NONCREDIT PROGRAM

This program is open to all students and currently offers various classes of interest to the community. All classes are free of charge.* There are no tests, no quizzes and no letter grades. Registration will take place in the Admissions & Records Office or on the first day of class. Students should contact Debra Casella in the Noncredit Office directly with any questions at (408) 852-2824.

Some classes may require a materials fee.

SPRING NONCREDIT CLASSES

<table>
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<tr>
<th>CRN</th>
<th>Type</th>
<th>Room</th>
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<th>Hrs.</th>
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ALLIED HEALTH

AH 740 Tai Chi for Arthritis and Other Related Illnesses
Transferable: No
This course is designed for the maintenance of the physical and mental well-being of an older adult with arthritis and other related illnesses. Instruction will focus on the postures and movements of Tai Chi, a Chinese exercise regimen that has a slow paced movement that improves balance, coordination, breathing and builds strength and stamina. Activities are included that promote self-care and health awareness.

40961 Lab WM1 Yinger K 2.0 TR 1000-1100
Above class meets at Wheeler Manor, 651 W. 6th Street in Gilroy (408) 847-5460.

40958 Lab JDA1 Frey E 1.0 R 1115-1215
Above class meets at Jovenes de Antano, 300 West Street in Hollister (831) 637-9275.

40962 Lab CCCEL Dunn M 1.8 W 0600-0730
Above class meets at Morgan Hill Community & Cultural Center: El Toro Room, 17000 Monterey Road in Morgan Hill (408) 782-0008.

AH 741 Body Dynamics and Aging
Transferable: No
This course is designed for the 55+ adult student to provide awareness and knowledge of physical fitness, stress management and nutrition to personal health. Discussions will focus on nutrition, sleep disorders, depression, leisure/social activities and chronic conditions that effect the body as aging occurs.

40871 Lec CRC1 Dunn M 1.8 W 1030-1200
Above class meets at Centennial Recreation Center, 171 W. Edmundson Avenue in Morgan Hill (408) 779-0208.

AH 793 Personal and Career Development
Transferable: No
A wide variety of lectures on general themes offered to students throughout the academic year who want short-formatted content to augment their personal, academic and career development. General themes to be explored are: Communication, Interpersonal Skills, Pre-employment, Decision-Making, Financial Literacy, Career and Personal Development and Self-Management with Nutrition. This noncredit course is a combination of lecture, self-assessments, group activities and individual modules.

40956 Online class Sweeney S
You must have an email account to take this course. Start your course by going to http://www.gavilan.edu/disted. Unless you have made prior arrangements with the instructor, you MUST log on by 11:59 pm on the first day of the course. Late adds must login within 24 hours of adding this course. If you miss the deadline you may be dropped. For help, contact your instructor or email disted@gavilan.edu.

ART

ART 760 Arts and Crafts I for Older Adults
Transferable: No
A general survey of arts and crafts with an emphasis on exercises and experiments with methods and materials, including: painting, drawing, color theory, composition and rendering, batik or tie-dye, quilting or needlepoint, crocheting or knitting and block printing.

40869 Lab CRC1 Gupta R 3.0 R 0100-0400
Above class meets at Centennial Recreation Center, 171 W. Edmundson Avenue in Morgan Hill (408) 779-0208.

ART 761 Arts and Crafts II for Older Adults
Transferable: No
A general survey of arts and crafts with an emphasis on exercises and experiments with methods and materials, including: Metal, leather, fibers, glass, wood, and paper crafts. The crafts will be for both decorative or utilitarian.

40870 Lab HVME1 Dickerson P 3.0 F 0900-1200
Above class meets at Hacienda Valley Mobile Estates, 275 Burnett Avenue in Morgan Hill (408) 779-4301.

Classroom Locations: Refer to “How to Use This Schedule” on page S.
ENGLISH AS A SECOND LANGUAGE

ESL 702A ESL Citizenship
Transferable: No
This course is designed for second language learners that want to prepare for the United States Citizenship test given by the Department of Immigration and U.S. Naturalization Services. The focus will be on communicative English skills and knowledge of American History and Government required for passing the test to become a citizen of the United States. Readings are at the high-beginning/low-intermediate ESL level and will focus on the historical period beginning in the 1600's on through to 1980.

40875 Lec MHG5 Yu-Costa E 5.6 MW 0900-1130
Above class meets at Morgan Hill Community site.

40874 Lec STF1 Stuker D 3.6 MR 0900-0730
Above class meets at St. Frances Building, 7950 Church Street in Gilroy (408) 847-2652.

40876 Lab HOLLLC1 Segovia M 2.8 T 0600-0830
Above class meets at Hollister Community Center: Gabriolan Room, 300 West Street in Hollister, (831) 636-4390.

ESL 704A ESL for the Workplace
Transferable: No
This is part A of a content-based integrated skills course for ESL students who want to prepare for immediate entry into the job force. Students expand their language skills within the realm of the work world and specific vocational career of interest while also developing the soft skills needed in the workplace. This course is a combination of lecture, lab, and self-paced instruction. This course may be repeated three times.

40968 Lab CTC1 Rivoallon L 6.0 MWF 0900-1100
01/06/10 - 05/29/10 Above class meets at Gavilan Computer Technology Center: Room 1, 7881 Murray Avenue in Gilroy (408) 846-7502.

40969 Lab CTC1 Vargas-Padilla 6.0 TWR 0700-0900
Above class meets at Gavilan Computer Technology Center: Room 1, 7881 Murray Avenue in Gilroy (408) 846-7502.

40970 Lab JS1 Vargas N 3.0 MT 0500-0800
Above class meets at Jasmine Square Apartments, 16530 Monterey Road in Morgan Hill (408) 779-0681.

ESL 777 ESL Lifeskills 1
Transferable: No
This is the first course in a series of survival English classes for students with very little oral or written English competency. It will give students basic vocabulary and familiarity in life skill areas such as the family, food, health, and occupations to manage in the real world. The course emphasizes oral communication and integrates listening, speaking, reading, and writing. ADVISORY: Placement into ESL Lifeskills by the CASAS placement test.

40971 Lec ELROBL Howell J 5.4 TWR 0700-0930
01/06/10 - 05/29/10 Above class meets at Eliot Elementary School: Library, 475 Old Gilroy Street in Gilroy. (408) 842-5618.

40977 Lec ELOBL Howell J 5.4 TWR 0800-1000
Above class meets at Eliot Elementary School: Library, 475 Old Gilroy Street in Gilroy. (408) 842-5618.

40978 Lec SBCL Segovia-Avalos 6.0 TR 0900-1200
Above class meets at San Benito County Library, 470 5th Street in Hollister (831) 636-4107.

Check Out Early & Late Start Classes! Page 91.
Register anytime before the first day of class.
Check the dates printed under the class CRN number.
### ESL 777 ESL Lifeskills 4

<table>
<thead>
<tr>
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<tr>
<td>40888 Lec</td>
<td>GABILN</td>
<td>Howell J</td>
<td>8.0</td>
<td>MTWR</td>
<td>0600-0800</td>
<td>40871 Lec</td>
<td>ROH</td>
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Above class meets at Gabiilan Hills Elementary, 901 Santa Ana Road Suite 100 in Hollister (831) 636-4430.

This is the fourth course in a series of survival English for students with very little oral or written English competency. It will give students expanded basic vocabulary and familiarity in life skill areas such as family, daily activities, and American traditions. The course emphasizes oral communication and integrates listening, speaking, reading, and writing. ADVISORY: Placement into ESL Lifeskills by the CASAS placement test and successful completion of ESL 779.

Transferable: No

### ESL 780 ESL Lifeskills 5

<table>
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<tr>
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<tr>
<td>40889 Lec</td>
<td>SVALLY</td>
<td>Magana J</td>
<td>5.4</td>
<td>MWF</td>
<td>0700-0830</td>
<td>40887 Lec</td>
<td>ROH</td>
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Above class meets at South Valley Jr. High; Room E5, 385 I.O.O.F in Gilroy (408) 846-7502.

This is the fifth course in a series of survival English for students with beginning oral or written English competency. It will reinforce basic skills learned and continue to develop vocabulary and ease of communication in life skill areas such as the family, larger community, health, employment, and leisure activities to manage in the real world. The course emphasizes oral communication and integrates listening, speaking, reading, and writing. ADVISORY: Placement into ESL Lifeskills by the CASAS placement test and successful completion of ESL 780.

Transferable: No

### HUM 767 Film Classics

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<tr>
<td>40892 Lab</td>
<td>JDA1</td>
<td>Sendejas L</td>
<td>3.0</td>
<td>F</td>
<td>1000-1010</td>
<td>40893 Lab</td>
<td>CVTEL</td>
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Above class meets at San Benito High; Room 301, 300 West Street in Hollister (831) 637-9275.

This class is designed to study the facts, fantasy, history and trivia of classic and modern films. The background and history of each film and its performance will be compared and contrasted.

Transferable: No

### LIB 730 Internet Literacy for Older Adults

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<tr>
<td>40935 Lec</td>
<td>HQL3</td>
<td>Montoya M</td>
<td>2.0</td>
<td>TR</td>
<td>0230-0330</td>
<td>40936 Online class</td>
<td>Staff</td>
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Above class meets at the Hollister Briggs site.

This class is designed to teach email techniques, how to find information on their interests, news sources, and the skills of browsing online, as well as how best to use the local public library online services, online shopping, search strategies, and interactive games.

Transferable: No

### LIB 732 Introduction to Online Gavilan

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Introduction to the online classes and student services at Gavilan College. This course will show students how to log into their online courses, find lectures, assignments and exams, take part in online class discussions, submit attachments, and view their grades. The course will also cover all the online student services available to the distant student, including counseling, library resources, records and grades, financial aid, tutoring and technical support.

Transferable: No

You must have an email account to take this course. Start your course by going to http://www.gavilan.edu/disted. For help, contact your instructor or email disted@gavilan.edu. Open entry/Open Exit.

**GoPrint**

You can now use the GoPrint system to print documents at all of Gavilan College’s computer labs. No need to fumble around with coins! With your GoPrint or ASB card, you’re good to go. See ad on page 3.
LIB 740  Information Competency for Nursing Assistants
Transferable: No
Online information competency modules that step through the process of finding and evaluating online health resources. These tutorials are paced with AH 180 (Fundamentals of Nursing - Convalescent).

40981 Online class Howell J
You must have an email account to take this course. Start your course by going to http://www.gavilan.edu/disted. Unless you have made prior arrangements with the instructor, you MUST log on by 11:59 pm on the first day of the course. Late adds must login within 24 hours of adding this course. If you miss the deadline you may be dropped. For help, contact your instructor or email disted@gavilan.edu.

40982 Online class Howell J
You must have an email account to take this course. Start your course by going to http://www.gavilan.edu/disted. Unless you have made prior arrangements with the instructor, you MUST log on by 11:59 pm on the first day of the course. Late adds must login within 24 hours of adding this course. If you miss the deadline you may be dropped. For help, contact your instructor or email disted@gavilan.edu.

LIB 741  Information Competency for the Life Cycle
Transferable: No
Online information competency modules that step through the process of finding and evaluating online health resources. These tutorials are paced with AH3 (The Person in the Life Cycle).

40983 Online class Howell J
You must have an email account to take this course. Start your course by going to http://www.gavilan.edu/disted. Unless you have made prior arrangements with the instructor, you MUST log on by 11:59 pm on the first day of the course. Late adds must login within 24 hours of adding this course. If you miss the deadline you may be dropped. For help, contact your instructor or email disted@gavilan.edu.

40984 Online class Howell J
You must have an email account to take this course. Start your course by going to http://www.gavilan.edu/disted. Unless you have made prior arrangements with the instructor, you MUST log on by 11:59 pm on the first day of the course. Late adds must login within 24 hours of adding this course. If you miss the deadline you may be dropped. For help, contact your instructor or email disted@gavilan.edu.

40985 Online class Howell J
You must have an email account to take this course. Start your course by going to http://www.gavilan.edu/disted. Unless you have made prior arrangements with the instructor, you MUST log on by 11:59 pm on the first day of the course. Late adds must login within 24 hours of adding this course. If you miss the deadline you may be dropped. For help, contact your instructor or email disted@gavilan.edu.

LIB 742  Information Competency for Nutrition
Transferable: No
Online information competency modules that step through the process of finding and evaluating online health resources. These tutorials are paced with AH11 (Nutrition).

40986 Online class Howell J
You must have an email account to take this course. Start your course by going to http://www.gavilan.edu/disted. Unless you have made prior arrangements with the instructor, you MUST log on by 11:59 pm on the first day of the course. Late adds must login within 24 hours of adding this course. If you miss the deadline you may be dropped. For help, contact your instructor or email disted@gavilan.edu.

All noncredit classes are open entry/exit and free of charge.

LIB 742 continued

MUS 763  Music Encounters
Transferable: No
A class for older adults that provides musical activities to stimulate and sustain their auditory function, discernment of sounds and manual dexterity. Students will enjoy music, new and old, by listening, singing, playing and creating music in a group setting.

40977 Lec MU101 STAFF S 3.3 M 0800-0905
40978 Lec SOLB7 Quartuccio A 3.3 W 0600-0905
Above class meets at Solorzano Middle School, 7121 Grenache Way, Gilroy, room B-7. (408) 848-4121.

PHYSICAL EDUCATION

PE 701  Tai Chi for Wellness
Transferable: No
This course will introduce the student to the thirty seven posture forms and movements of Tai Chi, an ancient Chinese practice that focuses on slow paced coordinated movements that improve balance, coordination, mobility and breathing. The students will also learn how to use this non-contact exercise program to reduce stress in their daily lives.

40964 Lab SJBCC Yinger K 1.0 W 0530-0630
Above class meets at San Juan Community Center, 10 San Jose Street in San Juan Bautista (831) 623-4661.

PE 716  Music/Movement and Health
Transferable: No
This course is designed to assist older adults in improving overall health through movement, music and relaxation techniques. Rhythmic movement will be adjusted to suit individual students mobility needs.

40943 Lab CRC1 Mendonca B 1.0 R 1030-1130
Lab CRC1 Mendonca B 4.0 TF 1000-1200
Above class meets at Centennial Recreation Center, 171 W. Edmundson Avenue in Morgan Hill (408) 779-0208.

40944 Lab JDA1 Host M 1.0 T 1100-1200
Above class meets at Jovenes de Antano, 300 West Street in Hollister (831) 637-9275.

40945 Lab GSC1 Mendonca B 1.0 W 1000-1100
Lab GSC1 Mendonca B 1.0 F 0930-1030
Lab GSC1 Mendonca B 1.0 M 1100-1200
Above class meets at Gilroy Senior Center: Cafeteria, 7371 Hanna Street in Gilroy (408) 846-6049.

www.gavilan.edu ■ Gavilan College 101