dependence, licit and illicit drugs, and the pharmacologic, neurologic, and physiologic effects of selected substances on the human brain will be introduced. Factors involved in the supply and demand for drugs will be discussed. Data on the prevalence, incidence, and trends of smoking, alcohol, prescription and other drug dependencies in the U.S. will be covered, as well as risk factors associated with the use and abuse of these substances. Recovery options and local resources will be reviewed. Field trips are not required. Not repeatable. (A-F or P/NP) Transfer: (CSU) General Education: (MJC-GE: B, E)

HE 118—EXERCISE AND NUTRITION FOR HEALTHY LIVING  3 UNITS
54 Lecture Hours
Theories of exercise including techniques of endurance, methods of strength attainment, and flexibility training. Nutrition concepts and influences on exercise and weight management. (A-F or P/NP) Not repeatable. Transfer: (CSU) General Education: (MJC-GE: E)

HIST (HISTORY)

HIST 101—HISTORY OF THE UNITED STATES TO 1877  3 UNITS
54 Lecture Hours
Formerly listed as: HIST 101: History of the United States Through Reconstruction
Recommended for Success: Before enrolling in this course, students are strongly advised to satisfactorily complete ENGL 50 or qualification by MJC assessment process.
Survey of United States history to 1877 exploring the intersection of politics, the economy, society, culture and geography. Periods covered include: American societies to 1492, the colonial period, the American Revolution, creation of the U.S. Constitution and federalism, the early national period, the ante bellum period, the Civil War and Reconstruction. Field trips are not required. Not repeatable. (A-F or P/NP) Transfer: (CSU, UC) (CC: HIST 16) (C-ID: HIST 130,) General Education: (MJC-GE: B) (CSU-GE: a - Group a, c - Group c, D6) (IGETC: 4F)

HIST 102—HISTORY OF THE UNITED STATES SINCE 1865  3 UNITS
54 Lecture Hours
Formerly listed as: HIST 102: History of the United States Post Civil War
Recommended for Success: Before enrolling in this course, students are strongly advised to satisfactorily complete ENGL 50 or qualification by MJC assessment process.
Survey of United States history from 1865 through contemporary period, exploring the intersection of politics, the economy, society, culture and geography. Periods covered include: Reconstruction, late-19th century industrialization, the American West, imperialism, the Progressive Era, World War I, the 1920s, the 1930s and the Great Depression, World War II, the Cold War, civil rights, and modern America. Field trips are not required. Not repeatable. (A-F or P/NP) Transfer: (CSU, UC) (CC: HIST 17) (C-ID: HIST 140) General Education: (MJC-GE: B) (CSU-GE: a - Group a, c - Group c, D6) (IGETC: 4F)

HIST 104—WESTERN CIVILIZATION TO 1650  3 UNITS
54 Lecture Hours
Formerly listed as HIST 104 - Western Civilizations
Recommended for Success: Before enrolling in this course, students are strongly advised to satisfactorily complete ENGL 50 or qualification by MJC assessment process.
Survey of the social, economic, political, religious, intellectual, and cultural development of Western Civilization from the Neolithic to the Reformation. (A-F or P/NP) Not repeatable. Field trips might be required. Transfer: (CSU, UC) (C-ID: HIST 170) General Education: (MJC-GE: B, C) (CSU-GE: C2, D6) (IGETC: 3B, 4F)

HIST 105—WESTERN CIVILIZATION SINCE 1650  3 UNITS
54 Lecture Hours
Formerly listed as: HIST 105: Western Civilization
Recommended for Success: Before enrolling in this course, students are strongly advised to satisfactorily complete ENGL 101 or qualification by MJC assessment process.
Survey of the political, economic, social, and cultural changes in the history of Western Civilization from 17th century Absolutism to the present. Field trips are not required. (A-F or P/NP) Not repeatable. Transfer: (CSU, UC) (C-ID: HIST 180) General Education: (MJC-GE: B, C) (CSU-GE: C2, D6) (IGETC: 3B, 4F)

HIST 106—WORLD CIVILIZATION TO THE 16TH CENTURY  3 UNITS
54 Lecture Hours
Recommended for Success: Before enrolling in this course, students are strongly advised to satisfactorily complete ENGL 50 or qualification by MJC assessment process.
A comparative and interactive investigation and analysis of World Civilization as related to the development of the modern world. Field trips might be required (A-F or P/NP) Not repeatable. Transfer: (CSU, UC) (CC HIST 13) General Education: (MJC-GE: B, C) (CSU-GE: C2, D6) (IGETC: 3B, 4F) (C-ID: HIST 150)

HIST 107—WORLD CIVILIZATION FROM THE 16TH CENTURY  3 UNITS
54 Lecture Hours
Recommended for Success: Before enrolling in this course, students are strongly advised to satisfactorily complete ENGL 50 or qualification by MJC assessment process.
A comparative study of World Civilizations from 1500 to the present. Field trips are not required. (A-F or P/NP) Not repeatable. Transfer: (CSU, UC) (CC HIST 14) (C-ID: HIST 160) General Education: (MJC-GE: B, C) (CSU-GE: C2, D6) (IGETC: 3B, 4F)

HIST 112—20TH CENTURY AMERICA  3 UNITS
54 Lecture Hours
Recommended for Success: Before enrolling in this course, students are strongly advised to satisfactorily complete ENGL 50 or qualification by MJC assessment process.
Explores the political, economic, social and cultural developments of twentieth century United States history. Topics include imperialism, progressivism, warfare, the depression, cold war, social justice and globalization. Field trips might be required. Not repeatable. (A-F or P/NP) Transfer: (CSU, UC) General Education: (MJC-GE: B) (CSU-GE: D6) (IGETC: 4F)

HIST 113—SOCIAL AND CULTURAL HISTORY OF THE UNITED STATES PRIOR TO THE 20TH CENTURY  3 UNITS
54 Lecture Hours
Recommended for Success: Before enrolling in this course, students are strongly advised to satisfactorily complete ENGL 50 or qualification by MJC assessment process.
The first in a two-part series, this course examines the development of American society and culture prior to the 20th century. HIST 113 specifically analyzes the formation and evolution of American social institutions in response to indigenous American and immigrating European and African cultures. This course compares interpretations of