



Lower Division Topics		
Course Title	Credit Award	General Education
<b>Fundamentals of Horticulture</b>	<b>3 LD</b>	<b>Physical/Biological Science</b>
<p>Discuss the principles and practices of horticulture in an urban or rural environment including plant anatomy and physiology, growth and development, and the environmental factors affecting these processes. The following subtopics are to be addressed:</p>		
Subtopic 1:	A brief discussion of Horticulture as opposed to Agronomy, Forestry and Agriculture; include a discussion of ornamentals vs. edibles.	
Subtopic 2:	The production, marketing, and maintenance of floral crops	
Subtopic 3:	The production, marketing, and maintenance of fruits and/or vegetables.	
Subtopic 4:	The production, marketing, and maintenance of landscaping	
Subtopic 5:	The environmental considerations in the planting, care, and removal of trees, shrubs, vines, and other perennial woody plants.	
Subtopic 6:	The environmental impact of care strategies of horticultural projects, especially the long-range impact of "protective strategies."	
Possible Duplication		
This course may duplicate courses of similar content.		
Possible Documentation		
Professional letter, 2 or more personal letters, or certificate of completion for course of similar content		

Course Title	Credit Award	General Education
<b>Human Nutrition and Health</b>	<b>3 LD</b>	<b>Physical/Biological Science</b>
Course Description		
<p>Discuss the basic concepts and theories of human nutrition and how the application relates to overall health and wellness. The following subtopics are to be addressed:</p>		
Subtopic 1:	Explain the physiological role of protein, fat, and carbohydrates in maintaining health.	
Subtopic 2:	Explore the physiological role of vitamins and minerals in disease prevention.	
Subtopic 3:	Discuss major nutritional guidelines to decrease heart disease, cancer, and osteoporosis.	
Subtopic 4:	Analyze modifications from national recommended guidelines you have made in your diet and the rationale for those modifications.	
Subtopic 5:	Explore challenges US citizens encounter in attaining sound nutrition.	
Subtopic 6:	Discuss current fad diets and the hazards they bring to overall health and wellness.	
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Course Title	Credit Award	General Education
<b>The Physical and Biological Aspects of Aging</b>	<b>3 UD</b>	<b>Physical/Biological Science</b>
Course Description		
Discuss the physical and biological changes that occur witon		

Course Title	Credit Award	General Education
<b>Weight Management</b>	<b>3 UD</b>	<b>Physical/Biological Science</b>
Course Description		
Discuss the physical and psychological impact of obesity on overall health and wellness and the importance of		