DANCE HUMANITIES

DAH100 Introduction to Dance 3.0
Overview of the field of dance focusing on origins, historical development, and cultural characteristics of the various styles of dance. Prerequisites: None.

23310 ONLINE 1/21-5/3 S. Valle
Online format- Call Distance Learning at 602.787.6754 for details.

DAH255 Hip Hop: Arts, Aesthetic & Culture 3.0
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: Prerequisites: A grade of C or better in ENG101 or ENG107.

24415 ONLINE 2/10-5/3 S. Valle
Online format- Call Distance Learning at 602.787.6754 for details.

DANCE

DAN: Ballet

DAN131 Ballet I 1.0
Introduction to the theory and practice of ballet at the beginning level. Development of movement quality and performance skills. Prerequisites: None. Additional Course Fee: $7

24379 F 133 TR 12:00P -1:20P 1/21-4/30 L. Tomasulo

DAN134 Ballet II 1.0
Theory and practice of ballet at the advanced beginning level. Development of movement quality and performance skills. Prerequisites: DAN131 or permission of Instructor. Additional Course Fee: $7

23388 F 133 TR 1:30P -2:50P 1/21-4/30 Staff

DAN231 Ballet III 1.0
Theory and practice of ballet at the beginning intermediate level. Development of movement quality and performance skills. Prerequisites: DAN134 or permission of Instructor. Additional Course Fee: $7

23391 F 133 TR 1:30P-2:50P 1/21-4/30 Staff

DAN234 Ballet IV 1.0
Theory and practice of ballet at the intermediate level. Development of movement quality and performance skills. Prerequisites: DAN231 or permission of Instructor. Additional Course Fee: $7.

23392 F 133 TR 1:30P-2:50P 1/21-4/30 Staff

DAN: Modern

DAN132 Modern Dance I 1.0
Introduction to the theory and practice of modern dance at the beginning level. Development of movement quality and performance skills. Prerequisites: None. Additional Course Fee: $7

23397 F 133 MW 12:00P -1:20P 1/22-4/29 S. Valle

DAN135 Modern Dance II 1.0
Theory and practice of modern dance at the advanced beginning level. Development of movement quality and performance skills. Prerequisites: DAN132 or permission of Instructor. Additional Course Fee: $7

23386 F 133 MW 12:00P -1:20P 1/22-4/29 S. Valle

DAN232 Modern Dance III 1.0
Theory and practice of modern dance at the beginning intermediate level. Development of movement quality and performance skills. Prerequisites: DAN135 or permission of Instructor. Additional Course Fee: $7

23393 F 133 MW 12:00P -1:20P 1/22-4/29 S. Valle

DAN235 Modern Dance IV 1.0
Theory and practice of modern dance at the intermediate level. Development of movement quality and performance skills. Prerequisites: DAN232 or permission of Instructor. Additional Course Fee: $7.

23394 F 133 MW 12:00P -1:20P 1/22-4/29 S. Valle

DAN: Modern Jazz

DAN133 Modern Jazz Dance I 1.0
Introduction to the theory and practice of modern jazz dance at the beginning level. Development of movement quality and performance skills. Prerequisites: None. Additional Course Fee: $7

23384 F 133 MW 1:30P -2:50P 1/22-4/29 T. Kannarr

DAN136 Modern Jazz Dance II 1.0
Theory and practice of modern jazz dance at the advanced beginning level. Development of movement quality and performance skills. Prerequisites: DAN133 or permission of Instructor. Additional Course Fee: $7

23382 F 133 MW 1:30P-2:50P 1/22-4/29 T. Kannarr
DAN233 Modern Jazz Dance III 1.0
Theory and practice of modern jazz dance at the beginning intermediate level. Development of movement quality and performance skills. Prerequisites: DAN136 or permission of Instructor. Additional Course Fee: $7
23383  F 133  MW  1:30P-2:50P  1/22-4/29  T. Kannarr

DAN236 Modern Jazz Dance IV 1.0
Theory and practice of modern jazz dance at the intermediate level. Development of movement quality and performance skills. Prerequisites: DAN233 or permission of Instructor. Additional Course Fee: $7
23447  F 133  MW  1:30P-2:50P  1/22-4/29  T. Kannarr

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.
23385  TBA  2/10 - 5/1  S. Valle

DAN: Performance

DAN155 Dance Performance II 1.0
Continued study of the process and practice of dance performance at a level II. Prerequisites: DAN150 or permission of Instructor. Students must co-enroll in one of the following: DAN134, DAN135, DAN136, DAN231, DAN232, DAN233, DAN234, DAN235 or DAN236. Contact Sonia Valle for more information at 602-787-6808. Students must attend the dance audition listed below in order to enroll in this class. Additional Course Fee: $7
By Audition Only: Wed, 1/29, 3P-4:20P, in F133
Rehearsals: Mon & Wed, 3P-4:20P, 2/3-4/25
Tech & Dress: Thurs, 4/23, 5P-11P & Fri, 4/24, 4P-6:30P
Performances: Fri, 4/24, 6:30P-9:30P & Sat, 4/25, 6P-9:30P
23475  F 133  MW  3:00P-4:20P  2/3-4/25  S. Valle

DAN: Rhythmic Theory

DAN221 Rhythmic Theory for Dance I 3.0
Exploration of the ways in which music, time, pitch, and energy work with the art of dance. Emphasis on reading and writing music notation and performing movement that correlates to the notation and vice versa. Prerequisites: None.
23411  F 109  TR  3:00P-4:20P  1/21-4/30  S. Valle

DAN: Dance Practicum

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: Permission of Instructor. Additional Course Fee: $7
23410  TBA  TBA  1/27-4/25  S. Valle
Tech and Dress Rehearsals: Thurs. 4/23, 5-11P, Fri. 4/24, 4-6:30P
Performances Fri, 4/24, 6:30P-9:30P & Sat, 4/25, 6-9:30P

PED: World Dance

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: $3
23507  F 133  MW  7:45P-8:35P  1/22-4/29  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. May be repeated for credit. Additional Course Fee: $7.

23498   F 109   T   4:40P - 6:20P   1/21-4/28   C. Valdez

DAN: Social

**DAN101AA Social Dance: Ballroom 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, 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.

24028   F 109   M   6:45P -8:35P   1/27-4/27   M. Vasileva

**DAN101AA 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 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.

24029   F 109   M   6:45P -8:35P   1/27-4/27   M. Vasileva

**DAN101AB 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.

24030   F 133   T   6:45P -8:35P   1/21-4/28   M. Vasileva

**DAN101AC 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.

23531   F 133   TR   5:35P -6:30P   1/21-4/30   K. Driggs-Warner

**DAN101AC 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.

24033   F 109   F   5:15P -7:05P   1/24-5/1   B. Bogedain

**DAN101AE Social Dance: Argentine Tango 1.0**
Theory and practice of Tango at the beginning level. Development of movement quality and performance skills individually, with a partner or in a group setting. May include Argentine Tango, American Tango or International Style Tango. Learn to Tango the night away! You'll be flicking, spinning, and dipping to Argentina's favorite dance. Focus will be on patterns and partnerships that express Tango's dramatic and passionate style. Prerequisites: None. Additional Course Fee: $7.

24035   F 133   R   6:45P - 8:35P   1/23-4/30   B. Bogedain

DAN101AC 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.

24605   F 133   R   6:45P - 8:35P   1/23-4/30   B. Bogedain

**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.


23454   F 109   TR   9:00A -9:55A   1/21-4/30   S. Valle

23531   F 133   TR   5:35P -6:30P   1/21-4/30   K. Driggs-Warner/L. Tomasulo

**PED: Zumba®**

**PED101ZU Zumba® 1.0**
Zumba® 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.

23500   F 133   MW   6:30P -7:25P   1/22-4/29   K. Driggs-Warner
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/ Cardiopulmonary Resuscitation (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 8.0

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 ARS & have current valid-BLS Hlth Care Prov/Pro. Rescuer certification, 10th grd lvl Rdg prof. on Nelson-Denney or Rdg plc score; prf of TB test or xray w/neg. rtsls w/in 6 mos; Rubella/Rubeola immunity.

EMT200 Refresher Course for Certified EMTS 2.0

Designed to meet National and Arizona Department of Health Services (A-DHS) recertification for EMTs. Enhances the knowledge base of the Emergency Medical Technician (EMT) and reinforces basic skills competencies. Prerequisites: Current validation in Basic Life Support (BLS) Health Care Provider/Professional Rescuer, or permission of Instructor.

EMT235 Basic ECG Rythm Analysis and Interpretation in the Emergency Setting 3.0

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 3.0

Designed for the allied healthcare provider to integrate knowledge of pharmacology and pharmacologic agents to formulate a management plan in the mergency 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 1.0

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 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.

EXS: Exercise Science

EXS101 Intro to Exercise Science, 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.

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 or Co-requisites: EXS101 or instructor permission. To receive instructor permission, contact dale.heuser@paradisevalley.edu. Additional Course Fee: $15.

EXS130 Strength Fitness-Physiological Principles and Training Techniques 3.0

Principles and techniques of strength training including strength physiology, performance factors, training recommendations, exercise techniques, and program design and management. Prerequisites: None. Additional Course Fee: $15.

EXS211 Assessment & Program Design: Flexibility and Balance 2.0

Principles of flexibility and balance including evaluation of movement patterns, selection and interpretation of assessment techniques and evidence-based program design for healthy and special populations. Prerequisites: Requisites: Grade of C or better in EXS125 or instructor permission. To receive instructor permission, contact dale.heuser@paradisevalley.edu.

EMT200 Refresher Course for Certified EMTS 2.0

Designed to meet National and Arizona Department of Health Services (A-DHS) recertification for EMTs. Enhances the knowledge base of the Emergency Medical Technician (EMT) and reinforces basic skills competencies. Prerequisites: Current validation in Basic Life Support (BLS) Health Care Provider/Professional Rescuer, or permission of Instructor.

EMT235 Basic ECG Rythm Analysis and Interpretation in the Emergency Setting 3.0

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 3.0

Designed for the allied healthcare provider to integrate knowledge of pharmacology and pharmacologic agents to formulate a management plan in the mergency 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 1.0

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 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.

EXS: Exercise Science

EXS101 Intro to Exercise Science, 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.

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 or Co-requisites: EXS101 or instructor permission. To receive instructor permission, contact dale.heuser@paradisevalley.edu. Additional Course Fee: $15.

EXS130 Strength Fitness-Physiological Principles and Training Techniques 3.0

Principles and techniques of strength training including strength physiology, performance factors, training recommendations, exercise techniques, and program design and management. Prerequisites: None. Additional Course Fee: $15.

EXS211 Assessment & Program Design: Flexibility and Balance 2.0

Principles of flexibility and balance including evaluation of movement patterns, selection and interpretation of assessment techniques and evidence-based program design for healthy and special populations. Prerequisites: Requisites: Grade of C or better in EXS125 or instructor permission. To receive instructor permission, contact dale.heuser@paradisevalley.edu.

EMT200 Refresher Course for Certified EMTS 2.0

Designed to meet National and Arizona Department of Health Services (A-DHS) recertification for EMTs. Enhances the knowledge base of the Emergency Medical Technician (EMT) and reinforces basic skills competencies. Prerequisites: Current validation in Basic Life Support (BLS) Health Care Provider/Professional Rescuer, or permission of Instructor.

EMT235 Basic ECG Rythm Analysis and Interpretation in the Emergency Setting 3.0

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 3.0

Designed for the allied healthcare provider to integrate knowledge of pharmacology and pharmacologic agents to formulate a management plan in the mergency 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 1.0

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.
EXS213  Assessment and Program Design: Weight Management and Motivation  2.0
Principles of weight management including evidence-based program design and interpretation of assessments for various populations as well as explanation of theories of motivation and behavior modification. Requisites: Prerequisites: Grade of C or better in EXS125 and (MAT090, or MAT091, or MAT092) or instructor permission. To receive instructor permission, contact dale.heuser@paradisevalley.edu.
35685  F 131  R  6:00P -7:30P  1/30-5/7  J. Valenzuela
Hybrid format

EXS216  Instructional Competency: Muscular Strength and Conditioning  2.0
Fundamental methods of instructing and leading fitness activities including strength and conditioning activities. Core competencies identified by professional certification agencies. Prerequisites: None. Additional Course Fee: $15.
24389  F 131  W  6:00P -7:30P  1/22-5/7  D. Heuser
Hybrid format

EXS239  Practical Applications of Personal Training Skills and Techniques Internship  3.0
Work experience in a fitness or health related facility. Eighty (80) hours of designated work per credit. Prerequisites: EXS142 or HES154 within the past two years, or current CPR certification, and permission of Department or Division.
23508  TBA  1/21-5/7  D. Heuser

EXS239AA  Practical Applications of Personal Training Skills and Techniques Internship  1.0
Work experience in a fitness or health related facility. Eighty (80) hours of designated work per credit. Prerequisites: EXS142 or HES154 within the past two years, or current CPR certification, and permission of Department or Division.
23509  TBA  1/21-5/7  D. Heuser

EXS239AB  Practical Applications of Personal Training Skills and Techniques Internship  2.0
Work experience in a fitness or health related facility. Eighty (80) hours of designated work per credit. Prerequisites: EXS142 or HES154 within the past two years, or current CPR certification, and permission of Department or Division.
23879  TBA  1/21-5/7  D. Heuser

EXS290  Introduction to Evidence-Based Practice  3.0
Introduction to best practices in the acquisition, analysis, synthesis, and potential application of research in the discipline of exercise science. Specific emphasis on the application of research-based evidence for applied problem solving in exercise science. Requisites: Prerequisites: A grade of C or better in EXS101 and (ENG101 or ENG107), or permission of Instructor, Per EXS Dept. Director, students may waive the EXS101 requirement without the instructor's signature.
24355  ONLINE  1/13-5/3  G. Wasson
Online Format: Contact the Center for Distance Learning for more information: 602.787.6754.
**FSC118 Fire Hydraulics** 3.0
Characteristics and behavior of fire, fire hazard properties of ordinary materials, extinguishing agents, fire suppression organization and equipment, basic firefighting tactic.

**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.

**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.

**FSC215 Customer Serv in the Public Sector** 3.0
Examines the personal and practical skills needed to enhance customer service in the public sector with an emphasis on application, basic management requirements, and training. Prerequisites: None.

**FSC238 Vehicular Extrication and Patient Satbilization** 3.0
Participative course designed for the Emergency Medical Technicians (EMT). Incorporates new knowledge and skills necessary to access, extricate, and care for victims of crash incidents. Provides exposure to scene management, including size-up, disentanglement, victim stabilization for single and multi-victim situations, hazardous materials incidents, integration of local emergency medical services (EMS) for patient assessment and management, and standard operating procedures to selected victim scenarios. Prerequisites: Basic EMT certification, current enrollment in an EMT-Basic program, nurse with emergency department experience, or law enforcement personnel, or permission of instructor.

**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.

**FSC282AC Volunteerism for Fire Science:** 3.0
A Service Learning Experience
Service-learning field experience within human service organization/agency. Note: FSC282AC may be repeated for a total of six (6) FSC282 credit hours; may not repeat specific agency assignment for more than three (3) credit hours. Standard grading available according to procedures outlined in catalog. Prerequisites: Permission of Instructor.

**FSC296WC Cooperative Education:** 3.0
Work-college experiences that involve the combined efforts of educators and employers to accomplish an outcome related to the career objectives of the students. Prerequisites: Completed at least 12 credits, min 2.6 GPA & able to obtain a position related to student’s academic/career goals or permission of Instructor. Corequisites: Enrolled in at least 1 class related to major/career interest, or permission of Instructor.

**FSC298AA 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.

**FSC298AB Special Projects** 2.0
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.

**FSC298AC Special Projects** 3.0
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.
NUTRITION & DIETETICS

For individual or group advisement on the Dietetic Technology Consortium Program, complete the "Student Interest Form" at www.paradisevalley.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 predietetics or selected other preprofessional majors. May not be taken for credit if credit has been earned in FON100AA and/or FON100AC. Prerequisites: None.

23478  LS 109 TR 9:00A - 10:15A  1/14-5/8  J. Shaw

FON104  Cert 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, foodborne illnesses, pest control, accident prevention, standards for cleaning and sanitizing, and regional regulations and standards. Prerequisites: None.

23417  M 129  S 9:00A-11:00A  2/1-2/29  M. Rabasca

FON105  Introduction to Profession in Nutrition and 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

23419  M 129 R 12:30P-1:45P  2/6-4/23  M. Tate

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. The lab portion of the class will be at Cactus Shadows High School kitchen lab. Additional Course Fee: 575. Textbook required for first class meeting.

24039 Q 515 T 5:00-6:10P  M. Rabasca
Q 515 R 4:00-6:55P  M. Rabasca
class meets 1/14-5/8

FON207  Introduction to Nutrition Services Management  3.0
Principles, knowledge, and techniques required for effective nutrition services management. Includes nutrition service issues in relation to health care trends, leadership skills, management theories and styles, food service manager responsibilities, and laws which pertain to nutrition service operations. Prerequisites: MAT092 or equivalent, or satisfactory score on district placement exam.

23420 M 129  T 1:30P-4:10P  1/14-5/8  M. Rabasca

FON210  Sports Nutrition & Supplements for Physical Activity  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: $10 (except online classes).

23418 M 129  M 6:30P-9:10P  1/13-5/8  S. Sanchez
24384 M 129 MW 9:00A-10:15A  1/13-5/8  R. Ritzko
nutrition intervention and wellness promotion for individuals and social service agencies. Includes knowledge and understanding of community-based agencies, outpatient health care settings, and skills required in the delivery of nutrition services in community-based agencies, and understanding of principles, knowledge and skills required in the delivery of nutrition services in community-based agencies, outpatient health care settings, and social service agencies. Includes knowledge and understanding of nutrition intervention and wellness promotion for individuals and groups across the lifespan, i.e. infants through geriatrics with a diversity of cultural, religious and social backgrounds. Prerequisites: FON125 and FON242. Corequisites: FON246AB.

FON246AB Practicum III: Community Nutrition Lab
2.0
Practicum experience under the supervision of a registered dietitian. Application of principles, knowledge and skills required in the delivery of nutrition services in community-based agencies, outpatient health care settings, and social service agencies. Includes nutrition intervention and wellness promotion for individuals and groups across the lifespan, i.e. infants through geriatrics with a diversity of cultural, religious and social backgrounds. Prerequisites: FON125 and FON242. Corequisites: FON246AA. Lab Fee: $15

HEALTH CORE CURRICULUM

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. Class meets for one day only. Please purchase book for class. Additional Course Fee: $50
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.

HCC145AA Medical Terminology for Health Care Workers I 1.0
Introduction to medical terms used in health care. Body systems approach to selected terms related to structures, functions, diseases, procedures, and diagnostic tests. Building and analyzing terms using basic word parts. Selected medical abbreviations and symbols and term spelling. Prerequisites: None.

HCC146 Common Medical Terminology 2.0 for Health Care Workers
Common medical terms used in health care. Body systems approach to terms related to structures, functions, diseases, procedures, and diagnostic tests. Building and analyzing terms using word parts. Medical abbreviations and symbols and term spelling. Prerequisites: None.

HEALTH SCIENCE

HES100 fulfills SB requirement and transfers to ASU as KIN100 and EX100, and transfers to NAU as HP200

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.

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 measurement and evaluation, major public health issues in the United States, public policy, and factors that contribute to individual and community health. Prerequisites: None.

IPH105 Introduction to Patient Navigation 3.0
Basic concepts of patient navigation including disease prevention and community health, health insurance navigation, as well as accessing and analyzing health information. Training in assisting individuals with limited health literacy to access the maximum array of benefits from community services, clinical care, and health insurance. Prerequisites: None.

NURSING

Enrollment in any Nursing course requires completion of prerequisites and approval by the Nursing Department.

Please contact the department at 602.787.7284 for program information.

http://www.pvc.maricopa.edu/nursing
Program Director Nick DeFalco, 602.787.7192
nelly.peterson@paradisevalley.edu

See online class schedule for information on class dates, times, course sections, and course fees.
NCE214(MM) Math/Methods of Drug Calc 1.0
Focuses on basic mathematical concepts using decimals and fractions to calculate fractional and metric-apothecary conversion dosage problems and intravenous flow rates. Emphasis on the dimensional analysis problem solving method. This is an online class with one 6 hr. in person lecture. 1/8/20-1/29/20. P/Z only.

NUR152 Nursing Theory and Science I 9.0
Introduction of Nurse of the Future competencies as a foundational framework for development of the professional nurse. Basic care concepts and the nursing process are utilized to meet the needs of adult and older adult patients. Requisites: Prerequisites: Admission into the Nursing Program.

NUR172 Nursing Theory and Science II 9.0
Utilization of Nurse of the Future competencies to develop knowledge, skills, and attitudes to provide safe, quality patient care across the wellness-illness continuum in selected medical-surgical and mental health patients. Requisites: Prerequisites: (BIO202 and NUR152) or permission of Nursing Department Chair.

NUR252 Nursing Theory and Science III 9.0
Note: This course is Block 3 and will replace NUR251 starting Fall 2016
Application of critical thinking strategies related to holistic care of the newborn and childbearing patients. Integration of concepts related to holistic care of adults and older adult patients with selected acute and chronic alterations in health. Integration of professional nursing standards in role development. Utilization of previous knowledge of physical, biologic, psycho-social sciences, and the cultural, spiritual aspects of nursing care. Integration of concepts of nutrition, pharmacology, communication, health promotion, and pathophysiology into nursing care. Requisites: Prerequisites: (CRE101 and NUR172 and PSY101) or permission of Nursing Department Chair.

NUR283 Nursing Theory and Science IV 9.0
Note: This course is Block 4 and will replace NUR271/291 starting Spring 2017
Applies Nurse of the Future competencies to practice and manage care for the child/family unit and adults requiring complex care throughout the wellness/illness continuum, and prepare for transition from student to professional nurse. Requisites: Prerequisites: (BIO205 and NUR252) or permission of Nursing Department Chair.

NUR158 Nurse Assisting 6.0
Introduction to the role of the nursing assistant for clients across the wellness/illness continuum within the nursing assisting scope of practice. Includes basic problem solving processes specific to meeting the basic and holistic needs of clients, therapeutic communication skills essential for the nursing assistant, interventions to ensure the needs and safety of the client, specific types of diseases, conditions and alterations in behavior of the client, and principles of nutrition and fluid balance. Focus is on special needs of the elder client in the acute and long-term care settings, and basic emergency care skills and procedures. Provides opportunity for the development of clinical competency in the performance of selected nurse assisting skills and procedures through participation in the care of clients. Requisites: Prerequisites: A grade of C or better in RDG091 or higher RDG reading course or eligibility for CRE101 as indicated by appropriate reading placement test score, or HESI-A2 exam English Composite score of 75% or higher) AND (a grade of C or better in MAT082, or eligibility for MAT090 or higher as indicated by appropriate math placement test score, or HESI-A2 exam Math score of 75% or higher). Must provide current Level One DPS Fingerprint Clearance Card, meet pass status on MCCCD Background Check, and submit required health and safety documentation.

NUR104AB Structured Nursing Review 1.0
Structured nursing tutorial assistance and nursing study skills to help students achieve success in their respective block of nursing courses. Nursing process and critical thinking application skills emphasized. Requisites: Prerequisites: None. Co-requisites: Concurrent enrollment in the Nursing program or permission of Department Chair. Course Notes: Course offered as Credit (P) No credit (Z) basis. NUR104AB may be repeated for a total of eight (8) credits.

PHYSICAL ED & EXERCISE SCIENCE

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

New! Enroll Anytime! Only $25!
Fitness for Academic Success
Student Fitness Center Membership
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.

Non Credit
Fitness 24639 1/11-5/8 T.Voeller

******************************************************************************

PED114, 115, 116, and 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

******************************************************************************

PED115 Lifetime Fitness 2.0
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. 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

23412 F 110 Letter Grade 1/11-5/8 T.Voeller
23445 F 110 Pass/No Credit 1/11-5/8 T.Voeller
23573 F 110 Letter Grade Late Start: 2/11-5/8 T.Voeller
### PED116 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.

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### PED117 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.

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### PED114 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.

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### PED101FL 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.

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### PED101ST Strength Training - Fitness Blitz: 1.0
The 30 Minute Workout
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. Fitness Center User Fee: $15

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### PED101WT Weight Training 1.0
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. Prerequisites: None. Additional Course Fee: $15.

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### PED: 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.
PED: Group Exercise

PED101GF Group Fitness/Aerobics 1.0
Floor, Core, and More
Variety is the key to having an effective and fun workout. All formats can be modified for every fitness level to improve cardiovascular endurance, increased range of motion, flexibility and improve balance stability. Class formats include high and low impact aerobics, step, interval, circuit, barefoot training, barre fusion, tabata, strength training, floor work, balance and vestibular training, cardio kickboxing and muscle endurance/conditioning.

23448 F 109 MW 5:30P -6:20P 1/22-5/4 C. Tate

PED101BS Cardio Sculpting 1.0
Variety is the key to sticking with an exercise program. This class has it! The class includes interval training, circuit training using hand weights, tubes, medicine balls, stability balls and step training. You will have fun doing cardio drills, kickboxing, and step aerobics.

23486 F 109 TR 6:30P -7:20P 1/21-5/5 R. Gardner

PED: Zumba®

PED101ZU Zumba® 1.0
Zumba® 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.

23500 F 133 MW 6:30P -7:25P 1/22-4/29 K. Driggs-Warner

Non Credit for Active Adults

Noncredit Fitness Center for Active Adults 0
Fitness 23840 Noncredit Course Fee: $78 1/11- 5/8
New students must contact the Fitness Center to schedule an orientation - 602-787-7270. Must be 62+.

Noncredit: SilverSneakers 0
Taught with a chair which is used both for seated exercises and for support during standing exercises. Taught with a variety of resistance tools to be used according to the skill level of each student: hand held weights (1-5 lbs.), elastic tubing and balls will be used. Must be enrolled in the Fitness Center to attend.


Noncredit: Meditative Circle Dance 0
A new approach to classic meditation through gentle movement in a circle creates a spirit of friendship and renewal. Seated breathing and relaxation exercises unite with easy dance steps to provide a unique and personal experience for each class member. Must be enrolled in the Fitness Center to attend.

F 109 M 9:30- 10:20A M. Margolis

Noncredit: Happy Dance 0
Beginning level Line Dances, Swing, Boogie, Ballroom, Latin, Exotic and more. Must be enrolled in the Fitness Center to attend.

F 109 W 9:30A- 10:20A M. Margolis

Noncredit: Group Exercise for Active Adults 0
Formatted for older adults with music and class tempo appropriate for those over the age of 55. Includes flexibility exercises, cardiovascular conditioning, and strengthening and toning exercises. Prerequisites: None. Must be a SilverSneakers member or Fitness Center Members to participate in this class.

F 109 MWF 7:30A- 8:20A S. Hamilton/P. Russell
F 109 MWF 8:30A- 9:20A S. Hamilton/P. Russell

PED: Mind - Body - Wellness

Noncredit: Self Defense - Aikijujitsu 1.0
This system is composed of a unique blend of different forms of martial arts, including karate, kung fu, kempo and boxing. The primary focus will be on the forms of aikido and jujitsu.

24051 F 109 R 4:40P -6:20P 1/16-4/30 R. Moreno
23493 F 109 S 11:15A-12:55P 1/25-5/2 R. Moreno

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.

23502 F 109 S 9:20A -11:05A 1/25-5/2 R. Moreno

PED101KF Kung Fu 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. May be repeated for credit. Prerequisites: none.

24343 F 109 F 12:30P -2:20P 1/24- 5/1 A. Barkworth
35790 F 109 TR 7:45P -8:35P 1/21-4/30 A. Barkworth

PED101QG 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.

23495 F 133 F 10:15A -11:55A 1/24-5/1 A. Barkworth
PED101TC Tai Chi - All Levels 1.0
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. Prerequisites: None.

23458 F 109 W 6:45P-8:25P 1/22-4/29 A. Barkworth

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.

New Students:
24220 F 109 MW 1:15P-2:10P 1/22-4/29 P. Wei

PED102TC Tai Chi for Balance, Strength and Brainpower 1.0
Continuing Students:
24621 F 109 MW 12:00P-12:55P 1/22-4/29 P. Wei

Noncredit: Tai Chi Movement 0
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 or by phone is recommended (Admissions & Records Office located in KSC Bldg., 602-787-7000). Course Fee: $85.

Fitness 23835 F133 TR 8:00A-8:55A 1/14-4/30 P. Cornelius

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. May be repeated for credit. Prerequisites: None.

23462 F 133 TR 10:30A-11:25A 1/21-4/30 S. Pustetta

PED101YG Yoga for Stress Relief 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.

24622 F 133 MW 4:25P-5:20P 1/22-4/29 A. Ambrose

PED101YO Yoga - All Levels 1.0
Participants in this course will learn experientially why yoga works for optimal health and well being of 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! May be repeated for credit. Prerequisites: None.

23466 F 133 MW 7:15A-8:10A 1/22-4/29 J. Rosario
23468 F 109 MW 2:30P-3:25P 1/22-4/29 J. Rosario
23503 F 133 MW 5:30P-6:25P 1/22-4/29 A. Ambrose
23471 F 133 F 6:00P-7:40P 1/24-5/1 P. Wei

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.

23454 F 109 TR 9:00A-9:55A 1/21-4/30 S. Valle
23531 F 133 TR 5:35P-6:30P 1/21-4/30 K. Driggs-Warner/ L. Tomasulo
**PEDE**: Backpacking

**PED101BP Backpacking: Introduction 1.0**

*Canyon de Chelly*

Backpack into Canyon de Chelly with a Navajo guide and sleep at the base of ancient ruins and petroglyphs. Trip includes one night in Winslow on April 23 (hotel fee included). 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, 4/2/20. Travel/activity cost is due at registration, no travel/activity cost refunds after 4/2/20.

Pending Obtainment of Permits

Orientation: Wednesday, April 1, 6:30P-9:00P, Room F130
Trip Dates: Leave PVCC by 5:00P, April 23, camp and hike April 24, 25, and return on April 26 by 7:00P

Additional Course Fee: $275.00

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.

**PED101AC**

Introduction to Canyoneering 1.0

First orientation class is Wednesday, April 22, 8-9pm, at SCC in PE137. This is a one-time orientation class. Date of the trip is May 2-3. Introduction to Canyoneering is the exploration of a beautiful slot canyon complete with waterfalls and swimming holes. Students will have the opportunity to experience several top-roped rappels. Participants will learn basic canyoneering skills and spend one night camping at a campground. Canyoneering equipment (harness and helmet) transportation and dinner/breakfast are provided. Class is graded on attendance, not physical performance. This course is for both beginners and intermediate canyoneers. Intermediate level of fitness and ability to swim is required. Travel/activity cost $45. Class meets and departs from Scottsdale Community College (SCC).

**PED101AB**

Introduction to Caving 1.0

First orientation class is Wednesday, Apr. 22, 7-8pm in PE137. This is a one-time orientation class. Date of the trip is Apr. 25-26. 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. Students will learn cave ecology and the proper use of equipment. Activities will be conducted in active caves, with ample time for cave exploration. Students will spend one night camping at a campground. Caving equipment (helmet), transportation and dinner/breakfast are provided. Travel/activity cost $45. Travel/activity cost is due at registration, no travel/activity cost refunds after 4/23. Email the instructor for more information at j7win@yahoo.com

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**REC155AD** Stand Up Paddle Boarding - Arizona Lakes

Learn how to stand up paddle board during two class sessions at valley area lakes such as Lake Pleasant or Canyon Lake. Enjoy instructional lessons each session and plenty of time to practice skills and paddle board. Equipment fee $35 for a paddle board rental for two (2) sessions. Must have reliable transportation to meet at offsite locations. All details explained during first class orientation. First orientation class is Wednesday, April 1st, 7-8pm at Scottsdale Community College in PE137. This is a one time orientation meeting. Date of the classes are Friday, Apr 3 and Saturday, Apr 18. Class meets and departs from Scottsdale Community College (SCC). Enrollment limit – 12 @SCC, 12@PVCC. Email the instructor for more information at j7win@yahoo.com

35940  PV OFFSITE  Trip Dates: 4/3 & 4/18  J. Parafinik

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**REC155AE** Indoor Rock Climbing

First class is Wednesday, Feb. 5, 3-5:50pm. All classes meet at AZ On The Rocks Gym (near Loop 101 and Bell Rd. 480.502-9777) on Wednesday's 3-5:50pm. Course fee of $90 covers equipment and facility rental. Indoor Rock Climbing focus is on developing your endurance and power with a strategic training program custom-tailored for each student. This course is for beginners and intermediate climbers. Training program is optional; students may simply enjoy rock climbing as well. Class is graded on attendance, not physical performance. The course fee covers rock climbing equipment and AZ On The Rocks Gym membership, CLIMB OUTSIDE OF CLASS TIME FOR NO EXTRA CHARGE! Enrollment limit – 30. Email the instructor for more information at j7win@yahoo.com.

24382  PV OFFSITE  W 3:00P-5:50P  2/5-5/6  J. Parafinik

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**REC155AG** Hiking 3 Summits Phoenix

Have fun and meet new people while enjoying three (3) beautiful hikes around the Valley of the Sun (Phoenix area). This class will be three 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 Wednesday April 1st 8pm-9pm at Scottsdale Community College in PE137. This is a one time orientation meeting. Date of the classes are; April 19, April 24 and May 1st. Class meets and departs from Scottsdale Community College (SCC). Enrollment limit – 15 @SCC, 15@PVCC. Email the instructor for more information at j7win@yahoo.com

35943  PV OFFSITE  Trip Dates: 4/19, 4/24, 5/1  J. Parafinik

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**SUSTAINABILITY**

Courses Count Towards “NEW” Sustainability Certificate

**SSH111** Sustainable Cities

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. Includes 3 local field trips (Urban Farm and McDowell Mountain Preserve). Students must provide transportation to location (20-30 minutes drive from PVCC).


**WELLNESS**

**WED151** Introduction to Alternative Medicine

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.

23415  ONLINE  Letter Grade  1/13-5/3  A. Merkey

Online Format: Contact the Center for Distance Learning for more information: 602.787.6754

**WED172** Overview of Herbal Remedies

History and evolution of herbs for healing applications. Preparation, usage, and effects of certain herbs used for healing purposes. Basic literature review skills in the area of herbal medicine. Requisites: Non Prerequisites: None.

23497  ONLINE  Letter Grade  1/13- 5/3  L. Crider

Online Format: Contact the Center for Distance Learning for more information: 602.787.6754

**Note:** Students should notify the instructor if they want to take the course as Pass/No Credit opt

**WED25** Practicum: Teaching Healing

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

24217  TBA  1/24-5/3  A. Barkworth