

patterns of change and progress, and encourage an interest in the 21st century world. Students will also refine their cognitive and analytical faculties through studying historical works, researching historical subjects, and writing using primary and secondary sources. Critical thinking skills and historical understanding through these courses provide a framework for lifelong study in the history and the humanities areas and offers students a breadth of knowledge that could be focused into single discipline degrees as well as applied to an interdisciplinary degree.

### Program Learning Outcomes

- Students will demonstrate the ability to identify major historical issues.
- Students will identify the main participants in historical events of the culture under study.
- Students will analyze major historical events either verbally or in writing.
- Students will define and be able to compare and contrast key historical issues and cultural assumptions.
- Students will become familiar with values of different cultures and societies and learn to appreciate them.

### Career/Transfer Opportunities

The program is intended for students who are considering transfer but have not decided on a major; students who are required to complete a degree for job promotion; or students who may wish to further their education and are considering a major that is interdisciplinary in focus.

#### To earn this degree, students must meet the following requirements:

- Completion of the following major courses with grades of C or better
- Completion of a maximum of 60 CSU-transferable semester units with a grade point average of at least 2.0; and
- Certified completion of either the California State University General Education Breadth pattern (CSU GE-B) or the Intersegmental General Education Transfer Curriculum (IGETC).

*Note: Completing courses that satisfy CSU's U.S. History, Constitution and American Ideals requirement prior to transfer is highly recommended.*

Core Curriculum Courses Required:		Units
HIS 004A	History of Western Civilization	3.0
HIS 004B	History of Western Civilization	3.0
HIS 017A	History of the United States to 1877	3.0
HIS 017B	History of the United States Since 1877	3.0

#### Select one course from each group, Group 1 and Group 2

Group 1:		Units
HIS 031	History of East Asia	3.0
HUM 016A	Hispanic Roots & Culture	3.0
HUM 018	African-American Culture and Humanities	3.0
HUM 022	Introduction to Islam	3.0
FRN 001	First Semester French (Elementary Level)	5.0
FRN 002	Second Semester French	5.0
FRN 003	Third Semester French	5.0
FRN 004	Fourth Semester French	5.0
JPN 001	First Semester Japanese	5.0
JPN 002	Second Semester Japanese	5.0
SPA 001	First Semester Spanish (Elementary Spanish)	5.0
SPA 002	Second Semester Spanish (Elementary Level)	5.0
SPA 003	Third Semester Spanish	5.0
SPA 004	Fourth Semester Spanish	5.0
SPA 050A	Basic Conversational Spanish and Culture	3.0
SPA 050B	Basic Conversational Spanish and Culture	3.0
VIE 001	First Semester Vietnamese	5.0
VIE 002	Second Semester Vietnamese	5.0
VIE 049A	Vietnamese for the Vietnamese-Speaking	3.0
VIE 049B	Vietnamese Language and Culture for Fluent Speakers	3.0

Group 2:		Units
ANT 003	Introduction to Cultural Anthropology	3.0
COM 012	Introduction to Intercultural Communication	3.0
COU 055	Valuing Diversity	3.0
ENG 018	Asian American Literature	3.0
GLB 002	Global Issues	3.0
GLB 001	Global Perspectives	3.0
GLB 003	Introduction to Peace	3.0
HIS 020	History and Geography of California	3.0
POL 001	American Government	3.0
POL 004	International Relations	3.0
PSY 001	General Psychology	3.0
SOC 001	Introduction to Sociology	3.0

#### Required Units for the Major:

18.0

Completion of General Education Requirements and electives as needed to reach 60 units.

#### Total Required Units:

60.0

## HOSPITALITY MANAGEMENT (HMT)

### Associate in Science in Hospitality Management

The Associate of Science in Hospitality Management provides students with marketable skills necessary for upward success in the hospitality and restaurant industry. Students learn hospitality theory as well as functional, hands-on skills necessary to supervise and manage successfully in this dynamic industry. The core classes should be taken in the recommended sequence.

#### Program Learning Outcomes:

- Students will effectively motivate a diverse team toward efficient and effective workplace execution through the application of transformational management/leadership concepts.
- Students will reach sound operational conclusions and decisions based on an "audit trail" analysis of source documentation.
- Students will translate strategic objectives and summary business statements into effective daily operational practices.
- Students will conceptualize the functions of primary departments/work stations within full-service food service, lodging and other hospitality operations.

### Career/Transfer Opportunities

Career opportunities include the following pathways to supervision and management in the commercial food service industry, resort and lodging management, event planning, and management and leadership in managed services.

#### To earn this degree, students must meet the following requirements:

- Completion of 60 degree applicable units with an overall GPA of 2.0.
- Completion of a minimum of 18 semester units in the major with a grade of C (or P) or better.
- Completion of the Associate in Science graduation requirements.

#### Core Curriculum Courses Required: Units

FDR 050A	Introduction to the Hospitality Industry	2.0
FDR 051	Basic Food Preparation	5.0
INF 050	Sanitation and Safety	2.0
FDR 055	Procurement for Foodservice Operations	3.0
FDR 075	Menu Planning	2.0
FDR 059	Hospitality Supervision and Leadership	4.0
FDR 058	Food, Beverage and Labor Cost Controls	3.0

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FDR 076	Sales and Marketing in the Hospitality Industry	3.0
CAP	Any Computer Applications course(s) totaling one unit.	1.0
NTR 015	Human Nutrition	3.0
FDR 052	Quantity Foods Operation	6.0
FDR 054	Hotel and Restaurant Accounting	3.0
FDR 060A	Food Service Facilities Planning	3.0
FDR 053	Restaurant Operations	6.0
WRK 301- 304*	Cooperative Work Experience	5.0

\*Five (5) units of Work Experience is composed of approximately 400 hours of hands-on experience in viable food service operations.

Optional Recommended Courses (not included in 48 unit core)	Units	
FDR 072	Intermediate Cuisine	3.0
FDR 073	Fundamentals of Baking and Confectionery	2.0
FDR 074	Intermediate Baking and Confectionery	2.0
FDR 079	Introduction to Food and Wine Pairing	3.0
HMT 075	Housekeeping in Hotels, Motels and Institutions	3.0
FDR 081	Introduction to Wines and Spirits of the World	2.0
HMT 076	Hotel and Motel Front Office Management	3.0

**Required Units for the Major:** 48.0

\* Five (5) units of Work Experience is composed of approximately 400 hours of hands-on experience in viable food service operations.

Completion of General Education Requirements and electives as needed to reach 60 units.

**Total Required Units:** 60.0

## HOSPITALITY MANAGEMENT (HMT)

### Certificate of Achievement in Food Service and Restaurant Management

The Certificate of Achievement Food Service and Restaurant Management is designed to provide students with the foundation that will encourage them to engage effectively and immediately in a career ladder leading to entry-level supervisory and/or manager trainee positions within the food service and hospitality industries.

#### Program Learning Outcomes

- Students will direct a diverse staff towards meeting the established operational objectives in hospitality organizations.
- Students will demonstrate proficiency in training employees to meet and exceed guest expectations of service, in any hospitality industry environment.
- Students will make profitable operational decisions based on the interrelationship of menu development, food purchasing, and cost control.
- Students will develop and analyze profit/loss statements that take into consideration the calculations of product, labor, and inventory.
- Students will clearly communicate the significance of the transactional nature of supervision and management using the common concepts, principles, and practices.

#### Career/Transfer Opportunities

Career opportunities include the following: restaurant supervisor, front desk supervisor, kitchen manager, guest services supervisor, catering and social events manager, housekeeping supervisor, inventory supervisor, and attractions supervisor.

To earn this certificate, students must complete the minimum required courses with a grade of C (or P) or better.

### Core Curriculum Courses Required: Units

FDR 050A	Introduction to the Hospitality Industry	2.0
FDR 051	Basic Food Preparation	5.0
INF 050	Sanitation and Safety	2.0
FDR 055	Procurement for Food Service Operations	3.0
FDR 075	Menu Planning	2.0
FDR 059	Hospitality Supervision and Leadership	3.0
FDR 058	Food, Beverage and Labor Cost Controls	3.0
FDR 052	Quantity Foods Operation	6.0
FDR 054	Hotel and Restaurant Accounting	3.0
FDR 076	Sales and Marketing in the Hospitality Industry	3.0
FDR 060A	Food Service Facilities Planning	3.0
FDR 053	Restaurant Operations	5.0
CAP	Any Computer Applications course(s) totaling one unit.	1.0
WRK 301- 304*	Cooperative Work Experience	5.0

\*Five (5) units of Work Experience is composed of approximately 400 hours of hands-on experience in viable food service operations.

### Optional Recommended Courses (not included in 45 unit core) Units

FDR 072	Intermediate Cuisine	3.0
FDR 073	Fundamentals of Baking and Confectionery	2.0
FDR 074	Intermediate Baking and Confectionery	2.0
HMT 075	Housekeeping in Hotels, Motels, and Institutions	3.0
FDR 081	Introduction to Wines and Spirits of the World	2.0
HMT 076	Hotel and Motel Front Office Management	3.0
FDR 079	Introduction to Food and Wine Pairing	3.0

**Total Required Units:** 45.0

#### Gainful Employment Disclosure Information

In compliance with the Gainful Employment Act, Mission College provides information on costs, normal time for completion, and average debt load incurred by students for all Career Technical Education programs that offer Certificates of Achievement. The link for this information is: [gainfulemployment.missioncollege.edu](http://gainfulemployment.missioncollege.edu).

## HOSPITALITY MANAGEMENT (HMT)

### Certificate of Achievement in Fundamental Food Service Skills I

The Certificate of Achievement Fundamental Food Service Skills I can be completed in one semester. This program encourages students to compete successfully for skilled positions (beyond entry-level) within the food services industry. This sequence of courses provides a solid foundation in fundamental food preparation as well as common operational food service practices and in guest services. To complete in one semester the required core courses sequence must be followed.

#### Program Learning Outcomes:

- Students will identify the overall service objectives as they related to specific tasks.
- Students will apply basic hands-on food service skills, employing practical knowledge of fundamental practices.
- Students will demonstrate sanitation and safety practices and standards as they apply to food service and hospitality operations.

#### Career/Transfer Opportunities

Career opportunities include the following: preparation cook, front desk agent, sales and marketing associate, associate event planner, lead cook, shift leader, and catering lead.

To earn this certificate, students must complete the minimum required courses with a grade of C (or P) or better.



## Program Learning Outcomes

- Students will demonstrate an understanding of the major systems of the human body as they relate to movement and activity by identifying, explaining, and applying principles of anatomy and physiology in various contexts.
- Students will critically analyze movement and effectively communicate their analysis.

## Career/Transfer Opportunities

Students have the skills and knowledge to transfer to a four-year institution (with the completion of a the Associate in Arts in Kinesiology for Transfer (AA-T in Kinesiology)), and pursue a career in the following areas: coach, teacher, athletic trainer, sports management, sports medicine, dance therapy, and choreography.

### To earn this degree, students must meet the following requirements:

- Completion of the following major courses with grades of C or better.
- Completion of a maximum of 60 CSU-transferable semester units with a grade point average of at least 2.0; and
- Certified completion of either the California State University General Education Breadth pattern (CSU GE-B) or the Intersegmental General Education Transfer Curriculum (IGETC).

*Note: Completing courses that satisfy CSU's U.S. History, Constitution and American Ideals requirement prior to transfer is highly recommended.*

## Core Curriculum Courses Required:

		Units
BIO 047	Human Anatomy	5.0
BIO 048	Human Physiology	5.0
KIN 078	Introduction to Kinesiology	3.0

## Movement Based Courses: Select three (3) courses from three (3) different movement based areas for a minimum of three (3) units: Combatives, Dance, Fitness, Individual Sports, Team Sports.

Combatives:		Units
KIN 050A	Tai Chi - Introduction	1.0
KIN 050B	Tai Chi - Beginning	1.0
KIN 051A	Aikido - Introduction	1.0
KIN 051B	Aikido - Beginning	1.0
KIN 053A	Karate - Introduction	1.0
KIN 053B	Karate - Beginning	1.0
KIN 055A	Self-Defense - Introduction	1.0

Dance:		Units
KIN 040A	Modern Dance - Introduction	1.0
KIN 041A	Ballet - Introduction	1.0
KIN 041B	Ballet - Beginning	1.0
KIN 041C	Ballet - Intermediate	1.0
KIN 041D	Ballet - Advanced	1.0
KIN 042A	Jazz Dance - Introduction	1.0
KIN 042B	Jazz Dance - Beginning	1.0
KIN 046A	Ballroom Dancing - Introduction	1.0
KIN 046C	Ballroom Dance - Intermediate	1.0
KIN 046B	Ballroom Dancing - Beginning	1.0
KIN 046D	Ballroom Dance - Advanced	1.0
KIN 047A	Hip Hop - Introduction	1.0
KIN 047B	Hip Hop - Beginning	1.0
KIN 048A	Latin Dance/Salsa - Introduction	1.0
KIN 048B	Latin Dance/Salsa - Beginning	1.0

Fitness:		Units
KIN 030A	Pilates Matwork - Introduction	1.0
KIN 030B	Pilates Matwork - Beginning	1.0
KIN 031A	Step Aerobics - Introduction	1.0
KIN 031B	Step Aerobics - Beginning	1.0

## Core Curriculum Courses Required:

		Units
FDR 050A	Introduction to the Hospitality Industry	2.0
FDR 051	Basic Food Preparation	5.0
INF 050	Sanitation and Safety	2.0
WRK 302*	Work Experience Occupational	2.0
FDR 075	Menu Planning OR	2.0
FDR 055	Procurement for Food Service Operations	3.0

### Total Required Units

**13.0 - 14.0**

*Note: FDR 055 is a suitable substitute for FDR 075 should the student enroll during the Spring semester. This will still allow students to complete the certificate in one semester.*

*\*The two (2) units of work experience are composed of 150 hours (minimum) of actual hands-on experience in various food service operations.*

## Gainful Employment Disclosure Information

In compliance with the Gainful Employment Act, Mission College provides information on costs, normal time for completion, and average debt load incurred by students for all Career Technical Education programs that offer Certificates of Achievement. The link for this information is: [gainfulemployment.missioncollege.edu](http://gainfulemployment.missioncollege.edu).

# KINESIOLOGY (KIN)

## Associate in Arts in Kinesiology for Transfer (AA-T)

The Associate in Arts in Kinesiology for Transfer (AA-T in Kinesiology) is designed to provide a clear pathway to a CSU institution for students who plan to transfer and complete a CSU major or baccalaureate degree in Kinesiology. California Community College students who are awarded an Associate in Arts in Kinesiology for Transfer (AA-T in Kinesiology) are guaranteed admission with junior standing somewhere in the CSU system and given priority admission consideration to their local CSU institution or to a program that is deemed similar to their community college major. This priority does not guarantee admission to specific majors or institutions.

The Associate in Arts in Kinesiology for Transfer (AA-T in Kinesiology) is designed to introduce the student to many facets of the science and study of movement. Kinesiology courses enhance skills and physical development in combatives, dance, individual and team sports, and fitness. Courses provide a foundation for understanding human anatomy and physiology. Students completing this program successfully will be able to demonstrate an understanding of the major systems of the human body as they relate to movement and activity by identifying, explaining, and applying principles of anatomy and physiology in various contexts. Students who complete the Associate in Arts in Kinesiology for Transfer (AA-T in Kinesiology) meet the lower-division requirements for transfer to a four-year program of study in Kinesiology.