OCCUPATIONAL THERAPY ASSISTANT ASSOCIATE IN SCIENCE

Refer to Admission: Occupational Therapy Assistant (OTA) Program in **Admission Information (https://catalog.gcccd.edu/grossmont/admission-information/)** *) for special admission procedures and criteria.*

This career major prepares the student to work as an Occupational Therapy Assistant with people who are limited by physical injury or illness, mental health problems, developmental or learning disabilities, or the aging process. Occupational Therapy Assistants (OTAs) work under the direct supervision of an occupational therapist (OT) providing all levels of patient treatment. The student learns to utilize manual and creative arts, purposeful activities, exercises, adaptive devices, daily living tasks and leisure activities to assist patients to achieve their highest level of function.

Those working in occupational therapy would be expected to assist the OT in assessing patient needs, determining therapeutic goals, planning treatment activities, carrying out treatment procedures, communicating with patients and health care providers, documenting patient progress, and maintaining clinical environments. Assistants are employed in rehabilitation facilities, hospitals, skilled nursing facilities, schools, day treatment centers, outpatient clinics and other community agencies.

Students are admitted to the Occupational Therapy Program based on the date a complete application packet is submitted to include the following: OTA application, completed immunizations and/or tests, official transcripts of all science prerequisites and courses completed in the major if taken outside of GCCCD. Program applications are accepted year round and is a separate process from an application to Grossmont College.

For all information on admission criteria, see the Occupational Therapy Assistant Program website at https://www.grossmont.edu/academics/programs/health-professions/occupational-therapy-assistant/.

Grossmont College prepares the student for an Associate Degree in Science as an Occupational Therapy Assistant. In addition to the occupational therapy assistant courses, the major requires selected general education courses to be successfully completed for the degree. Upon completion of all degree requirements, the graduate is eligible to apply to take the national certification exam for Occupational Therapy Assistants administered by the National Board for Certification of Occupational Therapy (NBCOT). All states require licensure to practice as an OTA however, state licenses are usually based on the results of the NBCOT Certification Exam.

The Associate Degree Occupational Therapy Assistant Program is accredited through the Accreditation Council for Occupational Therapy Education (ACOTE) of the American Occupational Therapy Association (AOTA) located at 6116 Executive Boulevard, suite 200, North Bethesda, MD 20852, 301-652-6611, https://www.acoteonline.org/.

Graduates of the OTA program are also eligible to transfer into a higher degree program upon completion of the Associates Degree program. Appropriate courses are fully accepted on transfer by the University of California, the California State University and by private four-year colleges and universities.

Important: Any prior conviction of a misdemeanor or felony may influence eligibility for licensure as an Occupational Therapy Assistant. A flagged background check or drug screen may also prohibit participation in the OTA program, eligibility for state licensure and securing employment. Applicants with prior convictions are urged to contact the Occupational Therapy Board of California at 916-263-2294 and the NBCOT at 301-990-7979.

Career Opportunities

https://www.grossmont.edu/student-support/career-center/resources.php

Activities Director
ADA Assistant
Administrator[1]
Behavioral Support Assistant
Special Education Teacher Assistant / Aide
Camp Counselor
Certified Occupational Therapist Assistant
Ergonomics Assistant
Health Educator
Healthcare Consultant
Occupational Therapist[1]
Recreation Leader
Recreation Program Assistant
Rehab Director
Teacher[1]
Vocational Rehabilitation Counselor[1]

[1] Additional education is required.

The Program-level Student Learning Outcomes (PSLOs) below are outcomes that students will achieve after completing specific degree / certificate requirements in this program. Students will:

1. Achieve entry level competence and understand the importance of lifelong learning to maintain competence.
2. Promote and support the profession of occupational therapy, emerging practice areas and community service.

General Education Requirements for Occupational Therapy Assistant Majors

All Allied Health and Nursing students adhere to the graduation requirements outlined in the college catalog for the academic year in which they enter the program.

Competency Requirement

1. Competency in reading, writing, expression shown by achieving a "C" grade or higher or "Pass" in courses listed under Area A, Section 1 – Written Communication.
2. Competency in Mathematics shown by
   a. Completion of MATH-120 Quantitative Reasoning or a higher numbered math course with a grade of "C" or higher or a grade of "P"; or a statistics course from another discipline with a grade

of "C" or higher or a grade of "P"; or placing into a math course numbered MATH-170 Analytic Trigonometry or above.

Courses in bold print are required in the Occupational Therapy Assistant major. All OTA courses must be completed with a "C" grade or higher, a competent program skills checklist, and "meets standard" on final professional behavior evaluation prior to enrollment in OTA-240 Clinical Practicum IV and OTA-241 Clinical Practicum V. All GE Courses must be completed prior to OTA-240 Clinical Practicum IV and OTA-241 Clinical Practicum V.

Area A - Language and Rationality

Three courses (a minimum of nine units) are required in written communication, oral communication, and analytical thinking. At least **one** course must be taken from **each** of the following three sections:

1. Written Communication
Must be completed with a "C" grade or higher or "Pass" to satisfy the competency requirement.

Code	Title	Units
ENGL-120	College Composition and Reading	3
ENGL-124	Advanced Composition: Critical Reasoning and Writing	3
ESL-122	College Rhetoric	6

2. Oral Communication

Code	Title	Units
COMM-120	Interpersonal Communication	3
COMM-122	Public Speaking	3
COMM-130	Fundamentals of Human Communication	3

3. Analytical Thinking
Must be completed with a "C" grade or higher or "Pass" to satisfy the competency requirement.

Code	Title	Units
ANTH-215	Statistics for the Behavioral Sciences	4
BIO-215	Statistics for Life Sciences	3
ECON-215	Statistics for Business and Economics	4
GEOG-104	Introduction to Geographic Information Science	3
MATH-103	Intermediate Algebra	3
MATH-108	Beginning & Intermediate Algebra for Business, Math, Science, and Engineering Majors	6
MATH-110	Intermediate Algebra for Business, Math, Science and Engineering Majors	5
MATH-120	Quantitative Reasoning	3
MATH-125	Structure and Concepts of Elementary Mathematics I	3
MATH-126	Structure and Concepts of Elementary Mathematics II	3
MATH-150	Introduction to Computer Programming Applications in Mathematics	3
MATH-160	Elementary Statistics	4
MATH-170	Analytic Trigonometry	3
MATH-175	College Algebra	4
MATH-176	Precalculus: Functions and Graphs	6
MATH-178	Calculus for Business, Social and Behavioral Sciences	4
MATH-180	Analytic Geometry and Calculus I	5
MATH-245	Discrete Mathematics	3
MATH-280	Analytic Geometry and Calculus II	4
MATH-281	Multivariable Calculus	4
MATH-284	Linear Algebra	3
MATH-285	Differential Equations	3
PHIL-125	Critical Thinking	3
PHIL-130	Logic	3
PSC-120	Fundamentals of Scientific Computing (MATLAB)	4
PSY-215	Statistics for the Behavioral Sciences	4
SOC-215	Statistics for the Behavioral Sciences	4

Area B - Natural Sciences

Two natural science courses (a minimum of seven units) are required. One course must contain a laboratory.

Code	Title	Units
ANTH-130	Introduction to Biological Anthropology [1]	3
ANTH-131	Biological Anthropology Laboratory [2]	1
ASTR-110	Descriptive Astronomy [1]	3
ASTR-112	General Astronomy Laboratory [2]	1
ASTR-120	Exploration of the Solar System	3
Select one of the following sequences:		
Sequence A.		
BIO-140	Human Anatomy	
BIO-141	Human Physiology [1]	
Sequence B.		
BIO-144	Anatomy and Physiology I	
BIO-145	Anatomy and Physiology II	
BIO-152	Paramedical Microbiology	5
BIO-105	Marine Biology	4
BIO-110	Environmental Biology	4
BIO-112	Contemporary Issues in Environmental Resources [1]	3
BIO-114	Heredity, Evolution and Society [1]	3
BIO-118	Introduction to Human Biology [1]	3
BIO-120	Principles of Biology	4
BIO-141L	Laboratory in Human Physiology [2]	1
BIO-230	Principles of Cellular, Molecular and Evolutionary Biology	4
BIO-240	Principles of Ecology, Evolution and Organismal Biology	5
CHEM-102	Introduction to General, Organic and Biological Chemistry	5
CHEM-110	Environmental Chemistry [1]	3
CHEM-113	Forensic Chemistry	4
CHEM-115	Fundamentals of Chemistry	4
CHEM-116	Introductory Organic and Biochemistry	4
CHEM-117	Introductory Biochemistry	3
CHEM-120	Preparation for General Chemistry	4
CHEM-141	General Chemistry I	5

CHEM-142	General Chemistry II	5
CHEM-231	Organic Chemistry I	5
CHEM-232	Organic Chemistry II	5
CHEM-241	Organic Chemistry I Lecture [1]	3
CHEM-241L	Organic Chemistry I Laboratory [2]	2
CHEM-242	Organic Chemistry II Lecture [1]	3
CHEM-242L	Organic Chemistry II Laboratory [2]	2
GEOG-120	Physical Geography: Earth Systems [1]	3
GEOG-121	Physical Geography: Earth Systems Laboratory [2]	1
GEOG-140	Meteorology: Weather and Climate [1]	3
GEOL-104	Earth Science [1]	3
GEOL-110	Planet Earth [1]	3
GEOL-111	Planet Earth Laboratory [2]	1
GEOL-121	Earth History	4
GEOL-210	Geology of California [1]	3
GEOL-220	Geology of the National Parks [1]	3
GEOL-230	Natural Disasters [1]	3
OCEA-112	Introduction to Oceanography [1]	3
OCEA-113	Oceanography Laboratory [2]	1
PSC-100	Physical Science for Elementary Education [1]	3
PSC-110	Introduction to the Physical Sciences [1]	3
PSC-111	Introduction to Physical Sciences Laboratory [2]	1
PHYC-110	Introductory Physics	4
PHYC-130	Fundamentals of Physics	4
PHYC-131	Fundamentals of Physics	4
PHYC-140	Mechanics of Solids	4
PHYC-201	Mechanics and Waves	5
PHYC-202	Electricity, Magnetism, and Heat	5
PHYC-203	Light, Optics, and Modern Physics	5
PHYC-240	Electricity, Magnetism, and Heat	4
PHYC-241	Light, Optics, and Modern Physics	4
SCI-110	Introduction to Scientific Thought [1]	3

[1] Course does not contain a laboratory component.
[2] Course is laboratory only.

Area C - Humanities

One humanities course (a minimum of three units) is required.

Code	Title	Units
ASL-120	American Sign Language I	4
ASL-121	American Sign Language II	4
ASL-140	Inside Deaf Culture	3
ASL-220	American Sign Language III	4
ASL-221	American Sign Language IV	4
ARBC-120	Arabic I	5
ARBC-121	Arabic II	5
ARBC-122	Arabic for the Arabic Speaker I	5
ARBC-123	Arabic for the Arabic Speaker II	5
ARBC-148	Language, Culture, and Literature of the Arab World	3
ARBC-220	Arabic III	5
ARBC-221	Arabic IV	5
ARBC-250	Conversational Arabic I	3
ARBC-251	Conversational Arabic II	3
ART-100	Art Appreciation	3
ART-120	Two-Dimensional Design	3
ART-124	Drawing I	3
ART-126	Ceramics I	3
ART-129	Three-Dimensional Design	3
ART-140	Survey of Western Art I: Prehistory Through Middle Ages	3
ART-141	Survey of Western Art II: Renaissance Through Modern	3
ART-142	Art of Africa, Oceania and the Americas	3
ART-143	Modern Art	3
ART-145	Contemporary Art	3
ART-146	Asian Art	3
ART-147	American Art	3
ART-171	Introduction to Digital Art	3
CHIN-120	Chinese I	5
CHIN-121	Chinese II	5
CHIN-220	Chinese III	5
CHIN-221	Chinese IV	5
CHIN-250	Conversational Chinese I	3
CHIN-251	Conversational Chinese II	3
COMM-135	Oral Interpretation of Literature	3
COMM-137	Critical Thinking in Group Communication	3
COMM-144	Communication Studies: Race and Ethnicity	3
COMM-145	Argumentation	3
DANC-110	Dance History	3
DANC-120	Dance Appreciation	3
ENGL-122	Introduction to Literature	3
ENGL-126	Introduction to Creative Writing	3
ENGL-134	Creative Nonfiction Writing I	3
ENGL-135	Creative Nonfiction Writing II	3
ENGL-136	Creative Nonfiction Writing III	3
ENGL-137	Creative Nonfiction Writing IV	3
ENGL-201	Women, Gender, and Sexuality in Literature	3
ENGL-203	Children's Literature	3
ENGL-215	Mythology	3
ENGL-217	Fantasy and Science Fiction	3
ENGL-218	Shakespeare - His Plays and the Theatre of His Time	3
ENGL-219	Views of Death and Dying in Literature	3
ENGL-221	British Literature I	3
ENGL-222	British Literature II	3
ENGL-231	American Literature I	3
ENGL-232	American Literature II	3
ENGL-236	Chicana/o Literature	3
ENGL-237	American Indian Literature	3
ENGL-238	Black Literature	3
ENGL-277	Literary Theme	3

ESL-115	Exploring U.S. Cultures	6
ETHN-126	Chicano/Chicana and Mexican Art	3
ETHN-127	La Chicana	3
ETHN-134	Introduction to American Indian Art	3
ETHN-143	Images of Black Women	3
ETHN-144	Communication Studies: Race and Ethnicity	3
ETHN-236	Chicana/o Literature	3
ETHN-237	American Indian Literature	3
ETHN-238	Black Literature	3
FREN-120	French I	5
FREN-121	French II	5
FREN-152	The French-Speaking World: A Cross--Cultural Perspective	3
FREN-220	French III	5
FREN-221	French IV	5
FREN-250	Conversational French I	3
FREN-251	Conversational French II	3
GERM-120	German I	5
GERM-121	German II	5
GERM-220	German III	5
GERM-221	German IV	5
GERM-250	Conversational German I	3
GERM-251	Conversational German II	3
HIST-100	Early World History	3
HIST-101	Modern World History	3
HIST-103	Twentieth Century World History	3
HIST-105	Early Western Civilization	3
HIST-106	Modern Western Civilization	3
HIST-113	American Military History	3
HIST-126	History of Mexico	3
HIST-135	Ancient History of Western Civilization	3
HIST-136	Survey of Medieval History	3
HIST-137	History of East Asia	3
HIST-148	Modern Middle East History	3
HUM-110	Principles of the Humanities	3
HUM-120	European Humanities	3
HUM-125	Women and Western Culture	3
HUM-130	East Asian Humanities	3
HUM-135	Blues as Literature, History, and Culture	3
HUM-140	Humanities of the Americas	3
HUM-160	Humanities of the Future	3
HUM-170	Modern World Humanities	3
ITAL-120	Italian I	5
ITAL-121	Italian II	5
ITAL-220	Italian III	5
ITAL-221	Italian IV	5
ITAL-250	Conversational Italian I	3
ITAL-251	Conversational Italian II	3
JAPN-120	Japanese I	5
JAPN-121	Japanese II	5
JAPN-149	Japanese Culture and Civilization	3
JAPN-220	Japanese III	5
JAPN-221	Japanese IV	5
JAPN-250	Conversational Japanese I	3
JAPN-251	Conversational Japanese II	3
MCOM-111	Introduction to Film Analysis	3
MUS-110	Great Music Listening	3
MUS-111	The History of Jazz	3
MUS-115	The History of Rock Music	3
MUS-116	Introduction to World Music	3
MUS-117	Introduction to Music History and Literature	3
MUS-123	History of Hip Hop Culture	3
MUS-189	Multimedia and the Creative Arts	3
PHIL-110	A General Introduction to Philosophy	3
PHIL-111	Philosophy and Popular Culture	3
PHIL-115	History of Philosophy I: Ancient and Medieval	3
PHIL-117	History of Philosophy II: Modern and Contemporary	3
PHIL-140	Problems in Ethics	3
PHIL-141	Bioethics	3
PHIL-145	Social and Political Philosophy	3
PHIL-150	The Philosophy of Art	3
PHIL-155	The Philosophy of Science	3
PHIL-160	Latin American Philosophy	3
PHOT-150	Introduction to Photography	3
PHOT-154	History of Photography	3
RELG-120	World Religions	3
RELG-130	Scriptures of World Religions	3
RELG-140	Religion and Culture	3
RELG-150	Scriptures of India and China	3
RELG-170	Introduction to Christianity	3
RUSS-120	Russian I	5
RUSS-121	Russian II	5
RUSS-220	Russian III	5
RUSS-221	Russian IV	5
RUSS-250	Conversational Russian I	3
RUSS-251	Conversational Russian II	3
SPAN-120	Spanish I	5
SPAN-121	Spanish II	5
SPAN-122	Spanish for the Native Speaker I	5
SPAN-123	Spanish for the Native Speaker II	5
SPAN-141	Spanish and Latin American Cultures	3
SPAN-145	Hispanic Civilizations	3
SPAN-220	Spanish III	5
SPAN-221	Spanish IV	5
SPAN-250	Conversational Spanish I	3
SPAN-251	Conversational Spanish II	3
THTR-101	Introduction to Narrative Theory	3
THTR-110	Introduction to the Theatre	3
THTR-130	Acting I	3
THTR-143	Historic Costume for the Theatre	3

THTR-144	20th Century Fashion and Costume	3
THTR-205	The American Musical on Stage and Screen	3

Area D - Social Sciences

One social science course (a minimum of three units) is required.

Code	Title	Units
AOJ-110	Introduction to Administration of Justice	3
ANTH-120	Cultural Anthropology	3
ANTH-122	Anthropology of Magic, Witchcraft, and Religion	3
ANTH-127	Cultures of Latin America	3
ANTH-140	Introduction to Archaeology	3
CD-115	Changing American Family	3
CD-125	Child Growth and Development	3
CD-131	Child, Family and Community	3
CD-134	Health, Safety and Nutrition of Young Children	3
CD-145	Child Abuse and Family Violence in Our Society	3
CD-153	Teaching in a Diverse Society	3
COMM-124	Intercultural Communication	3
COMM-126	Communication Studies: Health and Wellness	3
COMM-128	Global Communication	3
ECON-110	Economic Issues and Policies	3
ECON-120	Principles of Macroeconomics	3
ECON-121	Principles of Microeconomics	3
ETHN-114	Introduction to Race & Ethnicity	3
ETHN-115	Introduction to Cultural Competence	3
ETHN-118	U.S. History: Chicano/Chicana Perspectives I	3
ETHN-119	U.S. History: Chicano/Chicana Perspective II	3
ETHN-125	Cross-Cultural Psychology	3
ETHN-128	Introduction to Chicana/o Studies	3
ETHN-130	U.S. History and Cultures: Native American Perspectives I	3
ETHN-131	U.S. History and Cultures: Native American Perspectives II	3
ETHN-135	San Diego County American Indian Tribes	3
ETHN-137	American Indian Culture and Heritage	3
ETHN-138	The History and Cultures of California Indians	3
ETHN-145	Introduction to Black Studies	3
ETHN-180	U.S. History: Black Perspectives I	3
ETHN-181	U.S. History: Black Perspectives II	3
FS-115	Changing American Family	3
FS-120	Human Development	3
GEOG-100	Introduction to Global Studies	3
GEOG-101	Global Issues	3
GEOG-106	World Regional Geography	3
GEOG-130	Human Geography: The Cultural Landscape	3
GEOG-170	The Geography of California	3
GEND-116	Introduction to Women's Studies	3
GEND-117	Introduction to LGBTQ Studies	3
GEND-154	Early History of Women in World Civilization	3
GEND-155	Modern History of Women in World Civilization	3
HED-120	Personal Health and Lifestyles	3
HED-201	Introduction to Public Health	3
HIST-108	Early American History	3
HIST-109	Modern American History	3
HIST-114	Comparative History of the Early Americas	3
HIST-115	Comparative History of the Modern Americas	3
HIST-118	U.S. History: Chicano/Chicana Perspectives I	3
HIST-119	U.S. History: Chicano/Chicana Perspectives II	3
HIST-122	Women in Early American History	3
HIST-123	Women in Modern American History	3
HIST-124	History of California	3
HIST-130	U.S. History and Cultures: Native American Perspectives I	3
HIST-131	U.S. History and Cultures: Native American Perspectives II	3
HIST-154	Early History of Women in World Civilization	3
HIST-155	Modern History of Women in World Civilization	3
HIST-160	U.S. History: Asian American and Pacific Island American Perspectives I	3
HIST-161	U.S. History: Asian American and Pacific Island American Perspectives II	3
HIST-180	U.S. History: Black Perspectives I	3
HIST-181	U.S. History: Black Perspectives II	3
MCOM-110	Mass Media and Society	3
MCOM-210	Social Media in the Digital Age	3
MCOM-250	Introduction to Representation in the Media	3
NUTR-155	Introduction to Nutrition	3
NUTR-158	Nutrition for Fitness and Sports	3
NUTR-159	Cultural Aspects of Food and Nutrition	3
POSC-120	Introduction to Politics and Political Analysis	3
POSC-121	Introduction to U.S. Government and Politics	3
POSC-124	Introduction to Comparative Government and Politics	3
POSC-130	Introduction to International Relations	3
POSC-140	Introduction to California Governments and Politics	3
POSC-150	Introduction to Political Theory	3
POSC-160	Politics in Film	3
PSY-120	Introductory Psychology	3
PSY-125	Cross-Cultural Psychology	3
PSY-132	Psychology of Health	3

PSY-134	Human Sexuality	3
PSY-138	Social Psychology	3
PSY-140	Physiological Psychology	3
PSY-170	Abnormal Psychology	3
PSY-220	Learning	3
RELG-165	Religion in America	3
SOC-114	Introduction to Race & Ethnicity	3
SOC-120	Introductory Sociology	3
SOC-125	Marriage, Family, and Alternate Lifestyles	3
SOC-130	Contemporary Social Problems	3
SOC-138	Social Psychology	3
SOC-140	Sex and Gender Across Cultures	3
SOC-150	Latinx Communities in the United States	3

Area E – Fitness/Wellness

Two courses involving physical exercise and/or dance are required. They can only be chosen from the exercise science and/or dance courses listed below:

Code	Title	Units
Dance		
DANC-068	Introduction to Dance	1.5
DANC-071A	Studio Workshop in Tap Dance I	1
DANC-071B	Studio Workshop in Tap Dance II	1
DANC-072A	Studio Workshop in Modern Dance I	1
DANC-072B	Studio Workshop in Modern Dance II	1
DANC-074A	Studio Workshop in Jazz Dance I	1
DANC-074B	Studio Workshop in Jazz Dance II	1
DANC-078A	Studio Workshop in Ballet I	1
DANC-078B	Studio Workshop in Ballet II	1
DANC-080A	Modern I	1.5
DANC-080B	Modern II	1.5
DANC-080C	Modern III	1.5
DANC-080D	Modern IV	1.5
DANC-081A	Tap I	1.5
DANC-081B	Tap II	1.5
DANC-081C	Tap III	1.5
DANC-081D	Tap IV	1.5
DANC-082A	Social and Ballroom Dance I	1.5
DANC-082B	Social and Ballroom Dance II	1.5
DANC-083A	Latin American Dance I	1.5
DANC-083B	Latin American Dance II	1.5
DANC-084A	Jazz I	1.5
DANC-084B	Jazz II	1.5
DANC-084C	Jazz III	1.5
DANC-084D	Jazz IV	1.5
DANC-088A	Ballet I	1.5
DANC-088B	Ballet II	1.5
DANC-088C	Ballet III	1.5
DANC-088D	Ballet IV	1.5
DANC-094A	Hip Hop I	1.5
DANC-094B	Hip Hop II	1.5
DANC-094C	Hip Hop III	1.5
DANC-094D	Hip Hop IV	1.5
DANC-099A	Studio Workshop in Pointe I	1
DANC-099B	Studio Workshop in Pointe II	1
DANC-099C	Studio Workshop in Pointe III	1
DANC-118A	Pilates I	1.5
DANC-118B	Pilates II	1.5
DANC-118C	Pilates III	1.5
DANC-118D	Pilates IV	1.5
Exercise Science		
ES-001	Adapted Physical Exercise	1
ES-002	Advanced Adapted Physical Exercise	1
ES-003	Adaptive Aerobic Fitness	1
ES-004A	Beginning Fitness for the Newcomer	1
ES-004B	Intermediate Fitness for the Newcomer	1
ES-004C	Advanced Fitness for the Newcomer	1
ES-005A	Beginning Cardio Fitness and Resistance Training	1.5
ES-005B	Intermediate Cardio Fitness and Resistance Training	1.5
ES-005C	Advanced Cardio Fitness and Resistance Training	1.5
ES-006A	Beginning Fitness Circuit	1
ES-006B	Intermediate Fitness Circuit	1
ES-006C	Advanced Fitness Circuit	1
ES-007A	Beginning Aerobic Walking for Fitness and Wellness	1.5
ES-007B	Intermediate Aerobic Walking for Fitness and Wellness	1.5
ES-007C	Advanced Aerobic Walking for Fitness and Wellness	1.5
ES-008A	Beginning Indoor Cycling	1
ES-008B	Intermediate Indoor Cycling	1
ES-008C	Advanced Indoor Cycling	1
ES-009A	Beginning Aerobic Dance Exercise	1
ES-009B	Intermediate Aerobic Dance Exercise	1
ES-009C	Advanced Aerobic Dance Exercise	1
ES-016A	Beginning Trail Running	1
ES-016B	Intermediate Trail Running	1
ES-016C	Advanced Trail Running	1
ES-017A	Beginning Trail Hiking	1
ES-017B	Intermediate Trail Hiking	1
ES-017C	Advanced Trail Hiking	1
ES-021A	Beginning Fitness for Chronic Disease And Injury Prevention	1.5
ES-021B	Intermediate Fitness for Chronic Disease And Injury Prevention	1.5
ES-021C	Advanced Fitness for Chronic Disease and Injury Prevention	1.5
ES-022	Total Body Conditioning	1
ES-023A	Beginning Resistance Training	1
ES-023B	Intermediate Resistance Training	1
ES-023C	Advanced Resistance Training	1
ES-024A	Beginning Fitness Boot Camp	1
ES-024B	Intermediate Fitness Boot Camp	1

ES-024C	Advanced Fitness Boot Camp	1
ES-026	Stress Reduction Through Movement and Mindfulness	1
ES-027A	Beginning T'ai Chi Ch'uan	1
ES-027B	Intermediate T'ai Chi Ch'uan	1
ES-027C	Advanced T'ai Chi Ch'uan	1
ES-028A	Beginning Yoga	1.5
ES-028B	Intermediate Yoga	1.5
ES-028C	Advanced Yoga	1.5
ES-029	Adapted Yoga	1
ES-030	Adaptive Aquatic Sports Education	1
ES-035	Adapted Swimming Limited	1
ES-037A	Beginning Springboard Diving	1
ES-037B	Intermediate Springboard Diving	1
ES-037C	Advanced Springboard Diving	1
ES-039	Swimming for Nonswimmers	1
ES-040A	Beginning Aquatic Fitness	1
ES-040B	Intermediate Aquatic Fitness	1
ES-040C	Advanced Aquatic Fitness	1
ES-041	Adapted Water Aerobics	1.5
ES-043A	Beginning Swimming	1
ES-043B	Intermediate Swimming	1
ES-043C	Advanced Swimming	1
ES-044A	Beginning Lap Swimming for Health and Fitness	1
ES-044B	Intermediate Lap Swimming for Health and Fitness	1
ES-044C	Advanced Lap Swimming for Health and Fitness	1
ES-060A	Beginning Badminton	1
ES-060B	Intermediate Badminton	1
ES-060C	Advanced Badminton	1
ES-061A	Beginning Pickleball	1
ES-061B	Intermediate Pickleball	1
ES-061C	Advanced Pickleball	1
ES-076A	Beginning Tennis	1
ES-076B	Intermediate Tennis	1
ES-076C	Advanced Tennis	1
ES-125A	Beginning Golf	1
ES-125B	Intermediate Golf	1.5
ES-125C	Advanced Golf	1.5
ES-130A	Beginning Gymnastics	1
ES-130B	Intermediate Gymnastics	1.5
ES-130C	Advanced Gymnastics	1.5
ES-155A	Beginning Basketball	1
ES-155B	Intermediate Basketball	1
ES-155C	Advanced Basketball	1
ES-170A	Beginning Soccer	1
ES-170B	Intermediate Soccer	1
ES-170C	Advanced Soccer	1
ES-171A	Beginning Softball	1
ES-171B	Intermediate Softball	1
ES-171C	Advanced Softball	1

ES-172A	Beginning Baseball	1
ES-172B	Intermediate Baseball	1
ES-172C	Advanced Baseball	1
ES-175A	Beginning Volleyball	1
ES-175B	Intermediate Volleyball	1
ES-175C	Advanced Volleyball	1
ES-176A	Beginning Beach Volleyball	1
ES-176B	Intermediate Beach Volleyball	1
ES-176C	Advanced Beach Volleyball	1
ES-180	Self-Defense for Women	1
ES-185A	Beginning Fencing	1.5
ES-185B	Intermediate Fencing	1.5
ES-185C	Advanced Fencing	1.5

Associate Degree Major Requirements

Code	Title	Units
Select one of the following:		7-8
BIO-140 & BIO-141	Human Anatomy and Human Physiology	
BIO-144 & BIO-145	Anatomy and Physiology I and Anatomy and Physiology II	
FS-120	Human Development	3
or CD-125	Child Growth and Development	
or CD-131	Child, Family and Community	
or ETHN-125	Cross-Cultural Psychology	
or PSY-120	Introductory Psychology	
or PSY-125	Cross-Cultural Psychology	
OTA-100	Fundamentals of Occupational Therapy	2
OTA-101	Fundamentals of Activity/Therapeutic Media	2
OTA-102	Rehabilitation Terminology, Diseases and Diagnoses	2
OTA-110	Occupational Skills-Psychosocial	4
OTA-111	Experiential/Simulation I	1
OTA-120	Documentation in Occupational Therapy	3
OTA-130	Dynamics of Human Movement	4
OTA-140	Occupational Skills Development in Pediatric Roles	3
OTA-141	Experiential/Simulation II	1
OTA-200	Introduction to Occupational Therapy Skills in Physical Rehabilitation	3
OTA-210	Assistive Technology in Occupational Therapy	3
OTA-220	Advanced Occupational Therapy Skills for Physical Dysfunction	3
OTA-221	Experiential/Simulation III	1
OTA-230	Occupational Therapy Management	2
OTA-240	Clinical Practicum IV	6
OTA-241	Clinical Practicum V	6
Units in the major		**56-57**
Plus General Education Requirements		14
Total Units		**70-71**