



# *Senior Studies*

## COURSE DESCRIPTIONS

The following abbreviations are commonly used in the course descriptions: **lect** lecture; **lab** laboratory; **demo** demonstration; **Repeat** repeatability (see policy on course repetition); **CCS** Course Classification System. Hours given in parentheses are total hours for the course. Hours lecture, lab, etc., are hours required per week usually. **Offered:** F=course is offered fall semester; S=course is offered spring semester; SS=course is offered summer session. If there is no designation, the course is offered irregularly. Check with the department for information. Many classes are offered occasionally during the summer. Check the summer class schedule for additional course listings. Prerequisites are expressed as minimum requirements. (CSU) indicates transferable to California State Universities; (UC) indicates transferable to University of California.

### **SENR B90 Topics in Senior Activity (0 units)**

Topics may include travelogue-lectures, arts and crafts, physical fitness, oil painting, China painting and community chorus. Regular or emergent curriculum adapted or designed to meet the needs, interests and capabilities of senior citizens who seek instruction without college credit, examination or grades. For senior citizens and for other adults interested in senior programs. **Hours:** (18-108) 1-6 lect/demo or activity. **CCS:** Community Education - Community & Civic Development. **Not Transferable:** Not degree applicable.

### **SENR B97 Safety and Security for Seniors (0 units)**

Curriculum adapted or designed to meet the needs, interests, and capabilities of senior citizens who seek instruction without college credit, examinations or grades. Topics on safety and security presented as workshops, lectures and lectures series, six to eighteen week discussion/lecture/demonstration classes, and computer-assisted classes. **Hours:** (2-108) 1-6 lect/lab or activity. **CCS:** Community Education-Community & Civic Development. **Not Transferable:** Not Degree Applicable.

### **SENR B98 Self Management for Seniors (0 units)**

Curriculum adapted or designed to meet the needs, interests, and capabilities of senior citizens who seek instruction without college credit, examinations or grades. Topics on self management presented as workshops, lectures and lecture series, six to eighteen week discussion/lecture/demonstration classes, and computer-assisted classes. **Hours:** (2-108) 1-6 lect/lab or activity. **CCS:** Community Education-Community & Civic Development. **Not Transferable:** Not Degree Applicable.