

**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

concepts of health, wellness, and fitness. Meets Physical Education activity requirements for AA degree. Offered: Fall & Spring.

**PHED-124 Weight Training/Women** 2 cr.  
Introduction to weight training exercises, basic nutrition and basic anatomy. Proper form, safety in the weight room and consistency will be stressed. This course is designed specifically for women. Meets Physical Education activity requirements of AA degree. Offered: Fall & Spring.

**PHED-125 Personal Health & Wellness** 3 cr.  
Designed to study the various aspects of personal health and wellness including emotional, physical, social, occupational, spiritual and intellectual components. The class looks at the nature, scope, and function of major health considerations. This class does not meet the Physical Education activity requirement for AA degree. Offered: Fall & Spring.

**PHED-127 Beginning Yoga I** 1 cr.  
This class will improve physical strength and ability to perform asanas (poses). Hatha Yoga addresses the individual and teaches to listen to personal needs and abilities. Meets Physical Education activity requirements for AA degree. Offered: All.

**PHED-129 Beginning Yoga II** 2 cr.  
This class is for the student who would like extended-length yoga sessions. Skills covered are the same as in Yoga I (PHED 127) but the student is allowed to work out longer. The class will improve physical strength and ability to perform asanas (poses). Hatha Yoga addresses the individual and teaches to listen to personal needs and abilities. Meets Physical Education activity requirements for AA degree. Offered: Fall and Spring.

**PHED-130 Intermediate Yoga** 1 cr.  
This class is designed to give a more advanced knowledge of yoga poses and terminology. This class will improve physical strength and ability to perform asanas (poses). Meets Physical Education activity requirement for AA degree. Offered: Fall & Spring.

**PHED-132 Group Exercise** 1 cr.  
This course is designed to improve and/or maintain each participant's overall physical fitness through a variety of group exercise classes. Physical participation is required, and students are encouraged to work at their own pace. The course is suitable for all fitness levels. Meets Physical Education activity requirements for AA degree. Offered: All.

**PHED-133 Golf I** 1 cr.  
Instruction in basic skills, equipment, rules, etiquette and shot making of golf. Meets Physical Education activity requirement for AA degree. Offered: All.

**PHED-137 Weight Training I** 1 cr.  
Instruction in the basic skills of muscular strength and endurance development, theories of strength training, equipment and safety in lifting. Will meet Physical Education activity requirement for AA degree. Offered: All.

**PHED-138 Weight Loss & Weight Training** 3 cr.  
This course is designed to help the student with an overall fitness

program through instruction on proper weight lifting techniques, cardiovascular and nutrition programs. Offered: All.

**PHED-142 Beginning Karate** 1 cr.  
Introduces student to the basics of martial arts from both a physical and philosophical standpoint. Students learn to use their bodies as potential weapons, learn weak areas on the human body, increase their awareness of their surroundings and increase self-confidence and reaction time. Meets Physical Education activity requirements for AA degree. Offered: Fall & Spring.

**PHED-143 Advanced Karate** 1 cr.  
This class picks up where the beginning class leaves off. Students will finish the basics of one on one self-defense and will learn the basic application of two on one self-defense. Meets Physical Education activity requirements for AA degree. Offered: Fall & Spring.

**PHED-144 Group Exercise** 1 cr.  
This course is designed to improve and maintain each participant's overall physical fitness. Physical participation is required and students are encouraged to work at their own pace. This course is suitable for all fitness levels. Meets the Physical Education activity requirement for the AA degree. Offered: Fall & Spring.

**PHED-145 Group Exercise - Body Cond** 1 cr.  
This course is designed to improve and maintain each participant's overall physical fitness. Physical participation is required and students are encouraged to work at their own pace. Meets the Physical Education activity requirement for the AA degree. Offered: All.

**PHED-155 First Aid/CPR** 2 cr.  
Instruction in appropriate procedures for rendering emergency care for the victim of an accident or sudden illness. Upon successful completion students will receive American Safety Health Institute (ASHI) certification. Does not meet Physical Education activity requirement for AA degree. Offered: All.

**PHED-182 Basketball** 1 cr.  
Instruction in the basic skills, strategies and officiating of basketball. Meets Physical Education activity requirement for AA degree. Offered: Fall & Spring.

**PHED-188 Volleyball I** 1 cr.  
Instruction in the basic skills, strategies and officiating of volleyball with an emphasis on proper techniques. Meets Physical Education activity requirement for AA degree. Offered: Fall & Spring.

**PHED-233 Golf II** 1 cr.  
Instruction in golf skills, equipment, rules, etiquette, and play. Understanding and application of the ball flight laws and principles of those laws. Meets Physical Education activity requirement for AA degree. Prerequisites: PHED-133 or approval of instructor. Offered: All.

**PHED-282 Basketball II** 1 cr.  
Advanced instruction in all aspects of basketball including skills, philosophies, and coaching stratagems. Meets Physical Education activity requirements for AA degree. Prerequisites: PHED-182 or approval of instructor. Offered: Fall & Spring.

**PHED-288 Volleyball II** 1 cr.  
Instruction in more advanced skills, strategies and officiating of volleyball with an emphasis on proper techniques. Meets physical Education activity requirements for AA degree. Prerequisites: PHED-188 or approval of instructor. Offered: Fall & Spring.

## PHILOSOPHY

**PHIL-110 Introduction to Philosophy** 3 cr.  
A historical survey of the main branches of philosophy; metaphysics, theory of knowledge, ethics, and aesthetics. Some treatment of the philosophies of religion, language, science, political, and social philosophy. [NM Common Course Number PHIL 1113, Area V: Humanities/Fine Arts Core]. Prerequisites: Completion of ENGL-111 or appropriate English Accuplacer score. Offered: Fall & Spring.

**PHIL-115 Introduction to Ethics** 3 cr.  
The philosophical examination of the concept of morality and development of an appreciation for the difficulty of ethical judgments in practice. [NM Common Course Number PHIL 2113, Area V: Humanities/Fine Arts Core]. Prerequisites: Completion of ENGL-111 or appropriate English Accuplacer score. Offered: Fall & Spring.

**PHIL-271 Navajo Philosophy** 3 cr.  
Examines Dine philosophical thought regarding metaphysics, epistemology, aesthetics, ethics, religion, and traditional social structure. Offered in collaboration with Dine College (NIS 371). Prerequisites: ANTH-111. Offered: Spring.

## PHOTOGRAPHY

**PHOT-150 Basic Photography** 3 cr.  
This course is designed for the beginning photography student. The students will learn camera operation, the interaction of light on film, design principles, lighting, film processing, and printing black and white photographs in the darkroom. An introduction to the history of photography will enable students to understand the context of photography and image creation. Students must have a 35mm film camera. Manual controls are preferable but an automatic camera is acceptable. Offered: Fall.

**PHOT-160 Digital Photography** 3 cr.  
This course teaches basic digital editing using PhotoShop CS4. Students will learn how to operate a digital camera, download images, basic editing workflow and printing. Color theory will be introduced and creating artistic visual images will be emphasized. Students must supply their own digital camera. Offered: Fall & Spring.

**PHOT-220 Intermediate Photography** 3 cr.  
This course will introduce fine art film and printing techniques using the Zone System. Different films, papers and developers will be explored. The process of interpreting, evaluating and theorizing photographs will be discussed. Presentation methods will be explored and an emphasis will be on creating a strong portfolio of images. Prerequisites: PHOT-150. Offered: Fall & Spring.

**PHOT-240 Intermediate Digital Photography** 3 cr.  
This course explores creativity and the making of personal images

in the context of understanding visual culture and self-expression. Students will explore their interest in photography and learn to 'see' as a photographer. Student will become proficient in writing and talking about photographs and how this impacts their own work. The course covers other photographers and art theory. The course uses Photoshop CS4 for editing and enhancing images. Included in class time is a lab. Prerequisites: PHOT-160. Offered: Spring.

**PHOT-252 Advanced Photography** 3 cr.  
Advanced concepts of photography will be explored resulting in the development of a personal portfolio of images. Prerequisites: PHOT-220. Offered: Fall.

## PHYSICS

**PHYS-111 Intro to Physics** 4 cr.  
This course is not a lab science course and does not fulfill the requirement for lab sciences in the Associate of Arts degree. A primarily conceptual approach to classical physics; mechanics, heat, sound, optics, electricity, and magnetism. Intended for non-science majors who have not had high school physics. Prerequisites: Completion of MATH-095 and RDNG-095 or appropriate Math and Reading Accuplacer scores. Offered: Fall & Spring.

**PHYS-211 Gen Physics I** 3 cr.  
Non-calculus treatment of Newtonian mechanics, fluids, and sound. Satisfies requirements for most pre-medical and pre-dental programs and some science programs. It is strongly recommended that this course is taken at the same time as PHYS-211L. [NM Common Course Number PHYS 1114, Area III; Laboratory Science Core]. Prerequisites: MATH-160 or MATH-170. Completion of RDNG-095 and ENGL-099 or appropriate Reading and English Accuplacer scores. Offered: Fall & Spring.

**PHYS-211L Gen Physics Lab I** 1 cr.  
This course is the first in a two-semester laboratory sequence, which accompanies the algebra-based introductory physics sequence (211,212). This course satisfies requirements for most pre-medical and pre-dental programs and some science programs. It is strongly recommended that this course is taken at the same time as PHYS-211. For students who have completed PHYS-211, this lab may be taken separately with permission of the instructor. Corequisites: PHYS-211. Offered: Fall & Spring.

**PHYS-212 General Physics II** 3 cr.  
A continuation of PHYS 211 in which electricity, magnetism, light, and modern physics are studied. Strongly recommended this course be taken with PHYS-212L. [NM Common Course Number PHYS 1124, Area III; Laboratory Science Core]. Prerequisites: PHYS-211; minimum grade C. Offered: On Demand.

**PHYS-212L Gen Physics Lab II** 1 cr.  
This course is the second in a two-semester laboratory sequence, which accompanies the algebra-based introductory physics sequence (211,212). This course satisfies requirements for most pre-medical and pre-dental programs and some science programs. It is strongly recommended that this course is taken at the same time as PHYS-212. For students who have completed PHYS-212, this lab may be taken separately with permission of the instructor. Corequisites: PHYS-212. Offered: On Demand.