart block rhythms, and electronically paced rhythms in the emergency setting. Prerequisite: Current basic life support (BLS) healthcare provider/professional rescuer card.

**EMT236 Pharmacology in Emergency Setting**
Designed for the allied healthcare provider to integrate knowledge of pharmacology and pharmacologic agents to formulate a management plan in the emergency setting. Includes principles of pharmacology, pharmacokinetics, pharmacodynamics, physiology of pharmacology, calculating medication dosages, and medication profiles. Prerequisites: Current basic life support (BLS) healthcare provider/professional rescuer card.

**EMT255AE Basic and Advanced Level Skills Course for the EMS Instructor/Examiner**
Designed to provide an overview of the roles and responsibilities of the emergency medical services (EMS) instructor and examiner in basic and advanced level psychomotor skills instruction and evaluation. Includes instructional strategies, instructional methodologies, benchmarks for psychomotor skill evaluation, and management of basic and advanced level psychomotor skills settings.

**EMT298AA Special Projects**
Organized and tailored around the interests and needs of the individual student. Structured to provide an atmosphere of individualized research and study paralleled by professional expertise and guidance. Professional-type facilities and equipment available for student use. Allows the best aspects of independent study and individualized learning to be combined to maximize student development. Prerequisites: Permission of Program Director or Instructor.
FIRE SCIENCE

PLEASE SEE ONLINE CLASS SCHEDULE FOR AVAILABLE CLASS DATES, TIMES, AND CLASS SECTION NOTES.

www.paradisevalley.edu/fire

FSC101 Introduction to Fire Service Selection 3.0
Overview of the application and selection processes used by various fire departments and fire service organizations. Elements of fire service culture and their effects on personal growth and interpersonal relationships. Major components of written application processes, requirements, preparation of resumes and their effect on employment prospects. Preparation for the interview to include communications skills, mental preparation techniques, behaviors, and the importance of the interview in the pre-employment process. Preparation for on-site experiences at a fire station. General components of the selection process, the importance of general education, and components of lifelong learning in career choices. Prerequisites: None.

FSC102 Fire Department Operations 11.0
Introductory fire science course primarily designed for the fire department recruit. Includes firefighting skills, equipment, and administrative policies, fire department operations, personnel policies, and International Fire Service Accreditation Congress Practical Skills Testing. Prerequisites: EMT104, FSC105, FSC130, and permission of Instructor. *Prior completion of another official CPAT may be substituted for FSC130.* Corequisites: FSC134. **Firefighter I and II Academy.**

FSC105 Hazardous Mats. / First Responder 3.0
Introductory fire science course primarily designed for the fire department recruit. Includes firefighting skills, equipment, and administrative policies, fire department operations, personnel policies, and International Fire Service Accreditation Congress Practical Skills Testing. Prerequisites: EMT104, FSC105, FSC130, and permission of Instructor. *Prior completion of another official CPAT may be substituted for FSC130.* Corequisites: FSC134.

FSC108 Fundamentals of Fire Prevention 3.0
Fundamentals of fire prevention. Includes techniques, procedures, regulations, and enforcement. Also includes discussion of hazards in ordinary and special occupancies. Field trips and lectures from industry also included. Prerequisites: None.

FSC110 Wildland Firefighter 3.0
Basic-level course for individuals with little or no experience in the wildland environment. Preparation for performing as a beginning-level wildland firefighter with an organized fire department engine or hand crew. Prerequisites: None.

FSC113 Intro to Fire Suppression 3.0
Characteristics and behavior of fire, fire hazard properties of ordinary materials, extinguishing agents, fire suppression organization and equipment, basic firefighting tactics, and public relations as affected by fire suppression. Prerequisites: None.

FSC117 Fire Apparatus 3.0
Principles of care, maintenance and operation of fire apparatus and pumps. Includes pump construction and accessories, pumping techniques, power development, and transmission. Driving, troubleshooting and producing effective fire streams. Prerequisites: None.

FSC119 Introduction to Fire Service Ethics 3.0
Ethical issues, standards, and philosophical considerations of moral problems encountered in fire service. Ethical responsibility of fire service personnel and those they serve. Prerequisites: None.

FSC130 Fitness for Firefighters/CPAT 1.0
Skills and abilities required for entry level position in the fire service including physical ability, and stamina. Opportunity to take the International Association of Fire Fighters (IAFF) Candidate Physical Ability Test (CPAT) at the end of the course. Prerequisites: None. Note: Offered as credit (P) or no credit (Z) basis. Standard grading available according to procedures outlined in catalog.

FSC131 Intro to Urban Technical Rescue 3.0
Practical application of safe rescue practices for urban technical rescue. Includes ropes and rope systems, trench rescue, confined-space rescue, swiftwater rescue, and rescue from collapsed structures. Prerequisites: None.

FSC134 Fitness & Condition. for Firefighters 3.0
Overview of all aspects of fitness for current and prospective firefighters. Includes physical and mental aspects of performance for optimal achievement on fire department agility tests and firefighting tasks; individual conditioning strategies, nutritional guidelines, protective clothing concepts, and basic exercise principles. Pre-employment, evaluation, and lifelong fitness and conditioning. Prerequisites: None.

FSC139AB Training Skills and Techniques Internship 4.0
Practical application of safe rescue practices for urban technical rescue. Includes ropes and rope systems, trench rescue, confined-space rescue, swiftwater rescue, and rescue from collapsed structures. Prerequisites: None.

FSC202 Supervisory Training for Firefighters 3.0
Administrative methods applied to the fire service, departmental organization, and personnel management. Includes fire alarm signaling systems, fire service planning, and relationships with other city departments. Prerequisites: None.

FSC204 Firefighting Tactics & Strategy 3.0
Methods of coordinating personnel, equipment, and apparatus on the fireground. Practical methods of controlling and extinguishing structural and other types of fires. Includes simulation exercises. Prerequisites: FSC113, or permission of Instructor, or equivalent.

FSC208 Firefighter Safety & Bldg Construct. 3.0
Actions necessary to provide for the safety of firefighters operating on the fireground. Effects that fire and heat may have on various types of building construction resulting in the loss of structural integrity. Includes signs and symptoms of structural damage. Prerequisites: FSC113, or permission of Instructor, or equivalent.

FSC260 Technical Rope Rescue 1, 2, 3 3.0
Concepts, techniques, and skills needed to support technical rope rescue. Meets Arizona Fire Marshal Office requirements for RR1, RR2, RR3 and National Fire Protection Association (NFPA) 1670 Operational Rope Rescue. Prerequisites: FSC131, or permission of Instructor.
NUTRITION & DIETETICS

For Individual or group advisement on
Dietetic Technology Consortium,
contact Lori Anonsen@paradisevalley.edu
602-787-7295
Nutrition Website: www.pvc.maricopa.edu/nutrition/

FON100 Introductory Nutrition 3.0
Basic nutrition concepts for health and fitness. Emphasizes current dietary recommendations for maximizing well-being and minimizing risk of chronic disease. Focuses on use of tables, food guides, and guidelines for making healthy food choices. Includes unique nutrition needs for selected stages of the lifecycle, methods for evaluating creditability of nutrition claims, principles of vegetarian nutrition, safe and economic use of supplements, principles of energy balance, basic elements of food safety, diet for exercise and sports, and personal dietary evaluation techniques. Not for pre-dietetics or selected other pre-professional majors. May not be taken for credit if credit has been earned in FON100AA and/or FON100AC. Prerequisites: None.

FON104 Certification in Food Service, Safety & Sanitation 1.0
Preparation for and certification in a national food sanitation and safety program. Emphasis on food from purchasing, receiving, and storing to preparation, holding, and serving. Focuses on safe and sanitary food service facilities and equipment, employee habits and personal hygiene, and role of management in safety and sanitation. Includes time-temperature principles, food-borne illnesses, pest control, accident prevention, standards for cleaning and sanitizing, and regional regulations and standards. Prerequisites: None.

FON125 Intro to Professions in Nutrition & Dietetics 1.0
Introduction to professions in nutrition and dietetics, including history, current practice, and future trends. Emphasis on the integration of nutrition and dietetics within health care systems and public policy. Highlights professional ethics, standards of practice, education requirements and areas of practice. Prerequisites: None. Additional Course Fee: $25.

FON135 Sustainable Cooking 3.0
Basic cooking techniques for healthful and enjoyable eating. Emphasis on strategies for maximizing the use of whole, local, and nutrient-dense food while focusing on applying the dietary recommendations for optimal health to food choices. Opportunities to learn about sustainable food living and identifying resources that enable people to be more in control of their food supply. Prerequisites: Requisites: None. Additional Course Fee: $55. Course Notes: Laboratory component involves hands-on experience in the college teaching or commercial kitchen and garden (or similar teaching or commercial food operation).

FON142AB Science of Food 3.0
Exploration and applications of scientific principles involved in food preparation; experiences with basic cooking methods; emphasis on the rationale of cooking techniques. Prerequisites: None. Additional Course Fee: $75. Textbook required for first class meeting.

FON143 Food and Culture 3.0
Understanding diet in the context of culture. Historical, religious, and socio-cultural influences on the development of cuisine, meal patterns, eating customs, cooking methods, and nutritional status of various ethnic groups. Traditional and contemporary food habits. Health and social impact of changes in diet. Preparation and serving of foods from many cultures. Prerequisites: None.

24746 Online Letter Grade 8/24-12/13 T. Montgomery
Note: Students should notify the instructor if they want to take the course as Pass/No Credit option. Book Information: Mindtap is required for this course.
FON241 Principles of Human Nutrition 3.0
Scientific principles of human nutrition. Emphasis on health promotion and concepts for conveying accurate nutrition information in a professional setting. Addresses therapeutic nutrition principles for treatment of common health conditions. Includes exploration of food sources of nutrients, basic metabolism of nutrients in the human body, relationship between diet and other lifestyle factors, use of supplements, current recommendations for food selection throughout the life cycle, and use of nutrition tools for planning food intake or assessment of nutritional status. Prerequisites: None. Additional Course Fee for in person classes only: $10.

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<td>D. Weaver</td>
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</table>

25217 Online Letter Grade 8/24-12/13 T. Montgomery
Class #25217 Book Information: Mindtap is required.

24867 BMC-ORH 109 T 6:00-8:40P A. Uhling
PVCC at Black Mountain (BMC)

FON241LL Human Nutrition Lab 1.0
Laboratory experience to accompany the lecture component of FON241, through the use of modern laboratory techniques. Includes the use of spectrophotometry and anthropometrics to analyze nutritional status. Additional Course Fee: $45.

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<td>D. Griswold</td>
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</table>

PVCC at Black Mountain (BMC)

FON244AA Food Service Management and Lecture 2.0
Classroom preparation and training, under the instruction and supervision of a registered dietitian. Application of principles, knowledge, and skills required in the delivery of nutrition services for food service management including food service operations, quantity food production, procurement, organizing and management principles, facility design and equipment, financial management, food safety and sanitation, menu planning, and marketing. Prerequisites: FON104, FON125, FON142AB, FON207 and FON242. Co-requisites: FON244AA. Additional Course Fee: $15.

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HYBRID Format

FON244AB Food Serv Mgt Practicum Lab 2.5
Practicum experience under the supervision of a registered dietician. Application of principles, knowledge, and skills required in the delivery of nutrition services for food service management including food service operations, quantity food production, procurement, organizing and management principles, facility design and equipment, financial management, food safety and sanitation, menu planning, and marketing. Prerequisites: FON104, FON125, FON142AB, FON207 and FON242. Co-requisites: FON244AA. Additional Course Fee: $15.

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<td>24742</td>
<td>TBA</td>
<td>8/24-12/18</td>
<td>L. Anonsen</td>
</tr>
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</table>

FON247 Weight Management Science 3.0
Comprehensive study of genetic, physiological, psychological, metabolic, and environmental influences on body weight. In depth study of the theories of body weight with emphasis on distinguishing between behavioral and biological approaches. Focus on discovering successful healthful long-term weight management strategies. Prerequisites: FON100 or FON241 or permission of Instructor.

24776 Online Letter Grade 8/24-12/13 T. Montgomery
Note: Students should notify the instructor if they want to take the course as Pass/No Credit option.

SEE ONLINE CLASS SCHEDULE FOR AVAILABLE CLASS DATES, TIMES, AND CLASS SECTION NOTES.

PHLE - Online Class Information

HCR240 Human Pathophysiology 4.0
Chemical, biological, biochemical, and psychological processes as a foundation for the understanding of alterations in health. The structural and functional pathophysiology of alterations in health; selected therapeutics considered. Prerequisites: BIO202 or BIO205 or equivalent.

SEE ONLINE CLASS SCHEDULE FOR AVAILABLE CLASS DATES, TIMES, AND CLASS SECTION NOTES.

PHLE - Online Class Information

HCC109 CPR for Health Care Provider 0.5
Current American Heart Association standards for one and two rescuer cardiopulmonary resuscitation (CPR) and obstructed airway procedures on the adult, infant, and pediatric victim. Use of automatic, external defibrillation and resuscitation equipment. Prerequisites: None. You must purchase book from the bookstore.

SEE ONLINE CLASS SCHEDULE FOR AVAILABLE CLASS DATES, TIMES, AND CLASS SECTION NOTES.

PHLE - Online Class Information

HCC130 Fundamentals in Health Care Delivery 3.0
Overview of current health care professions including career and labor market information. Health care delivery systems, third party payers, and facility ownership. Health organization structure, patient rights and quality care. Health care and life values. Definition and importance of values, ethics, and essential behaviors in the workplace. Worker rights and responsibilities. Healthful living practices to include nutrition, stress management and exercise. Occupational Safety and Health Administration (OSHA) standard precautions and facility safety. Use of principles of body mechanics in daily living activities. Basic communication skills which facilitate teamwork in the health care setting. Focus on development of personal communication skills and an understanding of how effective communication skills promote teamwork. Focus on intercultural communication strategies. Prerequisites: None. Additional Course Fee (except online classes): $3.
HEALTH SCIENCE

HES100 Healthful Living 3.0
Health and wellness and their application to an optimal life style. Explores current topics of interest such as stress management, nutrition, fitness, and environmental health. Evaluates common risk factors associated with modern lifestyles. Prerequisites: None. Additional course fee: $10

24748 LS 109 MW 10:30-11:45A T. Voeller
24725 F 131 TR 12:00-1:40P Staff
12 week class: 9/22-12/10
24758 Online Letter Grade 8/24-12/13 T. Voeller

HES210 Cultural Aspects of Health & Illness 3.0
Examines how culture influences health and illness, health care practices, barriers to health care, interactions with health care professionals, and health disparities in the U.S. Prerequisites: None.

25823 Q 515 TR 10:30-11:45A 8/25-12/18 Staff

INTEGRATED PUBLIC HEALTH

IPH101 Introduction to Public Health 3.0
Introduction to Public Health introduces students to the broad discipline of public health and how it influences community and individual health status. Includes sciences of public health, historical context of public health, role of various public health agencies, core functions, methods of management and evaluation, major public health issues in the United States, public policy, and factors that contribute to individual and community health. Prerequisites: None.

25872 Online Letter Grade 9/8-12/13 M. L. Lauer

IPH110 Principles of Health & Behavior Change 3.0
Introduction to the social and behavioral science theories used in public health. Provides an overview of health promotion principles and various theories and models developed to change health behavior and promote the health of individuals and societies. Prerequisites: None.

38642 Online Letter Grade 9/8-12/13 M. L. Lauer
PHYSICAL EDUCATION

PED: Fitness Center Options

Enrollment in any of the classes in this section includes unlimited access to the Fitness Center.

If you are a new Fitness Center Member an orientation is required before your first workout. Orientations can be taken in Canvas (online) or in person by calling the Fitness Center 602-787-7270.

PED114, 115, 116, 117, includes group exercise classes (space permitting). See front desk staff for details regarding the procedures for attending. These include the following classes:

PED101GF: MW 5:30P Floor, Core, and More
PED101BS: TR 6:30P Cardio Sculpting
PED101ZU: MW 6:30P Zumba

PEND114 Fitness 1.5
Fitness activity and wellness study to help develop a lifetime of regular exercise, stress management, and proper nutrition. Workout includes warm-up/stretch, aerobic exercise, selected strength exercises, and cool down/stretch. Prerequisites: None. Recommended for students who would like to attend the group exercise classes. *PED114 includes group exercise classes (PVCC Main Campus only) (space permitting). If you are not a current Fitness Center member an orientation is required before your first workout. Orientations can be taken through Canvas (Online) or by scheduling an in-person orientation by calling the Fitness Center Front Desk (602) 787-7270. Cost: 1.5 credits, plus additional $20 user fee.

PEND101FL Fitness for Life 1.0
Fitness activity and wellness study to help develop a lifetime of regular exercise, stress management, and proper nutrition. Recommended for community members wanting to use the PVCC Fitness Center for a regular weekly exercise program or PVCC students who have successfully completed PED115. If you are not a current Fitness Center member an orientation is required before your first workout. Orientations can be taken through Canvas (Online) or by scheduling an in-person orientation by calling the Fitness Center Front Desk (602) 787-7270. Additional $15 user fee.

PEND115 Fitness for Life 1.5
Fitness activity and wellness study to help develop a lifetime of regular exercise, stress management, and proper nutrition. Workout includes warm-up/stretch, aerobic exercise, selected strength exercises, and cool down/stretch. Prerequisites: None. Additional $20 user fee. If you are not a current Fitness Center member an orientation is required before your first workout. Orientations can be taken through Canvas (Online) or by scheduling an in-person orientation by calling the Fitness Center Front Desk (602) 787-7270.

PEND101WT Weight Training 1.0
Strength training and muscular fitness activity to help develop a lifetime of regular exercise and muscular strength maintenance. Development of full body strength and stability of the body’s core musculature, translating to increased power, balance, and functional movement ability including assessment of current strength and goal-specific program design to increase strength and muscular fitness. Prerequisites: None. Additional Course Fee: $20. If you are not a current Fitness Center member an orientation is required before your first workout. Orientations can be taken through Canvas (Online) or by scheduling an in-person orientation by calling the Fitness Center Front Desk (602) 787-7270.

PEND116 Cardiovascular Fitness 2.0
Blends an effective warm-up, challenging cardiovascular and strength/endurance training strategies and a relaxing cool-down. Tailored by certified fitness professionals to personal goals. Prerequisites: None. Additional Course Fee: $20. If you are not a current Fitness Center member an orientation is required before your first workout. Orientations can be taken through Canvas (Online) or by scheduling an in-person orientation by calling the Fitness Center Front Desk (602) 787-7270.

PEND117 Weight Training for Wellness 2.0
Strength training and muscular fitness activity to help develop a lifetime of regular exercise and muscular strength maintenance. Development of full body strength and stability of the body’s core musculature, translating to increased power, balance, and functional movement ability including assessment of current strength and goal-specific program design to increase strength and muscular fitness. Prerequisites: None. Additional Course Fee: $20. If you are not a current Fitness Center member an orientation is required before your first workout. Orientations can be taken through Canvas (Online) or by scheduling an in-person orientation by calling the Fitness Center Front Desk (602) 787-7270.

PEND114 Fitness 1.0
Fitness activity and wellness study to help develop a lifetime of regular exercise, stress management, and proper nutrition. Workout includes warm-up/stretch, aerobic exercise, selected strength exercises, and cool down/stretch. Prerequisites: None. Recommended for students who would like to attend the group exercise classes. *PED114 includes group exercise classes (PVCC Main Campus only) (space permitting). If you are not a current Fitness Center member an orientation is required before your first workout. Orientations can be taken through Canvas (Online) or by scheduling an in-person orientation by calling the Fitness Center Front Desk (602) 787-7270. Cost: 1.5 credits, plus additional $20 user fee.

PEND101FL Fitness for Life 1.0
Fitness activity and wellness study to help develop a lifetime of regular exercise, stress management, and proper nutrition. Recommended for community members wanting to use the PVCC Fitness Center for a regular weekly exercise program or PVCC students who have successfully completed PED115. If you are not a current Fitness Center member an orientation is required before your first workout. Orientations can be taken through Canvas (Online) or by scheduling an in-person orientation by calling the Fitness Center Front Desk (602) 787-7270. Additional $15 user fee.

Non Credit Fitness For Academic Success 0.0
We now know that fitness activities provide support for learning. According to the American College of Sports Medicine, college students who regularly engage in vigorous exercise get better grades! Research shows that exercise optimizes alertness, attention, mood and motivation. Fitness gives many students the added edge they need to learn more efficiently. Must be enrolled in any 1 credit class or more in current semester to qualify.

Fitness 25957 8/22/20- 1/15/21 Non Credit Course Fee: $25

PEND: Weight & Strength Training

Enrollment in any of the classes in this section includes unlimited access to the Fitness Center.

If you are a new Fitness Center Member an orientation is required before your first workout. Orientations can be taken in Canvas (online) or in person by calling the Fitness Center 602-787-7270.

PEND117 Weight Training for Wellness 2.0
Strength training and muscular fitness activity to help develop a lifetime of regular exercise and muscular strength maintenance. Development of full body strength and stability of the body’s core musculature, translating to increased power, balance, and functional movement ability including assessment of current strength and goal-specific program design to increase strength and muscular fitness. Prerequisites: None. Additional Course Fee: $20. If you are not a current Fitness Center member an orientation is required before your first workout. Orientations can be taken through Canvas (Online) or by scheduling an in-person orientation by calling the Fitness Center Front Desk (602) 787-7270.

PEND101WT Weight Training 1.0
Small Group Personal Training
Designed to teach the basic principles and techniques of strength training. Includes partner training; lean body mass assessment; increasing muscular fitness. May be repeated for credit. Fitness Center membership is included. Additional workout hours will be required and can be completed independently in the Fitness Center. Fitness Center User Fee: $15. Prerequisites: None.

PEND117 Weight Training for Wellness 2.0
Strength training and muscular fitness activity to help develop a lifetime of regular exercise and muscular strength maintenance. Development of full body strength and stability of the body’s core musculature, translating to increased power, balance, and functional movement ability including assessment of current strength and goal-specific program design to increase strength and muscular fitness. Prerequisites: None. Additional Course Fee: $20. If you are not a current Fitness Center member an orientation is required before your first workout. Orientations can be taken through Canvas (Online) or by scheduling an in-person orientation by calling the Fitness Center Front Desk (602) 787-7270.
**PED101ST Strength Training - Fitness Blitz: 1.0**

Think you don't have time to work out? You do. What if you could get an effective workout in 30 minutes a day? It's the intensity of your workout that's key. A short-burst, high-intensity workout boosts your metabolism and tones muscles. Get moving with a 30-minute "quickie" routine that includes cardio and resistance training. Additional hours will be required and can be completed independently in the Fitness Center. Additional Course Fee: $15. Enroll through 9/13. Free drop in for Fitness Center Members with instructor permission.

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**Noncredit: Group Exercise**

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**PED101ZU Zumba® 1.0**

Zumba is a dynamic fitness program. Fuses hypnotic Latin rhythms and easy to follow moves. Interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt while burning fat. Prerequisites: None. Zumba is a dynamic fitness program. Fuses hypnotic Latin rhythms and easy to follow moves. Interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt while burning fat.

<table>
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**PED101KB Kickboxing** 1.0

Techniques to increase muscular endurance and strength, enhance flexibility and increase body awareness and self-confidence. Jabs, kicks, and blocks will be used in this martial arts based workout. Prerequisites: None.

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</table>

**PED101DF Self Defense - AL-NAS/Shinto Ryu** 1.0

Covers the fundamentals of Aikido including rules, moves, and traditional discipline of the sport. This program uses ten basic styles of Kung Fu, with special emphasis on Wushu, the art of fighting dance. It promotes both health and self-defense benefits, and expands the student’s knowledge, and appreciation for Asian cultural traditions. For beginning and intermediate students.

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<td>9/4-12/11</td>
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**PED101KF Shaolin Kung Fu Wushu** 1.0

Shaolin Kung Fu is a 1500 year old tradition of the martial arts of China. This course will teach seven basic styles of Kung Fu, with special emphasis on Wushu, the art of fighting dance. It promotes both health and self-defense benefits, and expands the student’s knowledge, and appreciation for Asian cultural traditions. For beginning and intermediate students.

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**PED101QG Chi Kung (Qi Gong)** 1.0

Chi Kung (Qi Gong) is an ancient Chinese healing and meditative exercise discipline that involves body movement and posture, mental relaxation, and controlled breathing. This Chi Kung class includes sitting, standing, and moving techniques. Recommended for beginners and experienced students. Seniors Welcome! Prerequisites: None.

<table>
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<th>Course Code</th>
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<td>9/4-12/11</td>
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</table>

**PED101TC Tai Chi - All Levels** 1.0

Teaches the fundamentals of Tai Chi including the moves, rules, and traditional discipline of the sport. This program uses innovative techniques for health and stress management. Tai Chi movements combined with music and breathing bring about a state of relaxation, and also strengthen muscles, reduce weight, increase flexibility, strengthen the cardiovascular system, and promote total well being.

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<tr>
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<th>Start Time</th>
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<td>9/2-12/9</td>
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</table>

**PED101TC Tai Chi for Balance, Strength and Brainpower** 1.0

Tai Chi is a traditional Chinese form of martial arts. Modern scientific studies have proven that people gain health benefits by practicing Tai Chi. There are three essential components of Tai Chi - Balance, Strength and Brain Power. Tai Chi teaches practitioners how their body movements function in their daily lives enabling them to maintain proper body posture and achieve structural equilibrium. The long sequence of Tai Chi moves also provides mental exercise to build brain power over time with regular practice. The style of Tai Chi taught in this class is Chen Style Tai Chi Quan Practical Method. All the moves require sound body mechanics and precision based on martial art applications.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
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<td>F</td>
<td>1:15-2:10P</td>
<td>9/2-12/10</td>
<td>P. Wei</td>
<td></td>
</tr>
</tbody>
</table>

**PED102TC Tai Chi for Balance, Strength and Brainpower** 1.0

Continuing Students:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Start Time</th>
<th>End Time</th>
<th>Dates</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>26028</td>
<td>F</td>
<td>12:00-12:55P</td>
<td>9/2-12/10</td>
<td>P. Wei</td>
<td></td>
</tr>
</tbody>
</table>

**Noncredit: Tai Chi Movement**

**Beginning/Intermediate**

Beginning/Intermediate class that uses movements, combined with music and breathing, to bring about a state of relaxation. You may see an improvement in balance, muscle strength, flexibility and total well-being. Beginning students welcome! For non credit courses registration in person (Admissions & Records Office located in KSC Bldg.) or by phone (602-787-7000) is recommended. Course Fee: $85.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Start Time</th>
<th>End Time</th>
<th>Dates</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>24859</td>
<td>F</td>
<td>11:15A-12:55P</td>
<td>8/29-12/12</td>
<td>R. Moreno</td>
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</tr>
</tbody>
</table>

**PED101YH Gentle Yoga**

**Stress Management Through Yoga** 1.0

An experiential way to reduce stress through the ancient practice of yoga, which enhances health and well being of the body, emotions, mind, and spirit. The yoga techniques provided in this course are physical yoga, postures, breathing and meditation. Discussion on related topics includes stress management, relaxation, meditation, nutrition, and a healthy lifestyle. Join us to de-stress! Beginners and experienced students are welcome.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Start Time</th>
<th>End Time</th>
<th>Dates</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>24780</td>
<td>F</td>
<td>9:00-9:55A</td>
<td>9/8-12/10</td>
<td>S. Pustetta</td>
<td></td>
</tr>
<tr>
<td>24786</td>
<td>S</td>
<td>8:15-9:55A</td>
<td>8/29-12/12</td>
<td>S. Leavy</td>
<td></td>
</tr>
</tbody>
</table>

**PED101YG Gentle Yoga for Special Bodies** 1.0

Designed to present modified yoga postures for those who have special physical limitations such as arthritis, back stiffness, obesity, and pregnancy. Written doctor’s release may be required. If you can move, you can do yoga! Beginners welcome. Recommended for senior adults also.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Start Time</th>
<th>End Time</th>
<th>Dates</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>24779</td>
<td>F</td>
<td>10:30-11:25A</td>
<td>9/8-12/10</td>
<td>S. Pustetta</td>
<td></td>
</tr>
</tbody>
</table>

**PED101YO Yoga for Stress and Better Sleep** 1.0

Welcome to the softer side of yoga. Featuring soothing music and dim lights, this class will focus on gentle stretching and longer posture holds to increase flexibility while calming the mind. Students will explore a variety of breathing exercises and meditation techniques, including Yoga Nidra, to achieve profound relaxation, set positive intentions, and learn how to prepare the body for a restful night’s sleep. Prerequisites: None.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Start Time</th>
<th>End Time</th>
<th>Dates</th>
<th>Instructor</th>
</tr>
</thead>
<tbody>
<tr>
<td>26119</td>
<td>F</td>
<td>4:15-5:10P</td>
<td>9/9-12/9</td>
<td>A. Ambrose</td>
<td></td>
</tr>
</tbody>
</table>

**PED101YO Yoga - All Levels** 1.0

Participants in this course will learn experientially why yoga works for optimal health and well being of the body, emotions, mind, and spirit. Yoga is also great for stress reduction using physical yoga postures, breathing and meditation. Come experience the bliss. Beginners and experienced students welcome.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Start Time</th>
<th>End Time</th>
<th>Dates</th>
<th>Instructor</th>
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<tbody>
<tr>
<td>24814</td>
<td>F</td>
<td>7:15-8:10A</td>
<td>9/9-12/9</td>
<td>J. Rosario</td>
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<tr>
<td>24815</td>
<td>F</td>
<td>9:30-10:25A</td>
<td>9/9-12/9</td>
<td>J. Rosario</td>
<td></td>
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<tr>
<td>24817</td>
<td>F</td>
<td>3:30-4:25P</td>
<td>9/9-12/9</td>
<td>J. Rosario</td>
<td></td>
</tr>
<tr>
<td>24861</td>
<td>F</td>
<td>5:30-6:25P</td>
<td>9/9-12/9</td>
<td>A. Ambrose</td>
<td></td>
</tr>
<tr>
<td>24820</td>
<td>F</td>
<td>6:00-7:40P</td>
<td>8/28-12/11</td>
<td>P. Wei</td>
<td></td>
</tr>
<tr>
<td>38332</td>
<td>F</td>
<td>5:30-6:20P</td>
<td>9/8-12/8</td>
<td>Staff</td>
<td></td>
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</tbody>
</table>

**Fitness**

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<thead>
<tr>
<th>Course Code</th>
<th>Days</th>
<th>Start Time</th>
<th>End Time</th>
<th>Dates</th>
<th>Instructor</th>
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<tbody>
<tr>
<td>25272</td>
<td>TR</td>
<td>8:00-8:55A</td>
<td>8/25-12/10</td>
<td>P. Cornelius</td>
<td></td>
</tr>
</tbody>
</table>

For non credit courses registration in person (Admissions & Records Office located in KSC Bldg.) or by phone (602-787-7000) is recommended. Course Fee: $85.

In person (Admissions & Records Office located in KSC Bldg.) or by phone (602-787-7000) is recommended.
Ped: Pilates

PED101PS  Pilates  1.0
An exercise program that aims at developing a stable core for all types of movement to occur more efficiently. Pilates teaches you about breathing with movement, body mechanics, balance, coordination positioning of the body, spatial awareness, strength and flexibility. Pilates is an all encompassing mind, body and spirit exercise. Mat based exercise system focused on improving flexibility and strength for the total body. Teaches core control and stabilization while improving postural alignment. Prerequisites: None.

24782  F 133  MW  8:20-9:15A  9/7-12/9  K. Driggs-Warner
26061  F 109  TR  9:05-10:00A  9/8-12/10  S. Valle
24886  F 133  TR  5:35-6:30P  9/8-12/10  K. Driggs-Warner/ L. Tomasulo

Ped: Backpacking & Hiking

PED101BP  Backpacking - Canyon de Chelly  1.0
Backpack into Canyon de Chelly with a Navajo guide and sleep at the base of ancient ruins and petroglyphs. Must be in good physical condition as backpacking will consist of 3 hours on Friday and 7 hours on Saturday, on flat or slightly downhill grade. The travel/activity cost of $250.00 includes lodging in Winslow the first night (double occupancy), canyon permits, and transportation. Canyon de Chelly has been occupied by Puebloans for 5,000 years and is a National Monument. Students will see all of the major ruins in the Canyon and experience the amazing beauty of this riparian habitat. Step back in time and learn about ancient and modern Navajo culture and experience one of the most beautiful canyons in the Southwest. Students must enroll by Thursday, 9/3/20. Travel/activity cost is due at registration, no travel/activity cost refunds after 9/3/20. Class Pending Obtaining of Permits.

25226  Orientation: 6:30-9:00P, F-130, Wed., 9/2  J. Thomas
Trip Dates: 9/17- 9/20

Ped: Golf

PED101GO  Golf - Beginning/Intermediate  1.0
This class covers basic terms, rules and regulations, how to hold the club, proper stance, putting the ball, and fundamentals of chipping and pitching the ball. Students must supply their own golf clubs. Students must pay additional greens fees directly to the golf course. The first class will meet in room F 130. The 2nd class meeting will be on the Paradise Valley Golf Course. Extended class periods during golf course playing dates.

Late Start:

25638  F 130  W  9:30-11:40A  9/9-12/9  M. Peters
Meets Wednesday, 10/7 in F130, thereafter at the PV Golf Course.

Rec: Recreational Activities

Ped: Tennis

PED101TE  Tennis - Beginning/Advanced Beg.  1.0
Learn how tennis can contribute to one's fitness. Learn the basic rules of tennis, develop skills in fundamental shots and grips, develop a sense of strategy, and develop physical fitness. May be repeated for credit. Bring your own racket. Prerequisites: None. Additional Course Fee: $10

25769  Tennis Crt  T  6:30-8:20P  9/8-12/8  M. Peters

PED102TE  Tennis - Intermediate  1.0
Improve upon basic skills and game strategy of tennis at the intermediate level. Class emphasis on competition and drills. Prerequisites: None. Prior experience recommended. Additional Course Fee: $10

25830  Tennis Crt  W  6:30- 8:20P  9/9-12/9  M. Peters
26234  Tennis Crt  M  6:30- 8:20P  9/14-12/14  M. Peters

Rec: Recreational Activities

REC155AB  Introduction to Caving  1.0
First orientation class is Tuesday, Oct. 20th, at 6:30pm in PE137. This is a one-time orientation class. Date of the trip is Oct. 24-25. Basic caving skills. Includes cave ecology, navigation, safety systems, lighting systems and equipment selection. This course is for beginners. Basic level of fitness required. Develop cave exploration skills and learn lighting systems and cave conservation essentials according to Leave No Trace (LNT) principles. Activities will be conducted in active caves, with ample time for cave exploration. Students will spend one night camping on federal lands. Caving equipment (helmet), transportation and dinner/breakfast are provided. Service animals are not allowed. Travel/activity cost $45. Travel/activity cost is due at registration, no travel/activity cost refunds after 10/21. Class meets and departs from Scottsdale Community College (SCC). Enrollment limit – 10 @SCC, 10@PVCC. Email the instructor, Josh Parafinik for more information at j7win@yahoo.com

25226  Orientation: 6:30-9:00P, F-130, Wed., 9/2  J. Thomas
Trip Dates: 9/17- 9/20

Rec: Recreational Activities

REC155AC  Outdoor Rock Climbing  1.0
Experience top rope rock climbing in the local Phoenix mountains during two (2) full day sessions. This class will include instruction on safety, belaying, and climbing techniques. The course will be conducted outside - on real rock - and students will have ample time to practice their skills. All rock climbing equipment (harness, helmet, climbing shoes) provided. Activity cost of $20. Travel/activity cost is due at registration, no travel/activity cost refunds after 11/4. This course is for both beginners and intermediate climbers. Basic level of fitness required. Must have reliable transportation to meet at offsite locations. All details explained during first class orientation. First orientation class is Tuesday, Nov. 3rd, 6:30pm at Scottsdale Community College in PE137. This is a one-time orientation meeting. Date of the classes Saturday, Nov. 7 and Sunday, Nov. 15. Enrollment limit – 10 @SCC, 10@PVCC. Email the instructor for more information at j7win@yahoo.com.

24785  PV Offsite  Orientation: 10/20, 6:30P, SCC  J. Parafinik
Trip Dates:10/24-25
REC155AD   Kayaking Verde and Salt Rivers  1.0
Experience beginner kayaking sessions during two (2) one day classes on the Verde and Salt Rivers in Arizona. Enjoy instructional lessons each session and plenty of time to practice skills. Must have reliable transportation to meet at offsite locations. All details explained during first class orientation. First orientation class is Tuesday, Sept 8th, 6:30pm at Scottsdale Community College in PE137. This is a one time orientation meeting. Date of the classes are Saturday Sept 26th and Sunday Sept 27th. Activity fee of $20. Activity fee does not include boat rental. Activity cost is due at registration, no travel/activity cost refunds after 9/16. Enrollment limit – 15 @SCC, 15 @PVCC. Email the instructor for more information at j7win@yahoo.com.

26022 PV Offsite Orientation: 9/8, 6:30P SCC J. Parafinik
Class Dates: 9/26 and 9/27

REC155AE   Indoor Rock Climbing  1.0
First class is Tuesday, Sept. 8, 3-5:50pm. All classes meet at AZ on the Rocks (Loop 101 & Bell Rd.) each Tuesday from 3-5:50pm. Have fun and meet new people while enjoying indoor rock climbing. Focus is on developing your climbing skills with practical techniques and hands on practice. Enjoy a social climbing competition at the end of the semester to celebrate a fun class. This course is for beginners and intermediate climbers. Travel/activity cost of $90. Travel/activity fee covers all needed equipment and membership to AZ on the Rocks Climbing Gym. Students may climb outside of class for no extra charge. Enrollment limit – 30. Email the instructor for more information at j7win@yahoo.com.

24830 PV Offsite T 3:00- 5:50PM 9/8-12/8 J. Parafinik

REC155AG   Hiking 3 Summits Phoenix  1.0
Experience three (3) beautiful hikes around the Valley of the Sun (Phoenix area). This class will be three (3) sessions which each day hiking at different local mountain. Hiking to the summit is not mandatory. Basic level of fitness required. Must have reliable transportation to meet at offsite locations and good hiking shoes. All details explained during first class orientation. First orientation class is Tuesday, Nov. 3rd, 6:00pm at Scottsdale Community College in PE137. This is a onetime orientation meeting. Date of the classes are; Friday, Nov. 6, Saturday, Nov. 14, and Sunday, Nov 22nd. Enrollment limit – 15. Email the instructor for more information at j7win@yahoo.com.

26023 PV Offsite Orientation: 11/3, 6:00P, SCC J. Parafinik
Class Dates: 11/6, 11/14, 11/22

SUS110   Sustainable World  3.0
Introduction to the field of sustainability and exploration of the interaction between human and natural global systems. Framework for analyzing and investigating the global challenges such as land use change, competition for water and other natural resources, and renewable energy concerns and crises. Prerequisites: None.

25685 LSC 109 M 4:00- 7:20P 9/14- 11/30 L. Santiago
Class Meets 12 Weeks

WED162   Meditation and Wellness  1.0
Physiology of meditation and its effects on physical and mental health; scholastic abilities and interpersonal relationships; differentiation between meditation and other relaxation techniques. Prerequisites: None

25833 F 109 R 7:45- 9:00P 9/17- 12/10 A. Barkworth

WED151   Introduction to Alternative Medicine  3.0
Definition of health; exploration of mind-body-spirit connection in health; various therapeutic modalities; identification of strengths and limitations of alternative therapies. Also includes development of ability to critically review written material in the alternative therapy area. Prerequisites: None.

24759 Online Letter Grade 8/24- 12/13 A. Merkey

Note: Students should notify the instructor if they want to take the course as a Pas/No Credit option.

WED275   Practicum: Teaching Healing  3.0
Application, teaching, and training of fundamental healing meditation and stress management techniques. Prerequisites: WED259 and permission of instructor. Students will meet periodically with the adviser to complete the Practicum by the end of the semester.

24854 TBA 9/4- 12/11 A. Barkworth

SUSTAINABILITY

SSH111 counts towards *NEW* Sustainability Certificate!

SSH111   Sustainable Cities  3.0
Introduction to the field of sustainability and exploration of the practices leading to the development of sustainable cities. Explores the concept of sustainable development of cities within local, regional, and global contexts. Prerequisites: None.

25367 Q 506 IPH MW 10:30- 11:45A 8/24-12/18 W. Warrington
26195 Online Letter Grade 8/24- 12/13 K. Fehr
38897 ORH 109 BMC TR 12:30- 1:45P 8/25- 12/18 Staff
PVCC at Black Mountain (BMC)