

**COURSE SCHEDULE**

**COLLEGE AND SCHOLASTIC ASSESSMENT PREP** BSICSKL 023

8715	7:30am to 11:30am	MTWTh	Whitehead	Camp Gon
8716	12:00pm to 4:00pm	MTWTh	Whitehead	Camp Gon
8717	8:30am to 12:30pm	MTWTh	Staff	E-205

**BASIC ENGLISH SKILLS** BSICSKL 002

8712	8:30am to 11:20am	MTWTh	Meyer	E 101
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**ENGLISH AS A SECOND LANGUAGE - 0** ESL 006

5701	6:00pm to 9:00pm	MTWTh	Staff	E 105
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**PHYSICAL FITNESS** HLTHED 008

8841	8:30am to 10:20am	M-F	Staff	J-FLD
8842	8:30am to 10:20am	M-F	Staff	J-FLD
8840	8:30am to 10:20am	M-F	Mizufuka	G-100

**WATER SAFETY** HLTHED 021

8800	8:20am to 10:35am	M-F	Olszewski	Pool
8801	8:20am to 10:35am	M-F	Staff	Pool
8802	10:40am to 12:55pm	M-F	Olszewski	Pool
8803	10:40am to 12:55pm	M-F	Staff	Pool
8804	1:00pm to 3:15pm	M-F	Slezak	Pool
8805	1:00pm to 3:15pm	M-F	Olszewski	Pool

**ADVANCED LIFELONG FITNESS CENTER** VOCED 214

8851	4:45pm to 7:35pm	MTWTh	Staff	J216
8858	4:45pm to 7:35pm	MTWTh	Staff	Pool
8853	1:00 pm to 3:50pm	MTWTh	Staff	J216

**SUPERVISED LEARNING ASSISTANCE** TUTOR 001

8950	TBA	TBA	Staff	C102
8955	TBA	TBA	Staff	C102
8959	TBA	TBA	Staff	C102
8960	TBA	TBA	Staff	C102
8963	TBA	TBA	Staff	C102
8965	TBA	TBA	Staff	C102
8970	TBA	TBA	Staff	C100

**COURSE DESCRIPTIONS**

**COLLEGE AND SCHOLASTIC ASSESSMENT PREP** BSICSKL 023

This interdisciplinary college preparation course provides students with study, computational, writing, and critical thinking skills to prepare for the college assessment test.

**BASIC ENGLISH SKILLS** BSICSKL 002

Basic listening, reading, speaking, and writing skills for students with minimum English language skills.

**ENGLISH AS A SECOND LANGUAGE - 0** ESL 006

Basic listening, reading, speaking, and writing skills for ESL learners with zero to minimum English language skills. Students will learn basic pronunciation, survival vocabulary, cultural differences, self-sufficiency for tasks and activities, and basic English structure.

**PHYSICAL FITNESS** HLTHED 008

This course includes lecture on and participation in designing a personal fitness and conditioning program. Topics include, but are not limited to, fitness goals, safety, strength training, flexibility, cardiovascular health, nutrition, injury prevention and rehabilitation and various exercise programs. Students will design their own workout based on scientific principles, test themselves, follow their training program, and then evaluate their changes.

**WATER SAFETY** HLTHED 021

This course analyzes all swimming strokes and skills found in recreational swimming and includes some common competitive swimming skills. Emphasis is placed on personal water safety, fitness, and includes stroke modifications for disabled swimmers. Motor learning theory, instructional drills, teaching/learning progressions and program development are included for those learning to become swimming instructors.

**ADVANCED LIFELONG FITNESS CENTER** VOCED 214

Orientation to fitness and lifelong health for students to achieve goals of lifelong fitness. This course includes a pre-test fitness test which includes cardio respiratory endurance, muscle endurance, flexibility, body composition (% fat), and muscle strength. Students will implement a personal exercise program and learn about diet and exercise, cholesterol screening, breast health and cancer, weight management, and stress management.

**SUPERVISED LEARNING ASSISTANCE** TUTOR 001

This course helps students to achieve course objectives for the course for which tutoring is needed. It also helps students to improve learning and study skills through individual tutoring outside of class time. **Enrollment in course requires a referral from counselor or instructor for enrollment.**