

**PASADENA CITY COLLEGE
CURRICULUM AND INSTRUCTION COMMITTEE
MINUTES OF MEETING
THURSDAY, SEPTEMBER 29, 2016**

CALLED TO ORDER: 1:23 p.m.

CO-CHAIRPERSONS: Janis Dwyer
Alicia Vargas

The following Curriculum and Instruction Committee members were present:

FACULTY CHAIRPERSONS

Janis Dwyer

INSTRUCTIONAL UNITS

Jason Huh, Business and Computer Technology
Jeffrey Hupp, Counseling and Career Services
Ruoyi Wu, English
Walter Butler, Library
Karyn Skiathitis, Health Sciences
Wendy Lucko, Engineering and Technology
Tamara Knott-Silva, Kinesiology, Health and Athletics
Sharon Bober, Mathematics
Kerin Huber, Natural Science
Mariella Baldo, Noncredit
Brad Steed, Performing and Communication Arts
Paul Price, Social Science
Michael Cranfill, Visual Arts and Media Studies

DIVISION DEANS

Barbara Freund, Applied Arts
Carrie Starbird, Natural Science
Joseph Futtner, Fine Arts

MEMBERS EX-OFFICIO

Terry Giugni, VP/Asst Superintendent, Instruction
Homa Nelson, Classified Senate
Edward Martinez, Interim Articulation Officer
Katie Datko, Distance Education

RESOURCE EXPERTS

None

VISITORS

Robert H. Bell
Sarey Torres
Wendy Ince

In accordance with the Ralph M. Brown Act and SB 751, the minutes of the Curriculum and Instruction Committee of Pasadena City College record the votes of all committee members as follows: (1) Members not present are presumed not to have voted; (2) the names of members of minority or abstaining votes are recorded; (3) all other members are presumed to have voted in the majority.

Kathleen Hebron
Susan Roig
Dina Lee
Natalie Russell
Julie Perkins
Dyan Miller
Kathy Scott
Nabella Hanna
Jeffery Crosby
Carolyn Corrie
Mimi Khalel
Shannon Maraghy

I. WELCOME

Self-introductions were made.

II. PUBLIC COMMENT

None.

III. APPROVAL OF MINUTES

Meeting Minutes for September 15, 2016

ON MOTION by Tammy Knott-Silva and seconded by Karyn Skiathitis, the committee voted unanimously to approve the minutes of meeting 3.

IV. COMMITTEE DISCUSSION (with vote)

ON MOTION by Karyn Skiathitis and seconded by Wendy Lucko, the committee voted unanimously to approve the additions of KATH 099, KINA 040ABC, 041ABC, 042, 043ABC, 044ABC, 045ABCD, 049ABC, 050ABC (as amended), 051AB (as amended), 052, 053AB, and 082A.

ON MOTION by Wendy Lucko and seconded by Ruoyi Wu, the committee voted unanimously to approve the modifications of KINA 029ABC.

ON MOTION by Karyn Skiathitis and seconded by Mariella Baldo, the committee voted unanimously to approve the modification of HED 044.

ON MOTION by Karyn Skiathitis and seconded by Edward Martinez, the committee voted unanimously to approve the addition of NUTR 012.

KINA 082B was pulled from the agenda and moved to clean-up.

V. COMMITTEE DISCUSSION

Mariella Baldo, Liliana Martinez-Kaufman, and Carolyn Corrie gave a presentation of the upcoming Noncredit proposals.

VI. ANNOUNCEMENTS

Next Thursday, October 6, is Professional Development Day. There will be no C&I meeting.

October 13 will be for the vote for Engineering and Technology and Noncredit proposals, and the discussion on Business and Computer Technology and Social Science proposals.

VII. ADJOURNMENT

ON MOTION by Michael Cranfill and seconded by Walter Butler, the meeting adjourned at 3:20 p.m.

ADDENDUM

SCHOOL OF KINESIOLOGY, HEALTH AND ATHLETICS

ADDITION – Effective Summer 2017

KATH 099 INTERCOLLEGIATE SAND VOLLEYBALL

3 units

Intercollegiate competition for women's sand volleyball. **Required** instructional trips. **Maximum credit** 9 units, 3 units each semester. Total of 162 hours laboratory.

Transfer Credit: CSU; UC credit under review.

Rationale: Sand Volleyball is currently on the rise and growing within community college athletics. This would allow us the opportunity to enhance compliance with the CCCAA and Title IX mandates by adding sand volleyball to our Intercollegiate Athletics program.

KINA 040A BEGINNING YOGA

1 unit

Introductory course exploring the principles of hatha yoga. Fundamental skills of the ancient techniques of yoga to enhance wellness and well-being. Development of body alignment, posture, balance, and flexibility through a series of yoga poses and routines. Meditational tools and practices to improve stress reduction and personal growth. Total of 54 hours laboratory.

Transfer Credit: CSU; UC credit under review.

Rationale: We are looking to enhance our curriculum to accommodate to a diverse student body as well as stay on top of current trends in Kinesiology. Yoga will be part of our local AA-Kinesiology and Wellness as well as our AA-T in Kinesiology.

KINA 040B INTERMEDIATE YOGA

1 unit

Intermediate level hatha yoga course emphasizing intense stretching, balancing, and building of muscular strength. A series of poses and breathing techniques will be practiced in order to create a more strenuous yoga experience. Emphasis will be on principles of healthy living, along with proper posture, relaxation and meditation techniques. Total of 54 hours laboratory.

Transfer Credit: CSU; UC credit under review.

Rationale: We are looking to enhance our curriculum to accommodate to a diverse student body as well as stay on top of current trends in Kinesiology. Pilates will be part of our local AA-Kinesiology and Wellness as well as our AA-T in Kinesiology.

KINA 040C ADVANCED YOGA

1 unit

Advanced practice of yoga and meditation. Vigorous vinyasa flow to improve concentration, physical endurance, flexibility, balance and posture. Integration of yoga philosophy and advanced breathing techniques to deepen the mind/body connection and reduce stress. Total of 54 hours laboratory.

Transfer Credit: CSU; UC credit under review.

Rationale: We are looking to enhance our curriculum and accommodate a diverse student body as well as stay on top of current trends in Kinesiology. Yoga will be part of our local AA- in Kinesiology and Wellness as well as our AA-T in Kinesiology.

KINA 041A BEGINNING TAI CHI

1 unit

Introduction to the basic concepts of Tai Chi. It incorporates 20 movement patterns designed to circulate and harmonize internal energy flow for the enhancement of health and wellness. Total 54 hours laboratory.

Transfer Credit: CSU; UC credit under review.

Rationale: Beginning Tai Chi Chih is fundamentally a newly developed system of the Qigong discipline based upon ancient principles. The study and practice of this course consists of 20 movement patterns which are designed to circulate and harmonize internal energy flow for the enhancement of health and wellness.

KINA 041B INTERMEDIATE TAI CHI

1 unit

Intermediate concepts of Tai Chi incorporates movement patterns which are designed to circulate and harmonize internal energy flow for the enhancement of health and wellness. Total of 54 hours of laboratory

Transfer Credit: CSU; UC credit under review.

Rationale: Intermediate Tai Chi Chih will allow students to progress and learn the 20 movement patterns at an intermediate level. This course will also allow us to accommodate to our large diverse student body.

KINA 041C ADVANCED TAI CHI

1 unit

Advanced concepts of Tai Chi incorporates movement patterns which are designed to circulate and harmonize internal energy flow for the enhancement of health and wellness. Total of 54 hours laboratory.

Rationale: Advanced Tai Chi Chih is fundamentally a newly developed system of the Qigong discipline based upon ancient principles. The study and practice of this course consist of 20 movement patterns which are designed to circulate and harmonize internal energy flow for the enhancement of health and wellness. This course is ideal for students of all age group and ethnic background.

KINA 042 ZUMBA

1 unit

This course is designed to improve aerobic fitness through the use of a variety of international music and choreographed steps and movements to form the fitness base for calorie burning dance and fitness workouts.

Total of 54 hours laboratory.

Transfer Credit: CSU; UC credit under review.

Rationale: Zumba Fitness is a Latin-inspired cardio-dance workout that incorporates various forms of international music and choreographed steps to form an exciting workout atmosphere which is tailored to the diverse student population at Pasadena City College.

KINA 043A BEGINNING FLAG FOOTBALL

1 unit

Introduction to the review and practice the basic fundamental skills relative to the game of flag football. Total of 54 hours of laboratory.

Transfer credit: CSU; UC credit under review.

Rationale: As a division we'd like to offer a larger breadth of courses that will engage more PCC students and encourage an active lifestyle. We are looking to include this course in both our local AA-Kinesiology and Wellness and our AA-T in Kinesiology. Beginning flag football provides opportunities for students to engage in a football like activity course.

KINA 043B INTERMEDIATE FLAG FOOTBALL

1 unit

Principles of short-field flag football. Instruction will include rules, regulations, and concepts of play for 4-on-4 and 5-on-5 flag football. Total of 54 hours of laboratory.

Transfer Credit: CSU; UC credit under review.

Rationale: As a division we'd like to offer a larger breadth of courses that will engage more PCC students and encourage an active lifestyle. We are looking to include this course in both our local AA-Kinesiology and Wellness and our AA-T in Kinesiology.

KINA 043C ADVANCED FLAG FOOTBALL

1 unit

Principles of long-field flag football. Instruction will include rules, regulations, and concepts of play for 7-on-7 and 8-on-8 flag football. Total of 54 hours of laboratory.

Transfer Credit: CSU; UC credit under review.

Rationale: As a division we'd like to offer a larger breadth of courses that will engage more PCC students and encourage an active lifestyle. We are looking to include this course in both our local AA-Kinesiology and Wellness and our AA-T in Kinesiology.

KINA 044A BEGINNING FITNESS WALKING

1 unit

Introduction to the performance of fitness walking as a lifelong activity that maintains and enhances well-being. Develop proficiency and increased knowledge about fitness walking as well as understand and implement a physical fitness program that features walking as a primary activity. Total of 54 hours laboratory.

Transfer Credit: CSU; UC credit under review.

Rationale: A beginning fitness walking class will provide students the opportunity to build stamina through low impact movement and improve their physical wellness. This course will accommodate to our diverse student body needs and enhance our movement based activity course offerings. Our goal is to give every student an opportunity to live a healthier and active lifestyle.

KINA 044B INTERMEDIATE FITNESS WALKING

1 unit

Intermediate fitness walking is a lifelong activity that maintains and enhances well-being. Develop proficiency and increased knowledge about fitness walking as well as understand and implement a physical fitness program that features walking as a primary activity. Total of 54 hours laboratory.

Transfer Credit: CSU; UC credit under review.

Rationale: This new course will be part of our local AA in Kinesiology and Wellness and the AA-T in Kinesiology. We are expanding our current movement based activity courses to accommodate a large diverse student body and create innovative curriculum to continue our ongoing success. Intermediate Fitness Walking will enable students to enhance their anaerobic energy expenditure.

KINA 044C ADVANCED FITNESS WALKING

1 unit

Advanced performance of fitness walking as a lifelong activity that maintains and enhances well-being. Develop proficiency and increased knowledge about fitness walking as well as understand and implement a physical fitness program that features walking as a primary activity. Total of 54 hours laboratory.

Transfer Credit: CSU; UC credit under review.

Rationale: This new course will be part of our local AA in Kinesiology and Wellness and the AA-T in Kinesiology. We are expanding our current movement based activity courses to accommodate a large diverse student body and create innovative curriculum to continue our ongoing success. Advanced Fitness Walking will enable students to enhance their anaerobic energy expenditure.

KINA 045A BEGINNING CROSS TRAINING

1 unit

Beginning circuit, interval, and cross training programs in a weight/cardio gym. The topics of discussion include equipment orientation and safety, principles of resistance and aerobic training, energy systems used for various training regimens, and the benefits of exercise in establishing and maintaining a healthy lifestyle throughout life. Total of 54 hours laboratory.

Transfer Credit: CSU; UC credit under review.

Rationale: This new course will be part of our local AA in Kinesiology and Wellness and the AA-T in Kinesiology. Cross Training is a current trend in Kinesiology and fitness. We are expanding our current movement based activity courses to accommodate a large diverse student body and create innovative curriculum to continue our ongoing success. Cross training exposes students to high interval training through aerobic and anaerobic exercises.

KINA 045B INTERMEDIATE CROSS TRAINING

1 unit

Intermediate level course designed to incorporate strength training and fitness concepts for overall body conditioning using a variety of fitness activities. Students will improve fitness levels, increase strength and flexibility, and lose body fat while participating in a variety of fitness activities. Total of 54 hours laboratory.

Transfer Credit: CSU; UC credit under review.

Rationale: This new course will be part of our local AA in Kinesiology and Wellness and the AA-T in Kinesiology. Cross Training is a current trend in Kinesiology and fitness. We are expanding our current movement based activity courses to accommodate a large diverse student body and create innovative curriculum to continue our ongoing success. Intermediate Cross Training exposes students to high interval training through aerobic and anaerobic exercises to enhance overall cardiovascular fitness.

KINA 045C ADVANCED CROSS TRAINING

1 unit

Advanced level course designed to incorporate strength training and fitness concepts for overall body conditioning using a variety of fitness activities. Students will improve fitness levels, increase strength and flexibility, and lose body fat while participating in a variety of fitness activities. Total of 54 hours laboratory.

Transfer Credit: CSU; UC credit under review

Rationale: This new course will be part of our local AA in Kinesiology and Wellness and the AA-T in Kinesiology. We are expanding our current movement-based activity courses to accommodate a large diverse

student body and create innovative curriculum to continue our ongoing success. Advanced Cross Training exposes students to high interval training through aerobic and anaerobic exercises to enhance overall cardiovascular fitness.

KINA 045D EXPERT CIRCUIT TRAINING

1 unit

Expert level course designed to incorporate strength training and fitness concepts for overall body conditioning using a variety of fitness activities. Students will improve fitness levels, increase strength and flexibility, and lose body fat while participating in a variety of fitness activities. Total of 54 hours laboratory.

Transfer Credit: CSU; UC credit under review.

Rationale: This new course will be part of our local AA in Kinesiology and Wellness and the AA-T in Kinesiology. We are expanding our current movement based activity courses to accommodate a large diverse student body and create innovative curriculum to continue our ongoing success. Expert Circuit training exposes students to high interval training through aerobic and anaerobic exercises to enhance overall cardiovascular fitness.

KINA 049A BEGINNING GOLF

1 unit

Basic techniques, rules, and etiquette of golf. Some class meetings will take place off campus for driving range and putting practice and play on a par 3 golf course. Required instructional trips. Total of 54 hours laboratory.

Transfer Credit: CSU; UC credit under review.

Rationale: As a division we'd like to offer a larger breadth of courses that will engage more PCC students and encourage an active lifestyle. This course was archived but we are looking to bring it back as it will be included in both our local AA-Kinesiology and Wellness and our AA-T in Kinesiology.

KINA 049B INTERMEDIATE GOLF

1 unit

For students who possess the rudimentary skills of golf and aim to improve those abilities. Students will hone their putting, short game, mid-long iron play and driving capabilities. The course is offered at an off campus local driving range who will charge a minimal fee for practice balls. Required instructional trips. Total of 54 hours laboratory. Total of 54 hours laboratory.

Transfer Credit: CSU; UC credit limitations. See counselor.

Rationale: As a division we'd like to offer a larger breadth of courses that will engage more PCC students and encourage an active lifestyle. This course was archived but we are looking to bring it as it back will be included in both our local AA-Kinesiology and Wellness and our AA-T in Kinesiology.

KINA 049C ADVANCED GOLF

1 unit

Advanced technical aspects of golf match play will be included. Additionally, psychological skills for the elite golfer will be incorporated including visualization, pre-shot routines, relaxation methods and self-talk strategies. Required instructional trips. Total of 54 hours laboratory.

Transfer Credit: CSU; UC credit under review.

Rationale: As a division we'd like to offer a larger breadth of courses that will engage more PCC students and encourage an active lifestyle. This course was archived but we are looking to bring it as it will be included in both our local AA-Kinesiology and Wellness and our AA-T in Kinesiology.

KINA 050A BEGINNING WEIGHT TRAINING FOR WOMEN

1 unit

Orientation to the basic weight training machines available in gyms/clubs and proper gym etiquette, a study of the basic musculoskeletal anatomy and kinesiology of the female body, present the fundamental tenets of weight training, discussion of how to maintain healthy body composition and information on designing a weight training program to achieve attainable personal goals. Total of 54 hours laboratory.

Transfer Credit: CSU; UC credit under review.

Rationale: This new course will be part of our local AA in Kinesiology and Wellness and the AA-T in Kinesiology. Weight Training is a current trend in Kinesiology and fitness. We are expanding our current movement based activity courses to accommodate a large diverse student body and create innovative curriculum to continue our ongoing success. Beginning Women's Weight training will provide women a safe working out environment to enhance overall fitness and wellness.

KINA 050B INTERMEDIATE WEIGHT TRAINING FOR WOMEN

1 unit

Study of the musculoskeletal anatomy and kinesiology of the female body, present the fundamental tenets of weight training at an intermediate level, discussion of how to maintain healthy body composition and information on designing a weight training program to achieve attainable personal goals. Total of 54 hours laboratory.

Transfer Credit: CSU; UC credit under review.

Rationale: This new course will be part of our local AA in Kinesiology and Wellness and the AA-T in Kinesiology. We are expanding our current movement-based activity courses to accommodate a large diverse student body and create innovative curriculum to continue our ongoing success. Intermediate weight training exposes students to weight training while improving muscular strength and muscular endurance.

KINA 050C ADVANCED WEIGHT TRAINING FOR WOMEN

1 unit

Study of the musculoskeletal anatomy and kinesiology of the female body, present the fundamental tenets of weight training at an advanced level, discussion of how to maintain healthy body composition and information on designing a weight training program to achieve attainable personal goals. Total of 54 hours laboratory.

Transfer Credit: CSU; UC credit under review.

Rationale: This new course will be part of our local AA in Kinesiology and Wellness and the AA-T in Kinesiology. We are expanding our current movement-based activity courses to accommodate a large diverse student body and create innovative curriculum to continue our ongoing success. Advanced weight training exposes students to weight training while improving muscular strength and muscular endurance.

KINA 051A BEGINNING INDOOR FUTSAL

1 unit

Beginning course designed to review and practice the basic fundamental skills relative to the game of Futsal. Students will learn the basic rules of Futsal, which is a derivative of soccer and played with five-player teams on a basketball court, with no walls and a low bouncing ball. Total of 54 hours laboratory.

Transfer Credit: CSU; UC credit under review.

Rationale: This new course will be part of our local AA in Kinesiology and Wellness and the AA-T in Kinesiology. We are expanding our current movement based activity courses to accommodate a large diverse

student body and create innovative curriculum to continue our ongoing success. Indoor futsal exposes students to the exciting indoor game of soccer.

KINA 051B INTERMEDIATE INDOOR FUTSAL

1 unit

Intermediate course designed to review and practice skills relative to the game of futsal. Students will expand on the rules of futsal, which is a derivative of soccer and played with five-player teams on a basketball court, with no walls and a low bouncing ball. Total of 54 hours laboratory.

Transfer Credit: CSU; UC credit under review.

Rationale: This new course will be part of our local AA in Kinesiology and Wellness and the AA-T in Kinesiology. We are expanding our current movement-based activity courses to accommodate a large diverse student body and create innovative curriculum to continue our ongoing success. Intermediate futsal will expose students to the competitive indoor game of soccer.

KINA 052 GUTS AND BUTTS

1 unit

Focus on improving muscle strength and endurance of the abdominals, gluteals, quadriceps, and hamstrings. Functional exercises such as squats, lunges and planks will be utilized. Total of 54 hours laboratory.

Transfer Credit: CSU; UC credit under review.

Rationale: This new course will be part of our local AA in Kinesiology and Wellness and the AA-T in Kinesiology. We are expanding our current movement-based activity courses to accommodate a large diverse student body and create innovative curriculum to continue our ongoing success. Guts and Butts is an innovative fitness course that will help improve fitness.

KINA 053A BEGINNING BOOT CAMP

1 unit

Improved flexibility and core development through a variety of drills and military style movements. Functional training delivered in an intense environment. Total of 54 hours laboratory.

Transfer Credit: CSU; UC credit under review.

Rationale: This new course will be part of our local AA in Kinesiology and Wellness and the AA-T in Kinesiology. We are expanding our current movement based activity courses to accommodate a large diverse student body and create innovative curriculum to continue our ongoing success. Beginning boot camp creates an intense work out environment through flexibility and high to low cardiovascular fitness training.

KINA 053B INTERMEDIATE BOOT CAMP

1 unit

Designed to improve aerobic capacity, muscle endurance and cardiovascular fitness through a variety of activities that target the major muscle groups of the body. Total of 54 hours laboratory.

Transfer Credit: CSU; UC credit under review.

Rationale: Boot camp is a course of high-intensity, full body workouts that target the major muscle groups of the body. This course will bring a unique type of workout that combines traditional calisthenics and body weight exercises with circuit and strength training to our diverse student body.

KINA 082A BEGINNING SAND VOLLEYBALL

1 unit

Introduction to sand volleyball emphasizing the skills, rules, tactics and strategies used in the beach volleyball doubles game. Specific conditioning drills for sand volleyball will be incorporated to improve performance and develop overall fitness. Total of 54 hours laboratory.

Transfer Credit: CSU; UC credit under review.

Rationale: This new course will be part of our local AA in Kinesiology and Wellness and the AA-T in Kinesiology. Sand Volleyball is a current trend in Kinesiology and fitness. We are expanding our current movement based activity courses to accommodate a large diverse student body and create innovative curriculum to continue our ongoing success.

NUTR 012 PRINCIPLES OF FOOD SCIENCE

3 units

Application of food science principles with emphasis on ingredient function and interaction, food preparation techniques, sensory evaluation standards, food safety and sanitation, and nutrient composition of food. Total of 54 hours lecture and 18 hours laboratory.

Transfer Credit: CSU; UC credit under review.

Rationale: This course currently has an approved C-ID descriptor, Nutr 120. This course will also be included in the AS-T Nutrition and Dietetics.

Modification – SLOs, SPOs, course content, MOIs, MOEs, update Distance Education – Effective Summer 2017

HED 044 HEALTH EDUCATION

3 units

Physical and mental health factors; individual, community and school health concepts; the effects of the use of tobacco, alcohol, narcotics and other drugs and dangerous substances; effects of sexually transmitted diseases and the importance of health and nutrition. Recommended for majors in physical education, health education, and elementary education, and for students seeking a teaching credential but open to all qualified students. Total of 54 hours lecture.

Transfer credit: CSU; UC credit limitations. See counselor.

Rationale: The modification is to update SLO's, SPO's, CCO's, Methods of Instruction and evaluation of student performance. The Form D was modified and we are submitting this for C-ID approval PHS 100.

Modification – Course title (from Body Building), SLOs, SPOs, course content, texts – Effective Summer 2017

KINA 029A BEGINNING STRENGTH TRAINING

1 unit

Improvement of muscular development and physical fitness through use of resistive exercises; training with barbells and dumbbells. Total of 54 hours laboratory.

Transfer Credit: CSU; UC credit limitations. See counselor.

Rationale: Modifying course title to align with the current trends. Body building is outdated and sometimes intimidates our diverse student population. Update the entire course (Books, outline, SLO's and SPO's)

Modification – Course title (from Intermediate Body Building), SLOs, SPOs, course content, texts – Effective Summer 2017

KINA 029B INTERMEDIATE STRENGTH TRAINING

1 unit

Improvement of muscular development and physical fitness through the use of weight lifting and physical conditioning exercises. Total of 54 hours laboratory.

Transfer Credit: CSU; UC credit limitations. See counselor.

Rationale: Modifying course title to align with the current trends. Body building is outdated and sometimes intimidates our diverse student population. Update the entire course. Modifications to books, outline, SLO's and SPO's.

Modification – Course title (from Advanced Body Building), SLOs, SPOs, course content, catalog description, texts, NCN – Effective Summer 2017

KINA 029C ADVANCED STRENGTH TRAINING

1 unit

Advanced muscular development and physical fitness through use of and isometric exercises and through circuit training. Total of 54 hours laboratory.

Transfer Credit: CSU; UC credit limitations. See counselor.

Rationale: Change the course name to Advanced Strength training which is current and aligns with the course outline and outcomes. Update SLO's, SPO's and class size.