

SADDLEBACK COLLEGE CURRICULUM COMMITTEE

AGENDA

College Mission: Saddleback College empowers and supports its diverse student body by providing equitable, innovative, and student-centered educational experiences. We foster personal growth, academic success, economic opportunity, and social mobility.

Tuesday, January 13, 2025

The meeting starts promptly at **3PM in AGB 106**

1. **Approval of Minutes – November 25, 2025, p. 3-7**
2. **Approval of Agenda**
3. **Public Comments –** Anyone may address the Curriculum Committee on any item NOT on the Agenda **within the subject matter and jurisdiction of the Senate pursuant to Section 53200 of Title 5 California Code of Regulations.** Each speaker is limited to two minutes.
4. **Chair's Report**
5. **Curriculum Committee Training – Information Item**
6. **Proposed New Taxonomic Pathways for Health Sciences and Health for Academic Year 2026-27 – Information Only Item, p. 8**
 - A. Addition of CHWOA – Community Health Worker (Older Adults) Subject Code (TOP code 1309.00) for Health Sciences
 - B. Addition of HLTHCH – Health (Noncredit Community Health) Subject Code (TOP code 1261.00) for Health
7. **Proposed Course Revision for Academic Year 2026-27 – Information Item, p. 9-10**
 - A. Limitation on enrollment change:
 - a. BUS 232 – limitation from ~~Valid Cosmetologist, Barber, Esthetician, Hairstylist or Manicurist License~~ to none
 - B. New recommended preparation
 - a. BUS 232 will have a recommended preparation of Valid Cosmetologist, Barber, Esthetician, Hairstylist, or Manicurist license—or being in the process of obtaining licensure—is recommended.
8. **Proposed Program Revisions for Academic Year 2026-27 – Consent Item, p. 11-30**
 - A. Advanced Baking and Pastry Certificate of Achievement
 - B. Advanced Baking and Pastry A.S. degree
 - C. Advanced Culinary Arts Certificate of Achievement
 - D. Advanced Culinary Arts A.S. degree
 - E. Catering and Special Events Certificate of Achievement
 - F. Catering and Special Events A.S. degree
 - G. Introduction to Baking and Pastry Certificate of Achievement
 - H. Introduction to Culinary Arts Certificate of Achievement
 - I. Introduction to Culinary Arts A.S. degree
 - J. Kinesiology A.A. degree
 - K. Kinesiology - Exercise Science A.A. degree
9. **Representational Area Reports (if time allows)**
10. **Announcements**
 - A. The next Curriculum Committee meeting is on Tuesday, January 27th at 3pm in AGB 106.
 - B. The first GE Committee meeting of the spring semester is on Tuesday, January 27th at 4pm in AGB 106.
 - C. The deadline to submit new course and program intents for academic year 2027-28 is January 23, 2026.

**SADDLEBACK COLLEGE
CURRICULUM COMMITTEE**

AGENDA (Continued)

- 11. Public Interest Announcements (if time allows)**
- 12. Adjourn**

COMPLIANCE WITH BROWN ACT

The Curriculum Committee is a subcommittee of the Academic Senate and therefore must comply with the Brown Act. Section 54954.2(a) of the Ralph M. Brown Act states that *"No action or discussion shall be undertaken on any item not appearing on the posted agenda*, except that members of a legislative body or its staff may briefly respond to statements made or questions posted by persons exercising their public testimony rights under Section 54954.3. In addition, on their own initiative or in response to questions posted by the public, a member of a legislative body or its staff may ask a question for clarification....

SADDLEBACK COLLEGE CURRICULUM COMMITTEE

Attendance

College Mission: Saddleback College empowers its diverse student body to achieve personal, academic, and economic advancement through equitable and innovative educational experiences.

Tuesday, November 25, 2025

Curriculum Team and Leadership in Attendance

1. Michelle Duffy	Curriculum Co-Chair
2. June Millovich	Curriculum Co-Chair
3. Aimee Tran	Articulation Officer
4. Stephanie Di Alto	Curriculum Specialist

Curriculum Team and Leadership in Absence

1. Tram Vo-Kumamoto	VPI
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Voting Members in Attendance

1. Jeff Barnett	Science, Technology, Engineering, and Math
2. Jessica Beck	Extended Learning
3. Deborah Chau	Counseling and Special Programs
4. Tom DeDonno	Business and Industry
5. Annie Gilbert	Extended Learning
6. Jennifer Hedgecock (alt.)	Humanities and Social Sciences
7. Carmenmara Hernandez-Bravo	Humanities and Social Sciences
8. Lori Hoolihan (alt.)	Health and Wellness
9. Susan Miller	Health and Wellness
10. Larry Perez	Science, Technology, Engineering, and Math
11. Jennifer Rohles	Kinesiology & Athletics
12. Brooke Sauter	Counseling and Special Programs
13. Carolyn Seaman	Instructional Support and Teaching Innovations
14. Michelle Weckerly	Business and Industry

Voting Members Absent

1. Mike Bennett	Kinesiology & Athletics
2. Farida Gabdrakhmanova	Arts, Media, Performance, and Design
3. Steve Gonsowski	Arts, Media, Performance, and Design
4. Barbara Huggins (represented by alt.)	Health and Wellness
5. Spencer Robins (represented by alt.)	Humanities and Social Sciences

Administrators in Attendance

None

Guests

1. Frank Gonzalez	Academic Senate President Elect
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SADDLEBACK COLLEGE CURRICULUM COMMITTEE

MINUTES

College Mission: Saddleback College empowers and supports its diverse student body by providing equitable, innovative, and student-centered educational experiences. We foster personal growth, academic success, economic opportunity, and social mobility.

Tuesday, November 25, 2025

The meeting starts promptly at **3PM in AGB 106**

1. **Approval of Minutes – October 28, 2025, p. 3-8**
 - **First: Carmenmara Hernandez-Bravo**
 - **Second: Carolyn Seaman**
 - **Motion passed**
2. **Approval of Agenda**
 - **First: Carmenmara Hernandez-Bravo**
 - **Second: Carolyn Seaman**
 - **Motion passed**
3. **Public Comments –** Anyone may address the Curriculum Committee on any item NOT on the Agenda within the subject matter and jurisdiction of the Senate pursuant to Section 53200 of Title 5 California Code of Regulations. Each speaker is limited to two minutes.
 - **There were no public comments.**
4. **Chair's Report**
 - **Michelle Duffy attended Plenary earlier this month.**
5. **Curriculum Committee Training – Information Item**
 - **Curriculum updates from Plenary:**
 - **Incorporation of IDEAA in the COR during our next scheduled review cycle**
 - **Assignment of courses to disciplines – new requirement for the COR**
 - **Phase III CCN templates will be forthcoming in the spring**
6. **Spring 2026 Curriculum Calendar – Information Only Item, p. 9**
 - **The Spring 2026 Curriculum Calendar was reviewed.**
7. **Proposed Course Revisions for Academic Year 2026-27 (Requisite Revisions Due to AB1111) – Information and Action Item, p. 10-11**
 - **The four courses in this item have requisites that necessitate updating to reflect Phase II Common Course Numbering (CCN).**
 - A. Prerequisite changes
 - **First: Carmenmara Hernandez-Bravo**
 - **Second: Jennifer Hedgecock**
 - **Motion passed**
 - a- ENGR 70 – prereq from ~~PHYS 4B and MATH 3B~~ to **PHYS 4B and MATH C2220**
 - b- PHYS 4A – prereq from ~~MATH 3A or MATH 3AH~~ to **MATH C2210 or MATH C2210H**
 - c- PHYS 4B – prereq from ~~PHYS 4A and MATH 3B~~ to **PHYS 4A and MATH C2220**
 - d- PHYS 4C – prereq from ~~PHYS 4A and MATH 3B~~ to **PHYS 4A and MATH C2220**
 - B. Remaining course revisions
 - **First: Carmenmara Hernandez-Bravo**
 - **Second: Michelle Weckerly**
 - **Motion passed**
8. **Proposed Course Revisions (DANC and KNEA - Change to Variable Units) for Academic Year 2026-27 – Action Item, p. 12-14**
 - **Dance and Adapted Kinesiology courses that currently have more than one version (1 unit, 1.5 units) are being revised to a single variable hour/unit version since Banner can accommodate this.**
 - **First: Carmenmara Hernandez-Bravo**
 - **Second: Tom DeDonno**

**SADDLEBACK COLLEGE
CURRICULUM COMMITTEE**

MINUTES

- Motion passed

9. Course Code Corrections (BUS and SPS) for Academic Year 2026-27 – Action Item, p. 15-16

- Six courses necessitate code corrections.
- It was recently discovered that BUS 421NC, 422NC, and 423NC are improperly coded as Workforce Preparation rather than Short-Term Vocational.
- It was recently discovered that SPS 710NC, 715NC, and 716NC are improperly coded as Not Basic Skills and should be coded as Basic Skills as they were when they were previously offered as credit courses; additionally, SPS 716NC is incorrectly coded as Not a Special Class but should be coded as an Approved Special Class for Students with Disabilities.
- First: Annie Gilbert
- Second: Brooke Sauter
- Motion passed

10. Proposed New Credit Course Justification (CIMS 653/153 – Cybersecurity CompTIA PenTest+) for Academic Year 2026-27 (Spring) – Action Item, p. 17-19

- CIMS 653 (153) is being aligned to C-ID descriptor ITIS 164 and will be included in the Cybersecurity/Information Security Analyst Certificate of Achievement.
- First: Carmenmara Hernandez-Bravo
- Second: Tom DeDonno
- Motion passed

11. Proposed New Credit Course Justifications for Academic Year 2027-28 – Action Item, p. 20-28

- CIMA 605 (5) will be submitted for UCTCA. CIMA 605 (5), 634 (234), and 635 (235) will be included in three new programs – the Artificial Intelligence (AI) Foundations Certificate of Achievement and the Applied AI Video Game, Web and Data Certificate of Achievement and A.S. degree (Agenda Item 10). Tom briefly summarized the purpose of these courses.

- A. CIMA 605 (5) – Artificial Intelligence Literacy
 - First: Carmenmara Hernandez-Bravo
 - Second: Jennifer Hedgecock
 - Motion passed
- B. CIMA 634 (234) – Foundations of AI UI/UX
 - First: Carmenmara Hernandez-Bravo
 - Second: Jennifer Hedgecock
 - Motion passed
- C. CIMA 635 (235) – Artificial Intelligence Vibe Coding
 - First: Carmenmara Hernandez-Bravo
 - Second: Tom DeDonno
 - Motion passed

12. Proposed New Credit Program Justifications for Academic Year 2027-28 – Action Item, p. 29-31

- The AI Foundations certificate offers foundational AI, advanced AI or vibe coding, and practical development skills. The Applied AI Video Game, Web and Data Certificate of Achievement and A.S. degree will provide students with cutting-edge skills in video game design, web development, data management/Analytics, and artificial intelligence to prepare them for careers in gaming, web development, data science, and AI.

- A. Artificial Intelligence (AI) Foundations Certificate of Achievement
 - First: Carmenmara Hernandez-Bravo
 - Second: Carolyn Seaman
 - Motion passed
- B. Applied AI Video Game, Web and Data Certificate of Achievement
 - First: Carmenmara Hernandez-Bravo
 - Second: Jennifer Hedgecock
 - Motion passed
- C. Applied AI Video Game, Web and Data A.S. Degree
 - First: Carmenmara Hernandez-Bravo

SADDLEBACK COLLEGE CURRICULUM COMMITTEE

MINUTES

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- **Second: Carolyn Seaman**
- **Motion passed**

13. Proposed Course Revisions and Deletions for Academic Year 2026-27 – Consent Item, p. 32-33

- **First: Jennifer Hedgecock**
- **Second: Annie Gilbert**
- **Motion passed**

14. Proposed Program Revisions for Academic Year 2026-27 – Consent Item, p. 34-114

- **First: Carmenmara Hernandez-Bravo**
- **Second: Michelle Weckerly**
- **Motion passed**

- A. Biology A.S. degree
- B. Biomedical Illustration Certificate of Achievement
- C. Business Communication Skills Certificate of Achievement
- D. Business Communications Certificate of Achievement
- E. Cal-GETC Certificate of Achievement
- F. Computer Science A.S. degree
- G. Creative Writing A.A. degree
- H. Dance A.A. degree
- I. Early Childhood Teacher Certificate of Achievement
- J. Economics A.A. degree
- K. Engineering A.S. degree
- L. English Literature A.A. degree
- M. General Studies - Arts & Humanities A.A. degree
- N. General Studies – Interdisciplinary Studies A.A. degree
- O. General Studies - Natural Sciences A.A. degree
- P. General Studies-Social & Behavioral Sciences A.A. degree
- Q. Geography A.A. degree
- R. Health Sciences A.S. degree
- S. History A.A. degree
- T. Human Services Generalist Certificate of Achievement
- U. Human Services Generalist A.S. degree
- V. Liberal Studies A.A. degree
- W. Library Technician Certificate of Achievement
- X. Mathematics A.S. Degree
- Y. Medical Laboratory Technician Certificate of Achievement
- Z. Medical Laboratory Technician A.S. degree
- AA. Music Composition Certificate of Achievement
- BB. Musical Theatre A.A. degree
- CC. Nonprofit Business Administration Certificate of Completion
- DD. Physics A.S. degree
- EE. Public Health Informatics and Technology Certificate of Achievement
- FF. Registered Nurse Certificate of Achievement
- GG. Registered Nurse A.S. degree
- HH. Studio Arts A.A. degree
- II. Surgical Technology A.S. degree

15. Representational Area Reports (if time allows)

- **None**

16. Announcements

- A. The first Curriculum Committee meeting of the spring semester is on Tuesday, January 13th at 3pm in AGB 106.

SADDLEBACK COLLEGE CURRICULUM COMMITTEE

MINUTES

- B. The last GE Committee meeting of the semester is today, November 25th at 4pm in AGB 106; the first GE Committee meeting of the spring semester is on Tuesday, January 27th at 4pm in AGB 106.
- C. The deadline to launch new course proposals for implementation in Spring 2027 is December 5th.
- D. The deadline to submit new course and program intents for academic year 2027-28 is January 23, 2026.

17. **Public Interest Announcements (if time allows)**

- **None**

18. **Adjourn**

- **The meeting adjourned at 3:27pm**

COMPLIANCE WITH BROWN ACT

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Proposed New Taxonomic Pathways for Health Sciences and Health for Academic Year 2026-27 Page 8

Banner SCH/DIV	META SCHOOL/DIVISION Title	Banner DEPT CODE	META Department Title	PROG CODE	Program	SUBJECT CODE	Subject	TOP CODE	CERTIF UNIQUE ID	DEGREE UNIQUE ID
SHW	Health and Wellness	SHS	Health Sciences	CHW	Community Health Worker	CHW	Community Health Worker	1261.00	44352	
				CHWNCR	Community Health Worker Noncredit	CHWNCR	Community Health Worker Noncredit	1261.00	44464	
						CHWOA	Community Health Worker (Older Adults)	1309.00		
SKN	Kinesiology	SHEA	*Health	HEALTH	*Health	HEALTH	Health	0837.00		
						HLTHCH	Health (Noncredit Community Health)	1261.00		

School/ Division	Course Id	Catalog Id	Course Title	Action Taken
				assign=assignments
				CA Classification code (J=workforce prep, K=other noncredit enhanced funding, L=not eligible for enhanced funding, Y=credit course)
				cat desc= catalog description
				c/l w/+ cross-listed with (and list the other crs id)
				coreq=corequisite
				crs id=course prefix and/or number
				dc=delete course
				DE=distance education
				dv=delete version of course
				gr opt=grading option
				hrs=hours
				lim=limitation
				lrng obj=learning objectives
				moe=methods of eval
				nc=new course
				nv=new version of existing course
				oe/oe=open entry/open exit
				prereq=prerequisite
				pcs = program course status
				reactv=course reactivation
				rec prep=recommended prep
				rpt=repeatability
				SAM code=occupational code (A=apprenticeship, B=advanced occupational, C=clearly occupational, D=possibly occupational, E=non-occupational)
				sch desc=schedule description
				SLOs=student learning outcomes
				sr=scheduled review is for courses that are scheduled for review and there are no revisions
				ti=title
				TOP code=numerical classification code used to assign programs and courses to disciplines
				tps=topics
				txt=text-required for all courses numbered 1-299
				un=units
				val=validation

SADDLEBACK COLLEGE
REVISED COURSE
ACADEMIC YEAR 2026-2027

1-13-26
Agenda Item 7
Page 10

BI	BUS 232	993112.00	SALON MANAGEMENT	lim fr <u>Valid Cosmetologist, Barber, Esthetician, Hairstylist or Manicurist</u> <u>License</u> to <u>none</u> , rec prep fr <u>none</u> to <u>Valid Cosmetologist, Barber, Esthetician, Hairstylist, or Manicurist license—or being in the process of obtaining licensure—is recommended.</u>
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**Current
Advanced Baking and Pastry
Certificate of Achievement**

The Advanced Baking and Pastry Certificate of Achievement is a stackable award that builds upon the coursework in the Introduction to Baking and Pastry Certificate of Achievement and prepares students for entry to midlevel career opportunities in bakeries, restaurants, catering, hotels, and other food service businesses. Students gain practical training in the use of commercial equipment and acquire the skills necessary to be successful in the field of baking such as: production baking, candy making, specialty cakes, plated desserts, artisan breads, menu development, portion control, and cost control. The program combines management theory and practical application of skills and abilities preparing students to meet the needs of employers. Students are required to follow Culinary Department dress standards.

Program Student Learning Outcomes

Students who complete this program will be able to:

- Demonstrate foundational and advanced baking techniques.
- Evaluate a variety of finished baking products based on visual appeal, consistency, taste, and proper use of preparation techniques.
- Demonstrate proficient safety and sanitation production practices as related to the food service industry.
- Demonstrate preparation for entry to midlevel employment in the food service industry in the specialized area of baking and pastry.

Required Core:

CUL 171**	Sanitation and Safety	2
or		
ServSafe Certification		
CUL 101*	Culinary Principles I	3
CUL 110*	Food Preparation Essentials	3
CUL 120*	Introduction to Food Systems	3
CUL 244*	Baking Fundamentals I	3
CUL 210*	Introduction to Culinary Arts	3
CUL 208*	Contemporary Topics in Food Service	2
CUL 249*	Principles of Artisan Baking	4
CUL 245*	Baking Fundamentals II	3
CUL 261	Management, Leadership & Training	3
CUL 176	Food and Beverage Operations	3
CUL 250*	Sugar Confectionery	1
CUL 246*	Advanced Baking and Pastry	3
HRM 154	Hospitality Cost Control	3
CUL 251*	Chocolate Confectionery	1

Total Units for the Certificate 38-40

*Course has a prerequisite, corequisite, limitation, or recommended preparation; see course description.

**Students with valid California ServSafe Certification may have this core requirement waived.

**Revised
Advanced Baking and Pastry
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Current
Advanced Baking and Pastry
Associate of Science

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CUL 251*	Chocolate Confectionery	1

Total Units for the Major 38-40

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Associate of Science Degree

Complete a minimum of 60 units including the total number of units described above and the General Education requirements with an overall GPA of 2.0 to qualify for the Associate of Science degree. A minimum of 12 units must be completed at Saddleback College.

Revised
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Associate of Science

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SADDLEBACK COLLEGE
REVISED PROGRAMS
ACADEMIC YEAR 2026-2027

General Education Requirements for Associate Degrees

Refer to the Graduation Requirements or to the Cal-GETC pattern in this catalog for specific courses which meet general education requirements. Refer to ASSIST.org and to the transfer institution's catalog for transfer requirements.

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**Current
Advanced Culinary Arts
Certificate of Achievement**

The Advanced Culinary Arts Certificate of Achievement is a stackable award that builds upon the coursework in the Introduction to Culinary Arts program and prepares students for many contemporary entry to midlevel employment opportunities within the restaurant and hospitality industries as professional culinarians. Some of these positions include, but are not limited to, institution and cafeteria cooks, private household chefs, food preparation workers, food service managers, cooks, supervisors of food preparation and serving workers, and line and prep cooks in all areas of restaurant and hospitality industries. The program offers coursework for both career training and professional improvement. Students will be provided with the essential skills of food safety and sanitation, foundational and advanced cooking and baking, various ethnic and regional cuisines as well as operations and production to reach their career goals and to be competitive in the marketplace. Students are required to follow Culinary Department dress standards.

Program Student Learning Outcomes

Students who complete this program will be able to:

- Demonstrate skill in culinary methods and techniques, including culinary knowledge, and organization (mise en place*).
- Apply scientific knowledge and principles of nutrition, product knowledge, ingredient functionality, sanitation, and food safety.
- Demonstrate strong teamwork and collaboration skills while exemplifying professionalism and leadership.
- Apply basic management principles and practice service techniques and use of service equipment.

Required Core

Select one

CUL 171 ** Sanitation and Safety 2

or

ServSafe Certification

CUL 101*	Culinary Principles I	3
CUL 110*	Food Preparation Essentials	3
CUL 120*	Introduction to Food Systems	3
CUL 176	Food and Beverage Operations	3
CUL 201*	Culinary Principles II	4
CUL 210*	Introduction to Culinary Arts	3
CUL 208*	Contemporary Topics in Food Service	2
CUL 244*	Baking Fundamentals I	3
CUL 261	Management, Leadership & Training	3
CUL 270*	Menu Planning and Purchasing	2
CUL 275*	Dining Room Service	4
HRM 154	Hospitality Cost Control	3

Restricted Electives: Select one course

CUL 160*	World Cuisines	3
CUL 180WE	Culinary Arts Work Experience	2
CUL 206*	Food and Wine Pairing	2

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- Apply scientific knowledge and principles of nutrition, product knowledge, ingredient functionality, sanitation, and food safety.
- Demonstrate strong teamwork and collaboration skills while exemplifying professionalism and leadership.
- Apply basic management principles and practice service techniques and use of service equipment.

Required Core

Select one

CUL 171 **	Sanitation and Safety	2
or		
	ServSafe Certification	
CUL 101*	Culinary Principles I	3
CUL 110*	Food Preparation Essentials	3
CUL 120	Introduction to Food Systems	3
CUL 176	Food and Beverage Operations	3
CUL 201*	Culinary Principles II	4
CUL 210	Introduction to Culinary Arts	3
CUL 208*	Contemporary Topics in Food Service	2
CUL 244	Baking Fundamentals I	3
CUL 261	Management, Leadership & Training	3
CUL 270*	Menu Planning and Purchasing	2
CUL 275*	Dining Room Service	4
HRM 154	Hospitality Cost Control	3

Restricted Electives: Select one course

CUL 160*	World Cuisines	3
CUL 180WE	Culinary Arts Work Experience	2
CUL 206*	Food and Wine Pairing	2

SADDLEBACK COLLEGE
REVISED PROGRAMS
ACADEMIC YEAR 2026-2027

CUL 260*	Cuisines and Cultures of the Americas	3
CUL 263*	Cuisines and Cultures of Europe	3
CUL 265*	Cuisines and Cultures of the Mediterranean	3
CUL 267*	Cuisines and Cultures of Asia	3

Total Units for the Certificate 38-41

*Course has a prerequisite, corequisite, limitation; or recommended preparation; see course description.

** Students with valid California ServSafe Certification may have this core requirement waived.

CUL 260*	Cuisines and Cultures of the Americas	3
CUL 263*	Cuisines and Cultures of Europe	3
CUL 265*	Cuisines and Cultures of the Mediterranean	3
CUL 267*	Cuisines and Cultures of Asia	3

Total Units for the Certificate 38-41

*Course has a prerequisite, corequisite, limitation; or recommended preparation; see course description.

** Students with valid California ServSafe Certification may have this core requirement waived.

**Current
Advanced Culinary Arts
Associate of Science**

The Advanced Culinary Arts Associate of Science degree is a stackable award that builds upon the coursework in the Introduction to Culinary Arts program and prepares students for many contemporary entry to midlevel employment opportunities within the restaurant and hospitality industries as professional culinarians. Some of these positions include, but are not limited to, institution and cafeteria cooks, private household chefs, food preparation workers, food service managers, cooks, supervisors of food preparation and serving workers, and line and prep cooks in all areas of restaurant and hospitality industries. The program offers coursework for both career training and professional improvement. Students will be provided with the essential skills of food safety and sanitation, foundational and advanced cooking and baking, various ethnic and regional cuisines as well as operations and production to reach their career goals and to be competitive in the marketplace. Students are required to follow Culinary Department dress standards.

Program Student Learning Outcomes

Students who complete this program will be able to:

- Demonstrate skill in culinary methods and techniques, including culinary knowledge, and organization (mise en place*).
- Apply scientific knowledge and principles of nutrition, product knowledge, ingredient functionality, sanitation, and food safety.
- Demonstrate strong teamwork and collaboration skills while exemplifying professionalism and leadership.
- Apply basic management principles and practice service techniques and use of service equipment.

Required Core

Select one

CUL 171 ** Sanitation and Safety 2

or

ServSafe Certification

CUL 101*	Culinary Principles I	3
CUL 110*	Food Preparation Essentials	3
CUL 120*	Introduction to Food Systems	3
CUL 176	Food and Beverage Operations	3
CUL 201*	Culinary Principles II	4
CUL 210*	Introduction to Culinary Arts	3
CUL 208*	Contemporary Topics in Food Service	2
CUL 244*	Baking Fundamentals I	3
CUL 261	Management, Leadership & Training	3
CUL 270*	Menu Planning and Purchasing	2
CUL 275*	Dining Room Service	4
HRM 154	Hospitality Cost Control	3

Restricted Electives: Select one course

CUL 160*	World Cuisines	3
CUL 180WE	Culinary Arts Work Experience	2
CUL 206*	Food and Wine Pairing	2

**Revised
Advanced Culinary Arts
Associate of Science**

The Advanced Culinary Arts Associate of Science degree is a stackable award that builds upon the coursework in the Introduction to Culinary Arts program and prepares students for many contemporary entry to midlevel employment opportunities within the restaurant and hospitality industries as professional culinarians. Some of these positions include, but are not limited to, institution and cafeteria cooks, private household chefs, food preparation workers, food service managers, cooks, supervisors of food preparation and serving workers, and line and prep cooks in all areas of restaurant and hospitality industries. The program offers coursework for both career training and professional improvement. Students will be provided with the essential skills of food safety and sanitation, foundational and advanced cooking and baking, various ethnic and regional cuisines as well as operations and production to reach their career goals and to be competitive in the marketplace. Students are required to follow Culinary Department dress standards.

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Required Core

Select one

CUL 171 **	Sanitation and Safety	2
or		
CUL 101*	Culinary Principles I	3
CUL 110*	Food Preparation Essentials	3
CUL 120	Introduction to Food Systems	3
CUL 176	Food and Beverage Operations	3
CUL 201*	Culinary Principles II	4
CUL 210	Introduction to Culinary Arts	3
CUL 208*	Contemporary Topics in Food Service	2
CUL 244	Baking Fundamentals I	3
CUL 261	Management, Leadership & Training	3
CUL 270*	Menu Planning and Purchasing	2
CUL 275*	Dining Room Service	4
HRM 154	Hospitality Cost Control	3

Restricted Electives: Select one course

CUL 160*	World Cuisines	3
CUL 180WE	Culinary Arts Work Experience	2
CUL 206*	Food and Wine Pairing	2

SADDLEBACK COLLEGE
REVISED PROGRAMS
ACADEMIC YEAR 2026-2027

CUL 260*	Cuisines and Cultures of the Americas	3
CUL 263*	Cuisines and Cultures of Europe	3
CUL 265*	Cuisines and Cultures of the Mediterranean	3
CUL 267*	Cuisines and Cultures of Asia	3

Total Units for the Major 38-41

*Course has a prerequisite, corequisite, limitation; or recommended preparation; see course description.

** Students with valid California ServSafe Certification may have this core requirement waived.

Associate of Science Degree

Complete a minimum of 60 units including the total number of units described above and the General Education requirements with an overall GPA of 2.0 to qualify for the Associate of Science degree. A minimum of 12 units must be completed at Saddleback College.

General Education Requirements for Associate Degrees

Refer to the Graduation Requirements or to the Cal-GETC pattern in this catalog for specific courses which meet general education requirements. Refer to ASSIST.org and to the transfer institution's catalog for transfer requirements.

CUL 260*	Cuisines and Cultures of the Americas	3
CUL 263*	Cuisines and Cultures of Europe	3
CUL 265*	Cuisines and Cultures of the Mediterranean	3
CUL 267*	Cuisines and Cultures of Asia	3

Total Units for the Major 38-41

*Course has a prerequisite, corequisite, limitation; or recommended preparation; see course description.

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General Education Requirements for Associate Degrees

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**Current
Catering and Special Events
Certificate of Achievement**

The Catering and Special Events Certificate of Achievement is designed to prepare students for a wide variety of employment opportunities within catering operations such as catering managers, catering chefs and head cooks, catering cooks, and catering business owners. In addition, the program also offers coursework for professional improvement. Students will be provided with the essential skills of sanitation, foundational cooking and baking, operations, and production in order to reach their career goals and to be competitive in the marketplace. Students are required to follow Culinary Department dress standards.

Program Student Learning Outcomes

Students who complete this program will be able to:

- Demonstrate preparation for employment in the catering industry.
- Demonstrate proficient catering skills necessary for business operations.
- Demonstrate competence in the production of catered events.

Required Core

Select one

CUL 171 **	Sanitation and Safety	2
or		
ServSafe Certification		
CUL 210*	Introduction to Culinary Arts	3
CUL 120*	Introduction to Food Systems	3
CUL 101*	Culinary Principles I	3
CUL 201*	Culinary Principles II	4
CUL 275*	Dining Room Service	4
CUL 110*	Food Preparation Essentials	3
CUL 244*	Baking Fundamentals I	3
CUL 176	Food and Beverage Operations	3
CUL 261	Management, Leadership & Training	3
CUL 182*	Catering and Banquets	3
HRM 152	Special Events Management	3
CUL 285*	Personal Chef	3
HRM 154	Hospitality Cost Control	3

Total Units for the Certificate 41-43

*Course has a prerequisite, corequisite, limitation; or recommended preparation; see course description.

** Students with valid California ServSafe Certification may have this core requirement waived.

**Revised
Catering and Special Events
Certificate of Achievement**

The Catering and Special Events Certificate of Achievement is designed to prepare students for a wide variety of employment opportunities within catering operations such as catering managers, catering chefs and head cooks, catering cooks, and catering business owners. In addition, the program also offers coursework for professional improvement. Students will be provided with the essential skills of sanitation, foundational cooking and baking, operations, and production in order to reach their career goals and to be competitive in the marketplace. Students are required to follow Culinary Department dress standards.

Program Student Learning Outcomes

Students who complete this program will be able to:

- Demonstrate preparation for employment in the catering industry.
- Demonstrate proficient catering skills necessary for business operations.
- Demonstrate competence in the production of catered events.

Required Core

Select one

CUL 171 **	Sanitation and Safety	2
or		
ServSafe Certification		
CUL 210	Introduction to Culinary Arts	3
CUL 120	Introduction to Food Systems	3
CUL 101*	Culinary Principles I	3
CUL 201*	Culinary Principles II	4
CUL 275*	Dining Room Service	4
CUL 110*	Food Preparation Essentials	3
CUL 244	Baking Fundamentals I	3
CUL 176	Food and Beverage Operations	3
CUL 261	Management, Leadership & Training	3
CUL 182*	Catering and Banquets	3
HRM 152	Special Events Management	3
CUL 285*	Personal Chef	3
HRM 154	Hospitality Cost Control	3

Total Units for the Certificate 41-43

*Course has a prerequisite, corequisite, limitation; or recommended preparation; see course description.

** Students with valid California ServSafe Certification may have this core requirement waived.

**Current
Catering and Special Events**

Associate of Science

The Catering and Special Events Associate of Science degree is designed to prepare students for a wide variety of employment opportunities within catering operations such as catering managers, catering chefs and head cooks, catering cooks, and catering business owners. In addition, the program also offers coursework for professional improvement. Students will be provided with the essential skills of sanitation, foundational cooking and baking, operations, and production in order to reach their career goals and to be competitive in the marketplace. Students are required to follow Culinary Department dress standards.

Program Student Learning Outcomes

Students who complete this program will be able to:

- Demonstrate preparation for employment in the catering industry.
- Demonstrate proficient catering skills necessary for business operations.
- Demonstrate competence in the production of catered events.

Required Core

Select one

CUL 171 **	Sanitation and Safety	2
or		
ServSafe Certification		
CUL 210*	Introduction to Culinary Arts	3
CUL 120*	Introduction to Food Systems	3
CUL 101*	Culinary Principles I	3
CUL 201*	Culinary Principles II	4
CUL 275*	Dining Room Service	4
CUL 110*	Food Preparation Essentials	3
CUL 244*	Baking Fundamentals I	3
CUL 176	Food and Beverage Operations	3
CUL 261	Management, Leadership & Training	3
CUL 182*	Catering and Banquets	3
HRM 152	Special Events Management	3
CUL 285*	Personal Chef	3
HRM 154	Hospitality Cost Control	3

Total Units for the Major 41-43

*Course has a prerequisite, corequisite, limitation; or recommended preparation; see course description.

** Students with valid California ServSafe Certification may have this core requirement waived.

Associate of Science Degree

Complete a minimum of 60 units including the total number of units described above and the General Education requirements with an overall GPA of 2.0 to qualify for the Associate of Science degree. A minimum of 12 units must be completed at Saddleback College.

General Education Requirements for Associate Degrees

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**Revised
Catering and Special Events**

Associate of Science

The Catering and Special Events Associate of Science degree is designed to prepare students for a wide variety of employment opportunities within catering operations such as catering managers, catering chefs and head cooks, catering cooks, and catering business owners. In addition, the program also offers coursework for professional improvement. Students will be provided with the essential skills of sanitation, foundational cooking and baking, operations, and production in order to reach their career goals and to be competitive in the marketplace. Students are required to follow Culinary Department dress standards.

Program Student Learning Outcomes

Students who complete this program will be able to:

- Demonstrate preparation for employment in the catering industry.
- Demonstrate proficient catering skills necessary for business operations.
- Demonstrate competence in the production of catered events.

Required Core

Select one

CUL 171 **	Sanitation and Safety	2
or		
ServSafe Certification		
CUL 210	Introduction to Culinary Arts	3
CUL 120	Introduction to Food Systems	3
CUL 101*	Culinary Principles I	3
CUL 201*	Culinary Principles II	4
CUL 275*	Dining Room Service	4
CUL 110*	Food Preparation Essentials	3
CUL 244	Baking Fundamentals I	3
CUL 176	Food and Beverage Operations	3
CUL 261	Management, Leadership & Training	3
CUL 182*	Catering and Banquets	3
HRM 152	Special Events Management	3
CUL 285*	Personal Chef	3
HRM 154	Hospitality Cost Control	3

Total Units for the Major 41-43

*Course has a prerequisite, corequisite, limitation; or recommended preparation; see course description.

** Students with valid California ServSafe Certification may have this core requirement waived.

Associate of Science Degree

Complete a minimum of 60 units including the total number of units described above and the General Education requirements with an overall GPA of 2.0 to qualify for the Associate of Science degree. A minimum of 12 units must be completed at Saddleback College.

General Education Requirements for Associate Degrees

Refer to the Graduation Requirements or to the Cal-GETC pattern in this catalog for specific courses which meet general education requirements. Refer to ASSIST.org and to the transfer institution's catalog for transfer requirements.

Current
Introduction to Baking and Pastry
Certificate of Achievement

The Introduction to Baking and Pastry Certificate of Achievement prepares students for entry-level career opportunities in bakeries, restaurants, catering, hotels, and other food service businesses. Students gain practical training in the use of commercial equipment and acquire the skills necessary to be successful in the field of baking such as production baking, cakes, and plated desserts. The program combines theory and practical application of skills preparing students to meet the needs of employers. Students are required to follow Culinary Department dress standards.

Program Student Learning Outcomes

Students who complete this program will be able to:

- Demonstrate foundational baking techniques.
- Evaluate a variety of finished baking products based on visual appeal, consistency, taste, and proper preparation techniques.
- Demonstrate proficient safety and sanitation production practices as related to the food service industry.
- Demonstrate preparation for entry-level employment in the food service industry in the specialized area of baking and pastry.

Required Core:

CUL 171**	Sanitation and Safety	2
or		
ServSafe Certification		
CUL 101*	Culinary Principles I	3
CUL 110*	Food Preparation Essentials	3
CUL 244*	Baking Fundamentals I	3
CUL 245*	Baking Fundamentals II	3
CUL 261	Management, Leadership & Training	3
CUL 176	Food and Beverage Operations	3

Total Units for the Certificate 18-20

*Course has a prerequisite, corequisite, limitation, or recommended preparation; see course description.

**Students with valid California ServSafe Certification may have this core requirement waived.

Revised
Introduction to Baking and Pastry
Certificate of Achievement

The Introduction to Baking and Pastry Certificate of Achievement prepares students for entry-level career opportunities in bakeries, restaurants, catering, hotels, and other food service businesses. Students gain practical training in the use of commercial equipment and acquire the skills necessary to be successful in the field of baking such as production baking, cakes, and plated desserts. The program combines theory and practical application of skills preparing students to meet the needs of employers. Students are required to follow Culinary Department dress standards.

Program Student Learning Outcomes

Students who complete this program will be able to:

- Demonstrate foundational baking techniques.
- Evaluate a variety of finished baking products based on visual appeal, consistency, taste, and proper preparation techniques.
- Demonstrate proficient safety and sanitation production practices as related to the food service industry.
- Demonstrate preparation for entry-level employment in the food service industry in the specialized area of baking and pastry.

Required Core:

CUL 171**	Sanitation and Safety	2
or		
ServSafe Certification		
CUL 101*	Culinary Principles I	3
CUL 110*	Food Preparation Essentials	3
CUL 244	Baking Fundamentals I	3
CUL 245*	Baking Fundamentals II	3
CUL 261	Management, Leadership & Training	3
CUL 176	Food and Beverage Operations	3

Total Units for the Certificate 18-20

*Course has a prerequisite, corequisite, limitation, or recommended preparation; see course description.

**Students with valid California ServSafe Certification may have this core requirement waived.

Current
Introduction to Culinary Arts
Certificate of Achievement

The Introduction to Culinary Arts Certificate of Achievement program prepares students for many entry-level contemporary employment opportunities in food service. These include jobs as institution and cafeteria cooks, private household cooks, food preparation workers, food service workers, cooks, and first line supervisors of food preparation and serving workers. Students will be provided with the essential skills of sanitation, foundational cooking and baking, operations, and production in order to reach their career goals and to be competitive in the marketplace. Students are required to follow Culinary Department dress standards.

Program Student Learning Outcomes

Students who complete this program will be able to:

- Demonstrate skill in culinary methods and techniques, including culinary knowledge, and organization (mise en place*).
- Apply scientific knowledge and principles of nutrition, product knowledge, ingredient functionality, sanitation, and food safety.
- Demonstrate strong teamwork and collaboration skills while exemplifying professionalism and leadership.

Required Core

Select one

CUL 171 **	Sanitation and Safety	2
or		
ServSafe Certification		
CUL 210*	Introduction to Culinary Arts	3
CUL 101*	Culinary Principles I	3
CUL 110*	Food Preparation Essentials	3
CUL 120*	Introduction to Food Systems	3
CUL 244*	Baking Fundamentals I	3
CUL 261	Management, Leadership & Training	3

Restricted Electives: Select 1-3 courses (3 units)

CUL 160*	World Cuisines	3
CUL 220	French Bistro Cuisine	1
CUL 222	Chinese Cuisine	1
CUL 223	Asian Cuisine	1
CUL 226	Mexican Cuisine	1
CUL 227	Mediterranean Cuisine	1
CUL 228	Italian Cuisine	1
CUL 230	Plant Based Cuisine	1
CUL 232	Techniques of Healthy Cooking	1
CUL 235	European Regional Foods Tour	2
CUL 236	American Regional Cuisine	1
CUL 260*	Cuisines and Cultures of the Americas	3
CUL 263*	Cuisines and Cultures of Europe	3
CUL 265*	Cuisines and Cultures of the Mediterranean	3
CUL 267*	Cuisines and Cultures of Asia	3

Total Units for the Certificate 21-23

Revised
Introduction to Culinary Arts
Certificate of Achievement

The Introduction to Culinary Arts Certificate of Achievement program prepares students for many entry-level contemporary employment opportunities in food service. These include jobs as institution and cafeteria cooks, private household cooks, food preparation workers, food service workers, cooks, and first line supervisors of food preparation and serving workers. Students will be provided with the essential skills of sanitation, foundational cooking and baking, operations, and production in order to reach their career goals and to be competitive in the marketplace. Students are required to follow Culinary Department dress standards.

Program Student Learning Outcomes

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- Demonstrate skill in culinary methods and techniques, including culinary knowledge, and organization (mise en place*).
- Apply scientific knowledge and principles of nutrition, product knowledge, ingredient functionality, sanitation, and food safety.
- Demonstrate strong teamwork and collaboration skills while exemplifying professionalism and leadership.

Required Core

Select one

CUL 171 **	Sanitation and Safety	2
or		
ServSafe Certification		
CUL 210	Introduction to Culinary Arts	3
CUL 101*	Culinary Principles I	3
CUL 110*	Food Preparation Essentials	3
CUL 120	Introduction to Food Systems	3
CUL 244	Baking Fundamentals I	3
CUL 261	Management, Leadership & Training	3

Restricted Electives: Select 1-3 courses (3 units)

CUL 160*	World Cuisines	3
CUL 220	French Bistro Cuisine	1
CUL 222	Chinese Cuisine	1
CUL 223	Asian Cuisine	1
CUL 226	Mexican Cuisine	1
CUL 227	Mediterranean Cuisine	1
CUL 228	Italian Cuisine	1
CUL 230	Plant Based Cuisine	1
CUL 232	Techniques of Healthy Cooking	1
CUL 235	European Regional Foods Tour	2
CUL 236	American Regional Cuisine	1
CUL 260*	Cuisines and Cultures of the Americas	3
CUL 263*	Cuisines and Cultures of Europe	3
CUL 265*	Cuisines and Cultures of the Mediterranean	3
CUL 267*	Cuisines and Cultures of Asia	3

Total Units for the Certificate 21-23

SADDLEBACK COLLEGE
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**Current
Introduction to Culinary Arts
Associate of Science**

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Required Core

Select one

CUL 171 **	Sanitation and Safety	2
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CUL 244*	Baking Fundamentals I	3
CUL 261	Management, Leadership & Training	3

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CUL 236	American Regional Cuisine	1
CUL 260*	Cuisines and Cultures of the Americas	3
CUL 263*	Cuisines and Cultures of Europe	3
CUL 265*	Cuisines and Cultures of the Mediterranean	3
CUL 267*	Cuisines and Cultures of Asia	3

Total Units for the Major 21-23

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**Revised
Introduction to Culinary Arts
Associate of Science**

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CUL 110*	Food Preparation Essentials	3
CUL 120	Introduction to Food Systems	3
CUL 244	Baking Fundamentals I	3
CUL 261	Management, Leadership & Training	3

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CUL 223	Asian Cuisine	1
CUL 226	Mexican Cuisine	1
CUL 227	Mediterranean Cuisine	1
CUL 228	Italian Cuisine	1
CUL 230	Plant Based Cuisine	1
CUL 232	Techniques of Healthy Cooking	1
CUL 235	European Regional Foods Tour	2
CUL 236	American Regional Cuisine	1
CUL 260*	Cuisines and Cultures of the Americas	3
CUL 263*	Cuisines and Cultures of Europe	3
CUL 265*	Cuisines and Cultures of the Mediterranean	3
CUL 267*	Cuisines and Cultures of Asia	3

Total Units for the Major 21-23

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SADDLEBACK COLLEGE
REVISED PROGRAMS
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Associate of Science Degree

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SADDLEBACK COLLEGE
 REVISED PROGRAMS
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**Current
 Kinesiology
 Associate of Arts**

The curriculum in the Kinesiology Associate Degree program is designed to provide the transfer student the opportunity to achieve an Associate degree. Kinesiology provides a critical element in a comprehensive, well-balanced educational program. The learning opportunities offered in this area can be an essential factor to the optimum development of a student in all areas of life; physical, mental, emotional, and social. Kinesiology courses contribute significantly toward the achievement of desirable educational outcomes, such as transfer to four-year colleges and universities into majors such as Kinesiology with an Option in Fitness at CSU Long Beach, and prepares students for successful outcomes through the means of physical activity and related experiences. While a baccalaureate or higher degree is recommended for those considering majors related to this field, earning the Associate Degree prepares students for entry-level employment, aids in gaining experience opportunities, and/or promotion in a variety of jobs within the field of Kinesiology.

Program Student Learning Outcomes

Students who complete this program will be able to:

- Demonstrate cognitive knowledge of fitness terminology and training in a specific subject area.
- Correctly perform the skills or strategy for a particular fitness activity or sport.
- Display affective gains through social interactions, teamwork, and sportsmanship in Kinesiology courses.
- Distinguish and articulate fundamental concepts or skills of a specific activity or sport.

Required Core

NUTR 50	Fundamentals of Nutrition	3
Select one		
HLTH 1 or HLTH 3	Contemporary Health Issues Women's Health Issues	3 3
HLTH 2		
KNES 51	First Aid, CPR, and Automated External Defibrillator	1.5
KNES 51	Introduction to Kinesiology	3
KNES 52	Fundamentals of Human Movement	3
Select one		
BIO 20	Introduction to Biology	4
or One year of high school biology with a grade of "C" or better		
BIO 11*	Human Anatomy	4
Select one		
PSYC C1000	Introduction to Psychology	3
or		
PSYC C1000H	Introduction to Psychology - Honors	3
<i>Training and Theory: Select one</i>		
KNES 53	Introduction to Athletic Training	3
KNES 54*	Principles and Fundamentals of Coaching	3
KNES 105	Mental Skills for Sports Performance	3

**Revised
 Kinesiology
 Associate of Arts**

The curriculum in the Kinesiology Associate Degree program is designed to provide the transfer student the opportunity to achieve an Associate degree. Kinesiology provides a critical element in a comprehensive, well-balanced educational program. The learning opportunities offered in this area can be an essential factor to the optimum development of a student in all areas of life; physical, mental, emotional, and social. Kinesiology courses contribute significantly toward the achievement of desirable educational outcomes, such as transfer to four-year colleges and universities into majors such as Kinesiology with an Option in Fitness at CSU Long Beach, and prepares students for successful outcomes through the means of physical activity and related experiences. While a baccalaureate or higher degree is recommended for those considering majors related to this field, earning the Associate Degree prepares students for entry-level employment, aids in gaining experience opportunities, and/or promotion in a variety of jobs within the field of Kinesiology.

Program Student Learning Outcomes

Students who complete this program will be able to:

- Demonstrate cognitive knowledge of fitness terminology and training in a specific subject area.
- Correctly perform the skills or strategy for a particular fitness activity or sport.
- Display affective gains through social interactions, teamwork, and sportsmanship in Kinesiology courses.
- Distinguish and articulate fundamental concepts or skills of a specific activity or sport.

Required Core

NUTR 50	Fundamentals of Nutrition	3
Select one		
HLTH 1 or HLTH 3	Contemporary Health Issues Women's Health Issues	3 3
Complete		
HLTH 2	First Aid, CPR, and Automated External Defibrillator	1.5
KNES 51	Introduction to Kinesiology	3
KNES 52	Fundamentals of Human Movement	3
Select one		
BIOL C1000 Introduction to Biology with Lab		
or One year of high school biology with a grade of "C" or better		
Complete		
BIO 11*	Human Anatomy	4
Select one		
PSYC C1000	Introduction to Psychology	3
or		
PSYC C1000H	Introduction to Psychology - Honors	3
<i>Training and Theory: Select one</i>		
KNES 53	Introduction to Athletic Training	3
KNES 54*	Principles and Fundamentals of Coaching	3
KNES 105	Mental Skills for Sports Performance	3

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Required Movement Based Skill courses: Select 4 courses from the following in 4 different areas

Aquatics

KNES 41	Swimming for Nonswimmers	1
KNES 42*	Intermediate Swimming	1
KNES 44*	Aquatic Conditioning	1
KNES 49	Aqua Aerobics	1

Combative

KNES 90	Beginning Self-Defense	1
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Fitness

KNES 1	Cardiovascular Conditioning	1
KNES 4	Beginning Weight Lifting	1
KNES 28	Beginning Yoga	1
KNES 68*	Walking for Fitness	1

Individual Sports

KNES 17	Beginning Bowling	1
KNES 20	Beginning Golf I	1
KNES 24	Beginning Tennis I	1
KNES 25*	Beginning Tennis II	1

Team Sports

KNES 70	Basketball	1
KNES 72	Beginning Soccer	1
KNES 76	Beginning Volleyball	1
KNES 77*	Intermediate Volleyball	1
KNES 78*	Advanced Volleyball	1
KNES 81	Beginning Beach Volleyball	1

Select one additional Movement Based Skill course from the following six categories

Aquatics

KNES 41	Swimming for Nonswimmers	1
KNES 41	Swimming for Nonswimmers	1.5
KNES 42*	Intermediate Swimming	1
KNES 42*	Intermediate Swimming	1.5
KNES 43*	Advanced Swimming and Diving	1
KNES 43*	Advanced Swimming and Diving	1.5
KNES 44*	Aquatic Conditioning	1
KNES 44*	Aquatic Conditioning	1.5
KNES 49	Aqua Aerobics	1
KNES 49	Aqua Aerobics	1.5

Combative

KNES 90	Beginning Self-Defense	1
KNES 91*	Intermediate Self Defense	1
KNES 199	Street Martial Arts	1

Fitness

KNES 1	Cardiovascular Conditioning	1
KNES 1	Cardiovascular Conditioning	1.5
KNES 3	Circuit Weight Training	1
KNES 3	Circuit Weight Training	1.5
KNES 4	Beginning Weight Lifting	1
KNES 4	Beginning Weight Lifting	1.5
KNES 4	Beginning Weight Lifting	2

Required Movement Based Skill courses: Select 3 courses from the following in 3 different areas

Aquatics

KNES 41	Swimming for Nonswimmers	1
KNES 42*	Intermediate Swimming	1
KNES 44*	Aquatic Conditioning	1
KNES 49	Aqua Aerobics	1

Combative

KNES 90	Beginning Self-Defense	1
KNES 90	Beginning Self-Defense	1
KNES 91*	Intermediate Self Defense	1
KNES 199	Street Martial Arts	1
KNES 199	Street Martial Arts	1

Individual Sports

KNES 17	Beginning Bowling	1
KNES 20	Beginning Golf I	1
KNES 24	Beginning Tennis I	1
KNES 25*	Beginning Tennis II	1
KNES 25*	Beginning Tennis II	1

Team Sports

KNES 70	Basketball	1
KNES 72	Beginning Soccer	1
KNES 76	Beginning Volleyball	1
KNES 77*	Intermediate Volleyball	1
KNES 78*	Advanced Volleyball	1
KNES 81	Beginning Beach Volleyball	1

Select one additional Movement Based Skill course from the following six categories

Aquatics

KNES 41	Swimming for Nonswimmers	1
KNES 42*	Intermediate Swimming	1
KNES 43*	Advanced Swimming and Diving	1
KNES 44*	Aquatic Conditioning	1
KNES 49	Aqua Aerobics	1

Combative

KNES 90	Beginning Self-Defense	1
KNES 91*	Intermediate Self Defense	1
KNES 199	Street Martial Arts	1

Fitness

KNES 1	Cardiovascular Conditioning	1
KNES 3	Circuit Weight Training	1
KNES 4	Beginning Weight Lifting	1

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KNES 5*	Intermediate Weight Lifting	1	KNES 5*	Intermediate Weight Lifting	1-2
KNES 5*	Intermediate Weight Lifting	1-5	KNES 6*	Advanced Weight Lifting	1-2
KNES 5*	Intermediate Weight Lifting	2	KNES 8	Beginning Cardio Kickboxing	1-1.5
KNES 6*	Advanced Weight Lifting	1	KNES 10	Cross Training	1-1.5
KNES 6*	Advanced Weight Lifting	1-5	KNES 28	Beginning Yoga	1-1.5
KNES 6*	Advanced Weight Lifting	2	KNES 31	Muscle Toning for Women	1-1.5
KNES 8	Beginning Cardio Kickboxing	1	KNES 38*	Intermediate Mat Pilates	1-1.5
KNES 8	Beginning Cardio Kickboxing	1-5	KNES 39*	Intermediate Yoga	1-1.5
KNES 10	Cross Training	1	KNES 40*	Advanced Yoga	1-1.5
KNES 10	Cross Training	1-5	KNES 65	Introduction to Mat Pilates	1-1.5
KNES 28	Beginning Yoga	1	KNES 66	Core Training	1-1.5
KNES 28	Beginning Yoga	1-5	KNES 68*	Walking for Fitness	1
KNES 31	Muscle Toning for Women	1	KNES 107	Fitness Assessment and Survey	1
KNES 31	Muscle Toning for Women	1-5	KNES 130*	Beginning Triathlon Training	1
KNES 38*	Intermediate Mat Pilates	1	KNES 131*	Intermediate Triathlon Training	1
KNES 38*	Intermediate Mat Pilates	1-5	<i>Individual Sports</i>		
KNES 39*	Intermediate Yoga	1	KNES 15*	Intermediate Cycling and Spinning	1
KNES 39*	Intermediate Yoga	1-5	KNES 17	Beginning Bowling	1
KNES 40*	Advanced Yoga	1	KNES 18*	Intermediate Bowling	1
KNES 40*	Advanced Yoga	1-5	KNES 19	Beginning Cycling and Spinning	1
KNES 65	Introduction to Mat Pilates	1	KNES 20	Beginning Golf I	1
KNES 65	Introduction to Mat Pilates	1-5	KNES 21*	Beginning Golf II	1
KNES 66	Core Training	1	KNES 22*	Intermediate Golf	1
KNES 66	Core Training	1-5	KNES 23*	Advanced Golf	1
KNES 68*	Walking for Fitness	1	KNES 24	Beginning Tennis I	1-1.5
KNES 107	Fitness Assessment and Survey	1	KNES 25*	Beginning Tennis II	1-1.5
KNES 130*	Beginning Triathlon Training	1	KNES 26*	Intermediate Tennis	1-1.5
KNES 131*	Intermediate Triathlon Training	1	KNES 27*	Advanced Tennis	1-1.5
<i>Individual Sports</i>			KNES 35*	Intermediate Surfing	1
KNES 15*	Intermediate Cycling and Spinning	1	KNES 36*	Advanced Surfing	1
KNES 17	Beginning Bowling	1	KNES 63	Beginning Rock Climbing	1
KNES 18*	Intermediate Bowling	1	KNES 88*	Intermediate Rock Climbing	1
KNES 19	Beginning Cycling and Spinning	1	KNES 89*	Advanced Rock Climbing	1
KNES 20	Beginning Golf I	1			
KNES 21*	Beginning Golf II	1			
KNES 22*	Intermediate Golf	1			
KNES 23*	Advanced Golf	1			
KNES 24	Beginning Tennis I	1			
KNES 24	Beginning Tennis I	1-5			
KNES 25*	Beginning Tennis II	1			
KNES 25*	Beginning Tennis II	1-5			
KNES 26*	Intermediate Tennis	1			
KNES 26*	Intermediate Tennis	1-5			
KNES 27*	Advanced Tennis	1			
KNES 27*	Advanced Tennis	1-5			
KNES 35*	Intermediate Surfing	1			
KNES 36*	Advanced Surfing	1			
KNES 63	Beginning Rock Climbing	1			
KNES 88*	Intermediate Rock Climbing	1			
KNES 89*	Advanced Rock Climbing	1			

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Team Sports

KNES 11	Beginning Flag Football	1
KNES 12*	Intermediate Flag Football	1
KNES 13*	Advanced Flag Football	1
KNES 70	Basketball	1
KNES 70	Basketball	1.5
KNES 71*	Advanced Basketball	1
KNES 71*	Advanced Basketball	1.5
KNES 72	Beginning Soccer	1
KNES 72	Beginning Soccer	1.5
KNES 73*	Advanced Soccer	1
KNES 73*	Advanced Soccer	1.5
KNES 76	Beginning Volleyball	1
KNES 77*	Intermediate Volleyball	1
KNES 78*	Advanced Volleyball	1
KNES 81	Beginning Beach Volleyball	1
KNES 84*	Intermediate Beach Volleyball	1
KNES 85*	Advanced Beach Volleyball	1
KNES 175	Futsal-Indoor Soccer	1

Total Units for the Major 28.5-33.5

*Course has a prerequisite, corequisite, limitation, or recommended preparation; see course description.

Team Sports

KNES 11	Beginning Flag Football	1
KNES 12*	Intermediate Flag Football	1
KNES 13*	Advanced Flag Football	1
KNES 70	Basketball	1.5
KNES 71*	Advanced Basketball	1.5
KNES 72	Beginning Soccer	1.5
KNES 73*	Advanced Soccer	1.5
KNES 76	Beginning Volleyball	1
KNES 77*	Intermediate Volleyball	1
KNES 78*	Advanced Volleyball	1
KNES 81	Beginning Beach Volleyball	1
KNES 84*	Intermediate Beach Volleyball	1
KNES 85*	Advanced Beach Volleyball	1
KNES 175	Futsal-Indoor Soccer	1

Total Units for the Major 27.5-32.5

*Course has a prerequisite, corequisite, limitation, or recommended preparation; see course description.

Associate of Arts Degree

Complete a minimum of 60 units including the total number of units described above and the General Education requirements with an overall GPA of 2.0 to qualify for the Associate of Arts degree. A minimum of 12 units must be completed at Saddleback College.

General Education Requirements for Associate Degrees

Refer to the Graduation Requirements or to the Cal-GETC pattern in this catalog for specific courses which meet general education requirements. Refer to ASSIST.org and to the transfer institution's catalog for transfer requirements.

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SADDLEBACK COLLEGE
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Current
Kinesiology - Exercise Science
Associate of Arts

The Kinesiology - Exercise Science A.A. degree is designed to prepare students for higher education and careers in athletic training, physical therapy, and other exercise physiology/science-related fields. Students will obtain essential knowledge and skills to examine human movement, analyze the effects of physical activity on the body, and apply preventative and rehabilitative theories and techniques. Students will study foundational anatomy, physiology, biomechanics, and components of fitness, while exploring the fundamentals of kinesiology and related fields in the allied healthcare continuum. This program provides an educational background suitable for assistant and aide positions in physical therapist offices, athletic training facilities, health and wellness institutions, as well as training and coaching positions in fitness and sports centers. Many of the courses in this degree will transfer to kinesiology and/or exercise science bachelors as well as demonstrate achievement of knowledge and skills necessary to be successful in accredited athletic training and/or physical therapist programs.

Program Student Learning Outcomes

Students who complete this program will be able to:

- Demonstrate an understanding of foundational anatomy and physiology.
- Demonstrate an understanding of the components of fitness and how to assess them.
- Analyze biomechanics of human movement.
- Explain the effects of physical activity and training on health and performance.
- Apply preventative and rehabilitative techniques for physical activity, training, and playing sports.

Required Core

KNES 51	Introduction to Kinesiology	3
KNES 52	Fundamentals of Human Movement	3
KNES 53	Introduction to Athletic Training	3
KNES 107	Fitness Assessment and Survey	1
Select one		
CHEM 8	Introduction to General, Organic, and Biochemistry	4
or		
One year of high school chemistry with a grade of "C" or better		
Select one		
BIO 20	Introduction to Biology	4
or		
One year of high school biology with a grade of "C" or better		
BIO 11*	Human Anatomy	4
BIO 12*	Human Physiology	4
MATH 8*	College Algebra for Brief Calculus	5
Select one		
PSYC C1000	Introduction to Psychology	3
or		
PSYC C1000H	Introduction to Psychology - Honors	3

Total Units for the Major 26-34

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Associate of Arts

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Required Core

KNES 51	Introduction to Kinesiology	3
KNES 52	Fundamentals of Human Movement	3
KNES 53	Introduction to Athletic Training	3
KNES 107	Fitness Assessment and Survey	1
Select one		
CHEM 8	Introduction to General, Organic, and Biochemistry	4
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One year of high school chemistry with a grade of "C" or better		
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BIO C1000	Introduction to Biology with Lab	4
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MATH 8*	College Algebra for Brief Calculus	5
Select one		
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PSYC C1000H	Introduction to Psychology - Honors	3

Total Units for the Major 26-34

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