

CWE 292 General Work Experience Education**Units:** 1.0 TO 4.0 **Hours:****Transferable:** No

Occupational work experience for students who have a job related to their major. A training plan is developed cooperatively between the employer, college and student. (P/NP grading) 75 hours per semester paid work = 1 unit. 60 hours non-paid (volunteer) work per semester = 1 unit. May be taken for a maximum total of 16 units. Minimum 2.00 GPA.

**VOCATIONAL PREP STUDENTS:
DISABILITY****AE 600 Vocational Training I****Units:** .0 **Hours:** .0 Lecture and 30.0 Laboratory**Transferable:** No

Prevocational skills for adults with impaired cognitive functioning. Entry level work preparation is emphasized. Skills taught include basic work routine orientation, communication skills, job ability assessment, and self-management skills.

AE 602 Vocational Training III**Units:** .0 **Hours:** .0 Lecture and 30.0 Laboratory**Transferable:** No

Practical training and on-the-job work experience for students with disabilities. This course also provides preparation for entry level employment utilizing a number of work alternatives and settings.

AE 603 Vocational Training IV**Units:** .0 **Hours:** 3.0 Laboratory**Transferable:** No

AE 603 is a job readiness course which provides opportunities for individuals with disabilities to participate in service-learning activities and job readiness training leading to job development and placement in a community setting.

AE 605 Vocational Training VI**Units:** .0 **Hours:** .5 Lecture and 1.0 Laboratory**Transferable:** No

This course is designed for students with disabilities. The purpose of this course is to improve the student's ability to participate in the community, by increasing independence through acquisition of survival vocabulary, structured practice in functional reading utilizing phonics and content recognition, and increased enjoyment in reading for pleasure. Students will read stories written or revised specifically for adults with limited reading skills.

AE 613 Independence Training IV**Units:** .0 **Hours:** .5 Lecture and 1.0 Laboratory**Transferable:** No

This course is designed for students with disabilities. The purpose of this course is to improve the student's ability to build math competencies related to independence in daily living and the work site. The focus of the class is basic computation, consumer awareness, money management, banking and purchasing.

AE 636 Adapted Physical Education**Units:** .0 **Hours:** .0 Lecture and 3.0 Laboratory**Transferable:** No

An individualized program of adapted physical education activities designed to meet the needs of students who have physical limitations or disabilities. The course assists in the development and appreciation of physical activity as a regular planned contribution to one's overall well-being. This course is for the non-matriculating student, is not graded and is without college credit. ADVISORY: Students must be able to document a physical disability.

NONCREDIT CLASSES

All courses are free of charge. There are no tests, no quizzes and no letter grades. Registration will take place in the Admissions and Records Office or on site at the first class meeting.

For more information see page 222 or contact the Noncredit Office directly at (408) 852-2824 with any questions.

ALLIED HEALTH**AH 740 Tai Chi for Arthritis and Other Related Illnesses****Units:** .0 **Hours:** 1.0 Laboratory**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.

AH 741 Body Dynamics and Aging**Units:** .0 **Hours:** 2.0 Lecture**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.

AH 742 Coping with Loss**Units:** .0 **Hours:** 2.0 Lecture**Transferable:** No

In this course, the older adult will learn that grief and loss are an integral part of the human experience and they are not alone and that grief is universal. Specific topics will include: the process of normal grieving, tools for effective coping, signs of depression, resiliency skills, and resources available in the community and redefining one's life after a loss.

AH 793 Personal and Career Development**Units:** .0 **Hours:** 42.0 Laboratory**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.

All courses listed here are part of Gavilan College's approved curriculum. All courses are not offered every semester. Check the Class Schedule for current offerings.