



CECI Course Offerings 2021-2022

All courses are semester-long courses. Although CECI structures its course times very intentionally, there is always the possibility that adjustments will be made leading up to the first day of the semester. **Course offerings and schedules are subject to change.**

ENGLISH

ENG 090- Literature & Composition
ENG 099 – Non-Fiction Reading and Writing
ENG 121- English Composition I
ENG 122 – English Composition II
COM 115 – Public Speaking (Fall)
COM 125 – Interpersonal Communication (Spring)
LIT 257 - Literature and Film
Creative Writing

MATH

MAT 060 Pre-Algebra
MAT 090 Algebra I
Geometry and Statistics
Technical Math A
MAT 099 Algebra II
MAT 121 College Algebra
MAT 122 College Trigonometry

SCIENCE

Biology A (Macro)
Biology B (Micro)
Physics w/Lab (Fall)
Chemistry w/Lab (Spring)
AST 155 Astronomy of Ancient Cultures
BIO 111 General College Biology w/ Lab
ENV 101 Environmental Science w/ Lab

WORLD LANGUAGES

Spanish I
Spanish II

COLLEGE & CAREER READINESS

AAA 109 Advanced Academic Achievement
BUS 217 Business Communication and Report Writing

HISTORY & SOCIAL SCIENCE

American Government
HIS 121 US History to Reconstruction (Fall)
HIS 122 US History Since the Civil War (Spring)
HIS 247 20th Century World History
POS 125 American State and Local Government
PSY 101 General Psychology I (Fall)
PSY 102 General Psychology II (Spring)
MUS 120 Music Appreciation

CAREER PATHWAYS

Engineering Technology (Fall)
Engineering Design (Spring)
CAD 101 Computer Aided Drafting I *
Computer Science Foundations (Fall)
CNG 202 Unix/Linux Server Admin*
CIS 220 Fundamentals of Unix
Health Science Foundations (Fall)
Exercise and Health Science I* (Fall)
BUS 115 Introduction to Business
ENP 105 Introduction to Entrepreneurship*

ELECTIVES

Robotics
Microsoft Applications*
Yearbook
Lifetime Sports
Music
ART 121 Drawing
HWE 100 Human Nutrition (Spring)
MGD 111 Adobe Photoshop I*
MUS 161 Computer Music Applications I

**This course leads to an industry certificate.*

ENGLISH

Literature and Composition 090 (LIT and COMP 090)

Description: Focuses on paragraph structure and development and introduces the formal essay. Enables the student to review and improve grammar, usage, and punctuation skills while employing critical thinking strategies and the writing process to respond to a wide variety of writing situations. Focuses on strategies for vocabulary development, improved reading comprehension, and enrichment

Prerequisites: Literature & Composition Foundations (ENG 060) or appropriate ACCUPLACER scores

Designation: College Prep

Credits: 1.0 High School

English 099 (ENG 099)

Description: The emphasis of English 099 will be reading nonfiction and writing. The writing will be more academic in that the objective is to synthesize the reading material and writing to advance critical thinking skills, enhance the student's ability to engage with sophisticated texts, and to find and infer connections among a variety of texts with various purposes and audiences. Students can expect to read several nonfiction texts and write five major papers in preparation for ENG 121. It is highly recommended that students take this course in order to bridge the gap between high school courses and the demand of college-level work. English 099 provides students additional time to grow and achieve the academic prowess and acumen to be successful in ENG 121.

Prerequisites: Literature & Composition Foundations (ENG 090) and/or appropriate ACCUPLACER scores

Designation: College Prep

Credits: 1.0 High School

English Composition I (ENG 121 | GT-CO1)

Description: Emphasizes the planning, writing, and revising of compositions, including the development of critical and logical thinking skills. This course includes a minimum of five compositions that stress analytical, evaluative, and persuasive/argumentative writing.

Prerequisites: English 099 or English 090 (preferred) and college ready English ACCUPLACER scores (required).

Designation: Arapahoe Community College

College Credits: 3 College Credits / 1 High School

English Composition II (ENG 122 | GT-CO2)

Description: Expands and refines the objectives of English Composition I. Emphasizes critical/logical thinking and reading, problem definition, research strategies, and writing analytical, evaluative, and argumentative compositions.

Prerequisites: English Composition I (ENG 121) and college ready English ACCUPLACER scores

Designation: Arapahoe Community College

College Credits: 3 College Credits / 1 High School

Public Speaking (COM 115)

Description: Combines the basic theories of communication with public speech performance skills. Emphasis is on speech preparation, organization, support, audience analysis, and delivery.

Prerequisites: College ready English ACCUPLACER scores

Designation: Arapahoe Community College

Credits: 3 college credits / 1 high school

Interpersonal Communication (COM 125)

Description: Examines the communication involved in interpersonal relationships occurring in family, social, and career situations. Relevant concepts include self-concept, perception, listening, nonverbal communication, and conflict.

Prerequisites: None

Designation: Arapahoe Community College

Credits: 3 college credits / 1 high school

Literature and Film (LIT 257 |GT-AH2)

Description: Examines the relationship between literature and motion pictures, emphasizing the technique and interpretive function of filmmakers.

Prerequisites: College ready English ACCUPLACER scores and successful completion of ENG 121

Designation: Arapahoe Community College

Credits: 3 college credits / 1 high school

Creative Writing

Description: Creative Writing is designed to introduce students to writing in the three major genres: short stories, poetry, and creative nonfiction. Through the reading of published authors, peer review of drafts, and revision and response to prompts, students will gain an appreciation for creative writing and will be able to write in the three major genres.

Prerequisites: None

Designation: College Prep

Credits: .25 High School

MATH

Pre-Algebra 060 (MAT 060)

Description: Explores the vocabulary, operations and applications of fractions, mixed numbers, ratios, proportions, percentages, measurements, integers, introduction to algebraic expressions, and the solution of basic first degree equations.

Prerequisites: None

Designation: College Prep

Credits: .5 High School

Algebra I (MAT 090)

Description: Includes first-degree equations, inequalities, formulas, polynomials, factoring polynomials, solving quadratic equations by factoring, graphing linear equations, and applications. Algebraic fractions and systems of linear equations may be included.

Prerequisites: Pre-Algebra (MAT 060), and/or placement via the ACCUPLACER.

Designation: College Prep

Credits: 1 High School

Geometry and Statistics

Description: Geo/Stats begins the exploration of math as an art; both from a visual perspective and an intellectual perspective. We will learn to identify various geometric figures and prove theorems associated with them. Principles of reasoning will be learned to aid in making conjectures and proving

theorems. An important concept in Statistics is interpreting and extrapolating information from graphical representations of data. A large part of the course will introduce concepts by exploratory means, where the student will get a chance to create mathematics.

Prerequisites: Algebra I (MAT 090), and/or placement via the ACCUPLACER

Designation: College Prep

Credits: 1 High School

Technical Math A

Description: Technical Math is designed for career and technical students. This course develops mathematical, technological, and problem-solving skills. Topics include measurement, algebra, geometry, statistics, and graphs with an emphasis on applications.

Prerequisites: Geometry

Designation: College Prep

Credits: 1 High School

Algebra II (MAT 099)

Description: Emphasizes problem solving with further study of equations, slope, inequalities, systems of equations, polynomials, quadratic equations, rational expressions, rational exponents, radical expressions, graphing, and applications.

Prerequisites: MAT 090 & Geometry and/or college ready on the ACCUPLACER

Designation: College Prep

Credits: 1 High School

College Algebra (MAT 121 | GT-MA1)

Description: Includes a brief review of intermediate algebra, equations, and inequalities, functions and their graphs, exponential and logarithmic functions, linear and non-linear systems, selection of topics from among graphing of the conic sections, introduction to sequences and series permutations and combinations, the binomial theorem and theory of equations.

Prerequisites: Geometry and MAT 099 (Algebra II on an outside transcript) and college ready math ACCUPLACER scores.

Designation: Arapahoe Community College

College Credits: 4 College credits / 1.5 High School

College Trigonometry (MAT 122 | GT-MA1)

Description: Covers topics including trigonometric functions (with graphs and inverse functions), identities and equations, solutions of triangles, complex numbers, and other topics as time permits. This is a traditional prerequisite course to the calculus sequence.

Prerequisites: MAT 121

Designation: Arapahoe Community College

College Credits: 4 College credits / 1.5 High School

SCIENCE

Biology A (Fall Only)

Description: Focuses on ecosystems, interactions of populations within ecosystems, and the theory of evolution.

Prerequisites: None

Designation: College Prep

Credits: 0.5 high school

Biology B (Spring Only)

Description: Focuses on cellular metabolic activities, photosynthesis and cellular respiration, cells, tissues, organs, and organ systems, and genes.

Prerequisites: None

Designation: College Prep

Credits: 0.5 High School

Physics with Lab (Fall Only)

Description: Students will examine the following topics: Motion, Newtonian Mechanics, Forces, Energy, Work and Power, Trigonometry, and Torque. Coursework involves laboratory activities, in-class assignments and formal assessments that require students to demonstrate problem-solving skills in the context of a science scenario.

Prerequisites: Biology/Physical Science recommended

Credits: 0.5 High School

Chemistry with Lab (Spring Only)

Description: Students in this course will examine the fundamental properties of elements, compounds, and mixtures. Chemical reactions and chemical processes are observed and explained at the atomic and molecular level using the scientific method. Students will integrate conceptual understandings, algebra skills, and an ongoing laboratory experience to develop the fundamentals of problem solving, laboratory work, and the practical application of Chemistry.

Prerequisites: Biology/Physical Science recommended

Designation: College Prep

Credits: 0.5 High School

Astronomy Ancient Cultures (AST 155-GT SC2)

Description: Introduces the study of archeoastronomy and ethnoastronomy. The principles of unaided eye observational astronomy, timekeeping, navigation, religion and ritual, political power, cosmology, and worldview are covered. Methods of the ethnoastronomer, including measurement of architectural alignments, analysis of written records, examination of art, and general knowledge about a culture, will be discussed. This course qualifies as a science course towards an AA and an elective course for an AS.

Prerequisites: High School Biology, Lit/Comp 090 or higher and 255+ in Arithmetic

Designation: Arapahoe Community College

Credits: 3 college credits / 1 high school

Environmental Science w/Lab (ENV 101 | GT-SC1)

Description: Introduces the basic concepts of ecology and the relationship between environmental problems and biological systems. This course includes interdisciplinary discussions on biology, chemistry, geology, energy, natural resources, pollution, and environmental protection. A holistic approach is used when analyzing how the foundations of natural sciences interconnect with the environment. This course qualifies to meet one science course in the AS and AA.

Prerequisites: High School Biology, Lit/Comp 090 or higher and 255+ in Arithmetic

Designation: Arapahoe Community College

Credits: 4 college credits / 1.5 high school

General College Biology w/Lab (ENV 101 | GT-SC1)

Description: Examines the fundamental molecular, cellular and genetic principles characterizing plants and animals. Includes cell structure and function and the metabolic processes of respiration and photosynthesis, as well as cell reproduction and basic concepts of heredity. This course includes laboratory experience. This course qualifies to meet one science course in the AS and AA.

Prerequisites: High School Biology, Lit/Comp 090 or higher and 255+ in Arithmetic

Designation: Arapahoe Community College

Credits: 5 college credits / 2 high school

SOCIAL SCIENCE

American Government

Description: Basic processes in American and Colorado politics. Principles and structure of national governments. This course meets the Civics graduation requirement.

Prerequisites: None.

Designation: College Prep

Credits: 0.5 High School

US History to Reconstruction (HIS 121 | GT-HI1)

Description: Explores events, trends, peoples, groups, cultures, ideas, and institutions in North America and United States history, including the multiple perspectives of gender, class, and ethnicity, between the period when Native American Indians were the sole inhabitants of North America and the American Civil War. Focused on developing, practicing and strengthening the skills historians use while constructing knowledge in the discipline.

Prerequisites: English 099 or English 090 (preferred) and college ready English ACCUPLACER scores (required).

Designation: Arapahoe Community College

Credits: 3 college credits / 1 high school

US History since the Civil War (HIS 122 | GT-HI1)

Description: Explores events, trends, peoples, groups, cultures, ideas, and institutions in United States History, including the multiple perspectives of gender, class, and ethnicity, between the period of the American Civil War and the present. Focuses on developing, practicing, and strengthening the skills historians use while constructing knowledge in the discipline.

Prerequisites: English 099 or English 090 (preferred) and college ready English ACCUPLACER scores (required).

Designation: Arapahoe Community College

Credits: 3 college credits / 1 high school

20th Century World History (HIS 247 | GT-HI1)

Description: Investigates the major political, social, and economic developments, international relationships, scientific breakthroughs, and cultural trends that have shaped the various global regions and nation-states from 1900 to the present. Emphasizes the interactions of global regions and nation-states.

Prerequisites: English 099 or English 090 (preferred) and college ready English ACCUPLACER scores (required).

Designation: Arapahoe Community College

Credits: 3 college credits / 1 high school

American State and Local Government (POS 125 | GT-SS1)

Description: Emphasizes the structure and function of state, county, and municipal governments including their relations with each other and with national government. Includes a study of Colorado government and politics. This course meets the Civics graduation requirement.

Prerequisites: English 090 (preferred) and college ready English ACCUPLACER scores (required).

Designation: Arapahoe Community College

College Credits: 3 College Credits / 1 High School

General Psychology I (PSY 101 | GT-SS1)

Description: Join us for an Introduction to Psychology class. The world of Psychology is vast. This course is designed to give you a broad overview of several areas of psychology. The goal of this class is to intrigue you enough to want to learn more about what makes people tick. We will be learning about the history of psychology, emotions, personality, and many other areas of curiosity. Even if you should decide that a major in psychology is not for you; you will be able to apply the information learned in this class to any profession and to your everyday life.

Prerequisites: English 090 (preferred) and college ready English ACCUPLACER scores (required).

Designation: Arapahoe Community College

College Credits: 3 College Credits / 1 High School

WORLD LANGUAGES

Spanish I

Description: Develops students' interpretive, interpersonal, and presentational communicative abilities in the language. Integrates these skills in the cultural contexts in which the language is used. Offers a foundation in the analysis of culture.

Prerequisites: None.

Designation: College Prep

Credits: 1 High School

Spanish II

Description: Expands students' interpretive, interpersonal, and presentational communicative abilities in the language across the disciplines. Integrates these skills with the study of the cultures in which the language is used. Offers a foundation in the analysis of culture and develops intercultural communicative strategies.

Prerequisites: Spanish I

Designation: College Prep

Credits: 1 High School

ELECTIVES

Advanced Academic Achievement (AAA 109)

Description: Examines theories and practices associated with successful learning to enhance college success. Techniques covered include academic proficiency, personal management, effective collegiate communication, critical and creative thinking, development of community, awareness of diverse identities, and educational, financial and career planning. This course qualifies as an elective course for the AA and AS degrees and meets the Career Planning CEC graduation requirement.

Prerequisites: None.

Designation: Arapahoe Community College

Credits: 3 college credits / 1 high school

Microsoft Applications

Description: This course is designed as a self-paced course that will allow students to earn various certifications in Microsoft Office Programs. Certifications will be offered in Microsoft Word, PowerPoint, and Excel. While this course is self-paced, it is the expectation that students will earn all three certifications before the end of the semester. Students can earn credit for CIS 118 through ACC if a student earns certifications in Word, Power Point, Excel and Access. CIS 118 qualifies as an elective course in the AA and AS degrees.

Prerequisites: None.

Designation: College Prep (college credit possible for CIS 118)

Credits: 0.5 High School

Robotics

Description: Robotics is a high school level course for students who are interested in the design, engineering and programming of robots. This is a lab-based course that uses a hands-on approach to introduce the basic concepts of robotics, documenting in an engineering notebook and focusing on the construction and programming of mobile robots. Students will work in various groups to document, build, program and test increasingly more complex mobile robots, culminating in an end-of-semester robot contest. The robotics platform that we will use is the VEX Robotic Design System.

Prerequisites: None.

Designation: College Prep

Credits: 0.5 High School

Lifetime Sports

Description: The Lifetime Sports class reinforces the importance of physical activity to one's health and in doing so, introduces students to various lifetime sports and recreational activities as fun and socially engaging options one might pursue to meet physical activity guidelines. Developing sport skill competency and understanding of key tactical aspects of game play/competition are associated with participation and therefore, are major focal points throughout the class. Along with monitoring their daily physical activity, students will set their own skill development goals, identify and engage in appropriate practice strategies, and monitor their own progress toward skill competency. As in all physical education classes, safety and injury prevention will also be emphasized throughout the course.

Prerequisites: None.

Designation: College Prep

Credits: 0.5 High School

Music

Description: This class is for the student who wishes to learn more about music in a classroom setting. Students are involved in listening, analyzing, composing and improvising music, as well as playing instruments and singing. A letter grade is earned through this exploratory hands-on approach to learning about music.

Prerequisites: None.

Designation: College Prep

Credits: 0.5 High School

Computer Music Applications I (MUS 161)

Description: Introduces audio signal flow, Digital Audio Workstation (DAW), current computer music software, digital audio practices, Musical Instrument Digital Interface (MIDI) sequencing, and audio for video. The course qualifies as an elective course towards an AA degree.

Prerequisites: None.

Designation: Arapahoe Community College

Credits: 3 College Credits / 1 High School

Yearbook

Description: This course helps produce The CEC Inverness High School yearbook. In this course, students will gain skills in the following areas: page design, publishing techniques, copy writing, editing, photography, record keeping, time management, teamwork, marketing, and leadership skills. Students are tasked with producing a timeless, creative, and innovative publication which will record our school's community, memories and events. Note: This is a yearlong class.

Prerequisites: None.

Designation: College Prep

Credits: 0.5 High School

Music Appreciation (MUS 120 | GT-AH1)

Description: Introduces the study of music focusing on intelligent listening skills, the elements of music and their relationships, the musical characteristics of representative works and composers, common musical forms and genres of various Western, and non-Western historical style periods. This course qualifies towards the Arts and Humanities requirement for an AA and AS degree.

Prerequisites: English 099 or English 090 (preferred) and college ready English ACCUPLACER scores (required).

Designation: Arapahoe Community College

Credits: 3 College Credits / 1 High School

Visual Concepts 3-D Design (ART 132)

Description: Focuses on learning to apply the elements and principles of design to three-dimensional problems. This course qualifies as an elective course towards an AA degree.

Prerequisites: None

Designation: Arapahoe Community College

Credits: 3 College Credits / 1 High School

Drawing I (ART 121)

Description: Investigates the various approaches and media that students need to develop drawing skills and visual perception. This course qualifies as an elective course towards an AA degree.

Prerequisites: English 099 or English 090 (preferred) and college ready English ACCUPLACER scores (required).

Designation: Arapahoe Community College

Credits: 3 College Credits / 1 High School

Adobe Photoshop I (MGD 111)

Description: Concentrates on the high-end capabilities of Adobe Photoshop as an illustration, design and photo retouching tool. Students explore a wide range of selection and manipulation techniques that can be applied to photos, graphics and videos. Course competencies and outline follow those set out by the Adobe Certified Associate exam in Visual Communication Using Adobe Photoshop.

Prerequisites: English 099 or English 090 (preferred) and college ready English ACCUPLACER scores (required).

Designation: Arapahoe Community College

Credits: 3 College Credits / 1 High School

Engineering Technology (Fall Only)

Description: Principles of Engineering and Technology is designed to introduce students to the STEM cluster for students interested in learning more about careers in engineering and technology. This course covers basic skills required for engineering and technology fields of study. Upon completion of this course, students are able to identify and explain the steps in the engineering design process. They can evaluate an existing engineering design, use fundamental sketching and engineering drawing techniques, complete simple design projects using the engineering design process, and effectively communicate design solutions to others. *This course counts as the Level 1 course for the Engineering Career Pathway.*

Prerequisites: None.

Designation: College Prep

Credits: 1.0 High School

Engineering Design

Description: Introduction to Engineering Design is the second level course in the Engineering Career Pathway for students interested in developing their skills in preparation for careers in engineering and technology. The course covers essential knowledge, skills, and concepts required for postsecondary engineering and technology fields of study. Upon completion of this course, proficient students are able to describe various engineering disciplines, as well as admissions requirements for postsecondary engineering and engineering technology programs in Colorado. They will also be able to identify simple and complex machines, calculate various ratios related to mechanisms, explain fundamental concepts related to energy, understand Ohm's Law, follow the steps in the engineering design process to complete a team project, and effectively communicate design solutions to others. *This course counts as the Level 2 course for the Engineering Career Pathway.*

Prerequisites: Principles of Engineering

Designation: College Prep

Credits: 0.5 High School

CAD 101 Computer Aided Drafting I (Fall Only)

Description: Focuses on basic computer aided drafting skills using the AutoCAD software. Includes file management, Cartesian coordinate system & dynamic input, drawing templates, drawing aids, linetype and lineweights, layer usage, drawing & editing geometric objects, polylines & splines, array, text applications, creating tables, basic dimensioning and Help access. *This course counts as the Level 3 course for the Engineering Career Pathway and prepares students for the CAD certification.*

Prerequisites: None.

Designation: Arapahoe Community College

Credits: 3 College Credits / 1 High School

Introduction to Business (BUS 115)

Description: Introduces the application of fundamental business principles to local, national, and international forums. This course examines the relationship of economic systems, governance, regulations, and law upon business operations. It surveys the concepts of career development, business ownership, finance and accounting, economics, marketing, management, operations, human resources,

regulations, and business ethics. BUS 115 qualifies as an elective course towards an AA degree. *This course counts as the Level 1 course for the Business Career Pathway.*

Prerequisites: None.

Designation: Arapahoe Community College

Credits: 3 College Credits / 1 High School

Business Communication and Report Writing (BUS 217)

Description: Emphasizes effective business writing and covers letters, memoranda, reports, application letters, and resumes. Includes the fundamentals of business communication and an introduction to international communication. BUS 217 qualifies as an elective course towards an AA degree. *This course fulfills the Career Planning graduation requirement and counts as the Level 2 course for the Business Career Pathway.*

Prerequisites: None.

Designation: Arapahoe Community College

Credits: 3 College Credits / 1 High School

Introduction to Entrepreneurship (ENP 105)

Description: Explores the business skills, personality traits, and commitment necessary to successfully plan, launch, and grow an entrepreneurial venture. This course will cover the challenges and rewards of entrepreneurship. This course will cover the role of entrepreneurial businesses in the United States and the world and their impact on our national and global economy. *This course counts as the Level 3 course for the Business Career Pathway and prepares students for the ESB certification.*

Prerequisites: None.

Designation: Arapahoe Community College

Credits: 3 College Credits / 1 High School

Computer Science Foundations (Fall Only)

Description: Computer Science Foundations (CSF) is a course intended to provide students with exposure to various information technology occupations and pathways such as Networking Systems, Coding, Web Design, and Cybersecurity. Upon completion of this course, proficient students will be able to describe various information technology (IT) occupations and professional organizations. Moreover, they will be able to demonstrate logical thought processes and discuss the social, legal, and ethical issues encountered in the IT profession. Depending on the focus area, proficient students will also demonstrate an understanding of electronics and basic digital theory; project management and teamwork; client relations; causes and prevention of Internet security breaches; and writing styles appropriate for web publication. Upon completion of the CSF course, students will be prepared to make an informed decision about which Information Technology program of study to pursue. *This course counts as the Level 1 course for the Computer Science Career Pathway.*

Prerequisites: None.

Designation: College Prep

Fundamentals of UNIX (CIS 220)

Description: Covers the structure and fundamentals of the UNIX operating system. Includes the files system and file processing, various utility programs, and shell, multiuser operation, text processing and communications. *This course counts as the Level 2 of the Information Technology Career Pathway.*

Prerequisites: None

Designation: Arapahoe Community College

Credits: 3 College Credits / 1 High School

Unix/Linux Server Admin (CNG 202)

Description: Provides students with the knowledge and skills required to configure, administer and secure data, users and services in a UNIX or Linux server environment. Emphasis will be on command-line interface (CLI). Topics will also include system monitoring, performance tuning, troubleshooting and interoperability with Windows servers and clients. *This course counts as the Level 3 of the Information Technology Career Pathway and prepares students for the LINUX certification.*

Prerequisites: None

Designation: Arapahoe Community College

Credits: 3 College Credits / 1 High School

Introduction to Health Science (Fall Only)

Description: Introduction to Health Science is a foundational course for all Health Science Programs of Study. This course encourages awareness of career possibilities in healthcare and informs students of educational opportunities available in health science programs. Instruction also includes beginning anatomy and physiology, medical terminology, employability skills, communication skills, customer service skills, cultural awareness, disease and disorders with a focus on homeostatic imbalances, and technology skills necessary in the healthcare industry. *This course counts as the Level 1 of the Health Science Career Pathway.*

Prerequisites: None.

Designation: College Prep

Credits: 1.0 High School

Human Nutrition (HWE 100)

Description: Introduces basic principles of nutrition with emphasis on personal nutrition. This course focuses on macro and micronutrients and their effects on the functions of the human body. Special emphasis is placed on the application of wellness, disease, and lifespan as it pertains to nutrition. HWE 111 qualifies as an elective course for the AS and AA degrees. *This course counts as the Level 2 of the Health Science Career Pathway.*

Prerequisites: English 099 or English 090 (preferred) and college ready English ACCUPLACER scores (required).

Designation: Arapahoe Community College

Credits: 3 College Credits / 1 High School

Exercise and Health Science I

Description: Introduces the discipline of kinesiology, including the effects of physical activity and exercise on the human physiology and human experience. The course includes the development and implementation of exercise programs for healthy populations. This course counts as the Level 3 of the Health Science Career Pathway and along with Exercise and Health Science II, prepares students for the NCSF Personal Trainer Certification.

Prerequisites: None.

Designation: College Credit Pending for HWE 125

Credits: College Credit Pending

Academic Policy CEC Graduation Guidelines

University and Associate Pathway

- I. English | 4 Credits
- II. Math | 4 Credits
- III. Science | 3 Credits
- IV. Social Science | 3 Credits
- V. World Languages | 2 Credits
- VI. College & Career Readiness | 1 Credits
- VII. Academic Electives | 3 Credits
- VIII. Associates Degree or 60 College Credits

Career and Technical Education Pathway

- I. English | 4 Credits
- II. Math | 3 Credits
- III. Science | 2 Credits
- IV. Social Science | 2 Credits
- V. College & Career Readiness | 1 Credits
- VI. Academic Electives | 8 Credits
- VII. Industry Approved Certificate

I. English

Every student will be enrolled in an English class *every semester* until 4 English credits are earned. Completion of any 100-level college English course satisfies the requirement, regardless of credits.

II. Math

Every student will be enrolled in a Math class every semester until 3 or 4 math credits are earned (dependent on the pathway). Completion of any 100-level college Math course satisfies the requirement, regardless of credits.

III. Science

Every student must earn 2-3 science credits (dependent on the pathway).

IV. Social Science

Every student must earn 2-3 social science credits (dependent on the pathway), including Civics or U.S. Government (state requirement).

V. World Languages

Every student must complete level II proficiency of a language if on the University Pathway.

VI. College and Career Readiness

Every student must earn 1 credit of College and Career Readiness.

VII. Academic Electives

Electives can be completed at the high school or college level.

UNIVERSITY PATHWAY

Associate of Arts Degree = 60 college credits

English = 2 classes (6 credits)
ENG 121 and ENG 122

Communication = 1 class (3 credits)
COM 115 or COM 125 or COM 220

Mathematics = 1 class
MAT 120 or higher

Art & Humanities = 2 classes (6 credits)
Two Guaranteed Transfer Arts & Humanities courses from two different areas. Can include LIT, PHI, HUM, MUS, ART, THE, any 200 level language)

Social & Behavioral Science = 2 classes (6 credits)
Two Guaranteed Transfer Social & Behavioral Science courses. Can include ECO, POS, GEO, ANT, CRJ, PSY, SOC, WST, COM 220, CRJ 110, ETH 200, JOU 105

History = 1 class (3 credits)
One Guaranteed Transfer course from: History

Student Option = 1 class (3 credits)
One Guaranteed Transfer Arts & Humanities / Social & Behavioral Science / History course

Natural Science = 2 classes (7 credits)
Two Guaranteed Transfer courses from: Natural and Physical Sciences, including at least one LAB course

Electives = 23 credit hours
See ACC catalog for more detail

Associate of Science Degree = 60 college credits

English = 2 classes (6 credits)
ENG 121 and ENG 122

Communication = 1 class (3 credits)
COM 115 or COM 125 or COM 220

Mathematics = 1 class
MAT 121 or higher

Art & Humanities = 2 classes (6 credits)
Two Guaranteed Transfer Arts & Humanities courses from two different areas. Can include LIT, PHI, HUM, MUS, ART, THE, any 200 level language)

Social & Behavioral Science = 2 classes (6 credits)
Two Guaranteed Transfer Social & Behavioral Science courses. Can include ECO, POS, GEO, ANT, CRJ, PSY, SOC, WST, COM 220, CRJ 110, ETH 200, JOU 105

History = 1 class (3 credits)
One Guaranteed Transfer course from: History

Natural Science = 3 classes (12 credits)
Two LAB course sequence in any Guaranteed Transfer Science discipline (GT-SC1) and an additional Guaranteed Transfer LAB Science course

Electives = 21 credit hours
See ACC catalog for more detail

For other Transfer Degrees that allow you to graduate from a community college with a 60-credit Associate of Arts or Associate of Science degree, enroll with junior status at a university and complete the bachelor's degree in no more than 60 credits (for a total of 120 credits) click [HERE](#).

CAREER PATHWAYS @ CECI

	Business	Engineering	Health Science	Computer Science
Level 1	BUS 115 Introduction to Business	Engineering Technology	Introduction to Health Science	Computer Science Foundations
Level 2	BUS 217 Business Communication and Report Writing	Engineering Design	HWE 100 Human Nutrition	CIS 220 Intro to Unix
Level 3	ENP 105 Entrepreneurship	CAD 101 Computer Aided Drafting I	Exercise and Health Science I (HWE 125)	CNG 202 Unix/Linux Server Admin
Level 4	WBL: Business	CAD 102 Computer Aided Drafting II	Exercise and Health Science II (HWE 125)	CIS 221 or CIS 232
Certification	Entrepreneurship and Small Business Certification	AutoDesk Auto CAD	NCSF Personal Trainer Certification	Linux Certification

For a full list of certificates and AAS offerings at the Arapahoe Community College campus, click [HERE](#)

Students also can pursue certificate programs at any of our other college partners including:

[Community College of Denver](#)
[Red Rocks Community College](#)
[Community College of Aurora](#)
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[Front Range Community College](#)
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