



Local Degree Narrative

2 -27-20

NARRATIVE

Interdisciplinary Studies: Wellness and Self Development

ITEM 1. PROGRAM GOALS AND OBJECTIVES

This major will address the strategic goals of Solano Community College:

Fostering Excellence in Learning with courses such as COUN 007, HED 002, HED 003 and LR010

Maximizing Student Success with courses such as COUN 005, KINE 057 and KINE 020W

Strengthening Community Connections with courses such as CDFS 050, COMM 010 and HS 001

Upon successful completion of this program, students will be able to:

1. Apply the theories of Wellness and Self Development with attention to personal, professional growth and vocational/life purpose.
2. Apply understanding of personal self and others to gain insight in both a psychological and biological perspective, thereby, enhancing personal wellness and community relationships.
3. Acquire a knowledge base that encourages lifelong learning for students to effectively adapt to a complex and changing society.

ITEM 2. CATALOG DESCRIPTION

This major is designed to equip students with the informative tools to support education in lifelong wellness and self-development. Students will be well acquainted with the vast landscape of wellness, self-development, while considering the psychological, biological, developmental, and physical factors involved. They will be able to make more effective decisions about optimizing their own wellness, lifestyle and performance. The Associate degree requires 60 total units. Students must use Option A general education pattern, and courses for the major may not also be used to fulfill general education areas A, B2, D3 or E.

Degree Requirements:



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Minimum 18 units required

A. Wellness: 3 Units chosen from HED 002 or 003 or NUTR 010 or KINE 057

Wellness

B. Self-Development: 3 Units Chosen from COUN 005, 007, 015, 023 or PSYC 020

C. 6 more units chosen from Wellness and/or Self Development

Note: Maximum three units of credit for Dance, Kine and Athletics activity courses

Wellness

Credit Hours: (18 Required)

ATHL001	Women's Intercollegiate Volleyball (Fall)	3
ATHL002A	Women's Fall Intercollegiate Basketball	1
ATHL003	Women's Intercollegiate Softball	3
ATHL004	Women's Intercollegiate Soccer (Fall)	2
ATHL010	Men's and Women's Intercollegiate Swimming and Diving (Spring)	3
ATHL011	Intercollegiate Beach Volleyball	3
ATHL016A	Men's Fall Intercollegiate Basketball	1
ATHL016B	Men's Spring Intercollegiate Basketball	2
ATHL022	Intercollegiate Tennis	3
BIO004	Human Anatomy	5
BIO005	Human Physiology	5
BIO016	Introduction to Human Biology	3
BIO 018	Biology of Sex	3
HED002	Health Education	3



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HED003	Women's Health Issues	3
NUTR010	Nutrition	3
NUTR054	Child Health, Safety, and Nutrition	3
KINE020A	Introduction to Kinesiology	3
KINE020D	Baseball Theory and Practice I	2
KINE020M	Volleyball Theory and Practice I	2
KINE020Q	Soccer Theory and Practice I	1.5 - 2
KINE020S	Advanced First Aid and Emergency Care	3
KINE020W	Principles of Fitness & Sports Training	3
KINE003D	Beginning Judo	1
KINE002A	Beginning Swimming	1
KINE002B	Intermediate Swimming	1
KINE002D	Swim for Fitness	1
KINE003E	Intermediate Judo	1
KINE003A	Beginning Self Defense	1
KINE003D	Beginning Judo	1
KINE003E	Intermediate Judo	1
DANC004A	Beginning Contemporary Modern Dance	1
DANC004	Dance Appreciation	3
DANC004A	Beginning Contemporary Modern Dance	1
DANC004B	Beginning Tap Dance	1
DANC004C	Intermediate Tap Dance	1
DANC004	Beginning Jazz Dance	1
		1
DANC004D		1
	Advanced Jazz Dance	



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DANC004E	Dance Production	3
DANC004F	Beginning Hip-Hop Dance	1
DANC004G	Dance Choreography	2
DANC004K	Beginning Ballet	1
DANC004J	Beginning Ballroom	1
DANC004T	Intermediate Ballroom Dance	
DANC004M	Intermediate Ballet	1
DANC004N	Beginning Swing Dance	1
DANC004	Intermediate Swing Dance	1
DANC004P	Intermediate Jazz Dance	
KINE005C	Fitness For Life	2
KINE005J	Beginning Body Conditioning	1
KINE005K	Intermediate Body Conditioning	1
KINE005M	Beginning Weight Training	1
KINE005N	Intermediate Weight Training	1
KINE006A	Cardio Kickboxing	1
KINE005P	Step Aerobics	1
KINE006C	Pilates for Fitness	1
KINE006E	Fundamentals of Yoga	1
KINE006F	Intermediate Yoga	1
KINE006D	Intermediate Cardio Kickboxing	1
KINE007F	Beginning Archery	1
KINE008A	Beginning Tennis	1
KINE008B	Intermediate Tennis	1



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KINE009B	Indoor/Outdoor Soccer	1
KINE009H	Beginning Volleyball	1
KINE009P	Intermediate Volleyball	1
KINE078	Fit Ball Training	1
BIO018	Biology of Sex	3
BIO 020	Infectious Disease, Plagues, and Public Health	3
KINE 057	Intro to Sports Psychology	3

Self Development

Credit Hours: (0 Required)

COUN005	Career/Life Planning	3
COUN007	College Study Techniques	3
COUN015	Valuing Diversity	3
COUN023	Psychology for Modern Life	3
COUN062	Helping Skills: Creating Alliances & Facilitating Change	3
COUN058	Life Management	3
HS001	Introduction to Human Services	3
HS054	Introduction to Group Processes	3
HS053	Serving Special Populations	3
CDFS038	Child Growth and Development	3
CDFS040	Family Relationships	3
CDFS050	Child, Family and Community	3
PSYC001	Introduction to Psychology	3
PSYC005	Abnormal Psychology	3
PSYC006	Developmental Psychology	3
PSYC012	Gender	3



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PSYC020	Personal and Social Behavior	3
PSYC034	Human Sexual Behavior	3
PSYC040	Drugs, Society & Behavior	3
SJS030	Peace, Nonviolence and Conflict Resolution	3
SJS002	Introduction to Race and Ethnicity	3
COMM001	Introduction to Public Speaking	3
COMM010	Interpersonal Communication	3
COMM008	Group Communication	3
OCED070	Occupational Soft Skills	1.5
OCED071	Occupational Portfolio Development	1.5

Total: 18

ITEM 3. PROGRAM REQUIREMENTS

Requirement	Course # (ex. ART 001)	Course Title	Units	Local GE	CSU-GE	IGETC	Sequence (ex. Yr. 1, Fall)
Core Courses							
Wellness List A	3 units chosen from HED 002, HED 003, NUTR 010 or KINE 057 and 3 more from list A		6	N/A	E	NA	Yr. 1 Fall, Spring
Self Dev List B	3 units chosen from COMM 010, COUN 005, 007, or PSYC 020 and 3 more from list B		6	N/A	E	D	Yr. 1 Fall, Spring
Well/Develop	6 units chosen from list A and /or B		6				Yr. 2 Fall, Spring
				Local GE			
Major Total				18			
GE Pattern				21	39	37	
Electives (as needed)				21			
Double-Counted				0			
Total Degree				60			



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PROPOSED SEQUENCE:		
Year	Semester	Units
Year 1	Fall	12
Year 1	Spring	12
Year 1	Summer	6
Year 2	Fall	15
Year 2	Spring	15

ITEM 4. MASTER PLANNING

Given the stated goals and objectives, this area addresses how the program fits in the mission, curriculum, and master planning of the college and higher education in California (pursuant to Title 5 sections 55130(b)(6) and 55130(b)(7)).

ITEM 5. ENROLLMENT AND COMPLETER PROJECTIONS

COURSE INFORMATION		YEAR ONE:		YEAR TWO:	
Course	Course Title	Annual # of Section	Annual Enrollment Total	Annual # Sections	Annual Enrollment Total

ITEM 6. PLACE OF PROGRAM IN CURRICULUM/SIMILAR PROGRAMS

- None, this is an existing program

ITEM 7. SIMILAR PROGRAMS AT OTHER COLLEGES IN SERVICE AREA

ITEM 8. TRANSFER PREPERATION INFORMATION