

CATALOG

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School of Continuing Education
North Orange County Community College District

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The School of Continuing Education is accredited by the Accrediting Commission for Schools of the Western Association of Schools and Colleges (WASC). For more information, please contact WASC at Western Association of Schools and Colleges Accrediting Commission for Schools, 533 Airport Blvd., Ste 200, Burlingame, CA 90410.

Consumer ED (CNED)

CNED 255

Simplifying Your Life through Organization

This course focuses on home organization to bring the benefits of a simpler life. In this class students will learn several practical and real-world strategies to get their complete home in order. The course begins with organizing basics and then applies the basic strategies to kitchen, bedroom, office and storage. *(Fee-Based)*

Digital Arts (DIG)

DIG 245

Introduction to Programming

Designed for non-computer science students interested in programming, or developing useful problem solving skills. This course explores the relationship between programming and problem solving using programming languages. Programming using scripting languages such as JavaScript and PHP, and a compiled, object-oriented language such as Java will be introduced. No prior programming experience is assumed. *(Fee-Based)*

Disabled Students Program and Services (DSPS)

DSPS 450

Basic Cooking: Beginning Skills for Students with Disabilities

This course is designed to give students with disabilities a foundation of basic cooking and food preparation concepts and activities, kitchen cleanliness and safety, and grocery shopping skills, using a variety of basic skills. *(Apportionment)*

DSPS 524

Personal Development and Safety In Relationships for Students with Disabilities

This course is designed to provide students with developmental disabilities with the knowledge and skills they need to have safe and healthy interpersonal relationships. Topics covered include human development, sexual activity, birth control, and pregnancy. *(Apportionment)*

DSPS 537

Photoshop Elements: Introduction for Students with Disabilities

Designed for individuals with developmental or learning disabilities wanting to increase their basic knowledge of Photoshop Elements. *(Apportionment)*

Fitness (FITN)

FITN 375

ZUMBA® Gold Fitness

ZUMBA® Gold is a series of fitness programs specifically designed to take the exciting Latin and International dance rhythms created in the original ZUMBA® and bring them to the active older adult, the beginner participant, and other special populations that may need modifications for success. *(Fee-Based)*

FITN 510

Aqua ZUMBA®/Aqua Fit

This course combines two ZUMBA® components into one water-based class. The class is made of energetic fitness moves conducted with the added buoyancy and flexibility that a water-based workout affords. The blending of the two formats burns body fat, builds muscle tone, and overall definition by integrating traditional aqua fitness disciplines. *(Fee-Based)*

Kids' College (KIDS)

KIDS 2220

Yoga for Pre-teens and Teens

Ages 12+

Students will learn and participate in Hatha yoga, breathing and relaxation techniques, in a fun environment. These techniques will help build strength, flexibility, and balance and improve concentration and help to manage stress and anxiety. Bring a yoga mat to class, and do not eat at least an hour before class. *(Fee-Based)*

KIDS 2225

Bowling for Teens

This course is designed for teens to develop sufficient knowledge and skill for successful participation in recreational, league and tournament bowling. *(Fee-Based)*

KIDS 2227

ZUMBA® Kids

ZUMBA® for Kids is a fitness program designed especially for kids ages 7 - 11 years old. It combines high energy with the ZUMBA® program rhythms of salsa, cumbia, reggaeton, merengue and others. It provides a safe and effective workout. This class is designed specifically for kids, so the moves and music are kid friendly. *(Fee-Based)*

KIDS 2235

Fun with Light and Optics

Grades 4-6

Students will explore the wonders of light and optics. They will learn how light is reflected and refracted. Students will examine diffraction gratings and prisms, producing colorful spectra and "rainbows." They will learn that ordinary white light is composed of colors called a spectrum. Participants will see the effect of transmission of light through various materials, how certain solids reflect light better than others, and show how liquids and gases can scatter or reflect light. They will learn about the shape, properties, and uses of lenses and mirrors and will experience optical illusions. *(Fee-Based)*