

facilitate application of nursing concepts and occur in a variety of health care settings. This course requires a total of 180 contact hours of lab, simulation, and clinical practice. 9(5+12P) Additionally offered summer odd years. Requires admission into program. Prerequisites: NURS-145, NURS-150, ENGL 111, PSYC 230, Approved electives 1 and 2. Offered: Fall.

NURS-220 Nursing Concepts & Practice 4 8 cr.

Using the QSEN competencies, this course prepares students for entry level nursing practice. Clinical opportunities are designed to facilitate application of nursing concepts and occur in a variety of health care settings. This course requires a total of 135 contact hours of lab, simulation, and clinical practice. 8(5+9P) Additionally offered fall odd years. Requires admission into program. Prerequisites: NURS-210, ENGL 211 or ENGL 218. Corequisites: NURS-225, NURS-230. Offered: Spring.

NURS-225 Professional Transition 1 cr.

This course will focus on what it means to be a "professional nurse" in a changing health care environment. Using QSEN competencies students will prepare to enter the nursing profession. Additionally offered in the fall of odd years. Requires admission into program. Prerequisites: NURS-210, ENGL 211 or ENGL 218. Corequisites: NURS-220, NURS-230. Offered: Spring.

NURS-230 Preceptorship 4 cr.

This course assists the student in role transition from student to entry level nurse. The student will synthesize and apply all QSEN competencies and concepts learned during the previous nursing courses. This course requires a total of 180 contact hours in lab and clinical practice. 4(12P) Additionally offered fall odd years. Successful completion of corequisites NURS-220 and NURS-225 required prior to taking this course. Prerequisites: NURS-210. Pass Corequisites NURS-220 and NURS-225. Corequisites: NURS-220, NURS-225. Offered: Spring.

NURS-261 Reiki Level I 1 cr.

An introductory course, which discusses the concepts of Reiki Energy healing including application of content and principles of Reiki healing. Hands on practice of positions for self-healing and treating others. Offered: All.

NURS-262 Reiki Level II 1 cr.

An intermediate course, which will discuss expanded concepts of Reiki Energy Healing. Students will experience hands on practice of the use of ancient symbols and hand positions for self-healing and treating others. Prerequisites: NURS-261, minimum grade C. Offered: All.

NURS-263 Reiki Level III 1 cr.

An advanced course, which will explore expanded concepts of Reiki Energy healing. Student will experience hands on practice of the use of more ancient symbols. Students will also be integrating these symbols with hand positions for self-healing and treating others. Prerequisites: NURS-262, minimum grade C. Offered: All.

OUTDOOR LEADERSHIP, EDUCATION AND RECREATION

OLER-120 Challenge Course I 3 cr.

This course is designed to introduce students to the design and application of a challenge course, and to train students in the technical skills required to instruct and sequence various activities on Low Challenge Courses. Does not meet Physical Education activity requirement for AA degree. Offered: Fall.

OLER-130 Wilderness & Environ Ethics 2 cr.

Overview of ethical practices and behavior for anyone utilizing wilderness resources. Upon successful completion of course student will be a Leave-No-Trace Trainer. This course does not meet Physical Education activity requirement for AA degree. Offered: Fall.

OLER-140 Wilderness Pursuits 2 cr.

Introductory level course with a focus on developing skills related to planning, organizing and executing backcountry outings. This course will be experiential, in that students will practice skills both in the classroom and during field time. Students will apply their learning directly by planning and participating in a backpacking expedition. Offered: Fall.

OLER-150 Wilderness First Aid 1 cr.

This class goes beyond that of traditional first aid in that it addresses how to handle medical situations in remote wilderness settings. Upon successful completion, student will be certified in Wilderness First Aid. Does not meet Physical Education activity requirement for AA degree. Offered: Fall.

OLER-155 Intro to Gym Climbing 1 cr.

For the beginning climber or one who wants a review of the basics of climbing in an indoor climbing gym. This course will cover the topics and skills necessary to safely Boulder, Top Rope, and Lead climbing at the HHPC Climbing Facility. This course is suitable for all ability levels. Meets Physical Education activity requirement for AA degree. Offered: Fall & Spring.

OLER-156 Rock Climbing 2 cr.

This course covers the fundamentals of rock climbing. Students will experience climbing at the SJC HHPC Indoor Climbing Facility and outdoor locations, learning equipment selection and usage, belay techniques, anchor systems and climbing skills. Meets Physical Education activity requirement for AA degree. Offered: Fall.

OLER-157 Sport Climbing 1 cr.

Designed for the experienced climber who wishes to gain the knowledge and skills for lead climbing in an indoor and outdoor setting. Meets Physical Education activity requirement for AA degree. Prerequisites: OLER-155 or OLER-156, or get instructor's permission. Offered: Spring.

OLER-161 Winter Backcountry Travel 2 cr.

This course is designed to cover the skills necessary for extended winter camping and travel in the backcountry on snowshoes or backcountry/telemark skis. Meets Physical Education activity requirement for AA degree. Offered: Spring.

OLER-163 Avalanche Clinic 1 cr.
This course is designed to teach the basics of the avalanche phenomenon. Students will learn how to recognize potential hazards and how to evaluate snow pack conditions. Upon successful completion of course, student will receive an Avalanche Level One (1) certification. This course does not meet Physical Education activity requirement for AA degree. Offered: Spring.

OLER-165 Mountaineering 2 cr.
Introduces the experienced backpacker to the basic skills of high alpine technical mountaineering. Topics include the alpine environment, route finding and navigation and more. Meets Physical Education activity requirement for AA degree. Offered: Spring.

OLER-171 Canoeing 2 cr.
This course will introduce students to canoeing on flatwater and whitewater by covering the basic skills and safety techniques. Students will graduate to moving water and finally whitewater applications. This course is an American Canoe Association basic canoe course. Meets Physical Education activity requirement for AA degree. Offered: Summer.

OLER-173 Rafting 2 cr.
Students will acquire the skills and knowledge necessary to independently plan and carry out a successful rafting outing, with a focus on paddling. This course will prepare students to effectively paddle row class I to III whitewater. This course is an American Canoe Association basic paddle rafting course. Students will receive an ACA course completion card. Meets Physical Education activity requirement for AA degree. Offered: Summer.

OLER-174 Oar Rafting 2 cr.
Students will acquire the skills and knowledge necessary to independently plan and carry out a successful rafting outing, with a focus on rowing. Students will receive an ACA course completion card. Meets Physical Education activity requirement for AA degree. Offered: Summer.

OLER-175 Swiftwater Rescue 1 cr.
This intensive course teaches students the necessary skills and techniques of river rescue situations. Upon successful completion, students will receive a nationally recognized card of completion provided by the ACA. Does not meet Physical Education activity requirement for AA degree. Offered: Summer.

OLER-220 Challenge Course II (High) 3 cr.
The course will begin with a brief review of the history, purpose, and application of experiential education and challenge courses before transitioning to specific activities involved with High Challenge Course, including equipment, individual element description and safety, belay techniques, and rescue skills. Does not meet Physical Education activity requirement for AA degree. Offered: Spring.

OLER-255 Wilderness First Responder 3 cr.
For students who will be working with groups in the backcountry at a professional level. Course content will address the issues of long-term patient care, survival skills and backcountry rescue

techniques. Upon successful completion, students will be certified as Wilderness First Responders and in CPR. Does not meet Physical Education activity requirement for AA degree. Offered: Spring.

PHYSICAL EDUCATION

PHED-113 Intro to Personal Training 3 cr.
The purpose of this course is to instruct and improve student's knowledge on how to develop the skills and knowledge necessary to be a Personal Trainer; begin preparation to take and pass a Personal Trainers Certification; develop the ability to critically think through and apply information acquired to make rational decisions associated to fitness training. Offered: Fall & Spring.

PHED-115 Walk/Jog/Run 1 cr.
Designed to improve the student's cardiovascular fitness through walking, jogging, and running. The student will learn to design an individual exercise/lifestyle program, how to reach their exercise heart rate, the benefits of being active on a regular basis, and how to apply safety factors. Meets Physical Education activity requirements for AA degree. Offered: Fall & Spring

PHED-116 Fitness Training I 1 cr.
For individuals interested in improving total fitness and learning about various concepts on health, wellness, and fitness. The student will work out on a regular basis. This class is good for all fitness levels. Meets Physical Education activity requirements for AA degree. Offered: All.

PHED-117 Fitness Training II 1 cr.
Continuation of Fitness Training I and designed for individuals interested in improving total fitness and learning about various concepts on health, wellness, and fitness. The student will work out on a regular basis. This class is good for all fitness levels. Meets Physical Education activity requirements for AA degree. Offered: All.

PHED-119 Pilates 2 cr.
This class will improve physical strength and ability to perform Pilates. Pilates addresses the individual and teaches to listen to personal needs and abilities. Meets Physical Education activity requirements for AA degree. Offered: Fall & Spring.

PHED-121 Aquacise 1 cr.
A water exercise class to improve overall fitness. Also, the student will learn about various topics of health, wellness and fitness. Meets Physical Education activity requirements for AA degree. Offered: Fall & Spring.

PHED-122 Lap Swim/Water Walk 1 cr.
Designed for individuals interested in improving total fitness and learning about various concepts on health, wellness, and fitness. The course will assist the student to improve cardiovascular fitness, strength, flexibility and/or body composition. Meets Physical Education activity requirements for AA degree. Offered: Fall & Spring.

PHED-123 Swimming 1 cr.
This course is to improve each participant's overall swimming skills and physical condition. Also, the student will learn about various