

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
 Administrator¹
 Behavioral Support Assistant
 Special Education Teacher Assistant / Aide
 Camp Counselor
 Certified Occupational Therapist Assistant
 Ergonomics Assistant
 Health Educator
 Healthcare Consultant
 Occupational Therapist¹
 Recreation Leader
 Recreation Program Assistant
 Rehab Director
 Teacher¹
 Vocational Rehabilitation Counselor¹

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-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-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 and Philosophical Composition	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	ART-140	Survey of Western Art I: Prehistory Through Middle Ages	3
GEOG-120	Physical Geography: Earth Systems ¹	3	ART-141	Survey of Western Art II: Renaissance Through Modern	3
GEOG-121	Physical Geography: Earth Systems Laboratory ²	1	ART-142	Art of Africa, Oceania and the Americas	3
GEOG-140	Meteorology: Weather and Climate ¹	3	ART-143	Modern Art	3
GEOL-104	Earth Science ¹	3	ART-145	Contemporary Art	3
GEOL-110	Planet Earth ¹	3	ART-146	Asian Art	3
GEOL-111	Planet Earth Laboratory ²	1	ART-147	American Art	3
GEOL-121	Earth History	4	ART-171	Introduction to Digital Art	3
GEOL-210	Geology of California ¹	3	CHIN-120	Chinese I	5
GEOL-220	Geology of the National Parks ¹	3	CHIN-121	Chinese II	5
GEOL-230	Natural Disasters ¹	3	CHIN-220	Chinese III	5
OCEA-112	Introduction to Oceanography ¹	3	CHIN-221	Chinese IV	5
OCEA-113	Oceanography Laboratory ²	1	CHIN-250	Conversational Chinese I	3
PSC-100	Physical Science for Elementary Education ¹	3	CHIN-251	Conversational Chinese II	3
PSC-110	Introduction to the Physical Sciences ¹	3	COMM-135	Oral Interpretation of Literature	3
PSC-111	Introduction to Physical Sciences Laboratory ²	1	COMM-137	Critical Thinking in Group Communication	3
PHYC-110	Introductory Physics	4	COMM-144	Communication Studies: Race and Ethnicity	3
PHYC-130	Fundamentals of Physics	4	COMM-145	Argumentation	3
PHYC-131	Fundamentals of Physics	4	DANC-110	Dance History	3
PHYC-201	Mechanics and Waves	5	DANC-120	Dance Appreciation	3
PHYC-202	Electricity, Magnetism, and Heat	5	ENGL-122	Introduction to Literature	3
PHYC-203	Light, Optics, and Modern Physics	5	ENGL-126	Introduction to Creative Writing	3
SCI-110	Introduction to Scientific Thought ¹	3	ENGL-134	Creative Nonfiction Writing I	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	ENGL-201	Women, Gender, and Sexuality in Literature	3
ASL-121	American Sign Language II	4	ENGL-203	Children's Literature	3
ASL-140	Inside Deaf Culture	3	ENGL-215	Mythology	3
ASL-220	American Sign Language III	4	ENGL-217	Fantasy and Science Fiction	3
ASL-221	American Sign Language IV	4	ENGL-218	Shakespeare - His Plays and the Theatre of His Time	3
ARBC-120	Arabic I	5	ENGL-219	Death and Dying in Literature	3
ARBC-121	Arabic II	5	ENGL-221	British Literature I	3
ARBC-122	Arabic for the Arabic Speaker I	5	ENGL-222	British Literature II	3
ARBC-123	Arabic for the Arabic Speaker II	5	ENGL-231	American Literature I	3
ARBC-148	Language, Culture, and Literature of the Arab World	3	ENGL-232	American Literature II	3
ARBC-220	Arabic III	5	ENGL-236	Chicana/o Literature	3
ARBC-221	Arabic IV	5	ENGL-237	American Indian Literature	3
ARBC-250	Conversational Arabic I	3	ENGL-238	Black Literature	3
ARBC-251	Conversational Arabic II	3	ENGL-277	Literary Theme	3
ART-100	Art Appreciation	3	ESL-115	Exploring U.S. Cultures	6
ART-120	Two-Dimensional Design	3	ETHN-126	Chicano/Chicana and Mexican Art	3
ART-124	Drawing I	3	ETHN-127	La Chicana	3
ART-126	Ceramics I	3	ETHN-134	Introduction to American Indian Art	3
ART-129	Three-Dimensional Design	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	MUS-117	Introduction to Music History and Literature	3
FREN-120	French I	5	MUS-123	History of Hip Hop Culture	3
FREN-121	French II	5	MUS-189	Multimedia and the Creative Arts	3
FREN-152	The French-Speaking World: A Cross-Cultural Perspective	3	PHIL-110	A General Introduction to Philosophy	3
FREN-220	French III	5	PHIL-111	Philosophy and Popular Culture	3
FREN-221	French IV	5	PHIL-115	History of Philosophy I: Ancient and Medieval	3
FREN-250	Conversational French I	3	PHIL-117	History of Philosophy II: Modern and Contemporary	3
FREN-251	Conversational French II	3	PHIL-140	Problems in Ethics	3
GERM-120	German I	5	PHIL-141	Bioethics	3
GERM-121	German II	5	PHIL-145	Social and Political Philosophy	3
GERM-220	German III	5	PHIL-150	The Philosophy of Art	3
GERM-221	German IV	5	PHIL-155	The Philosophy of Science	3
GERM-250	Conversational German I	3	PHIL-160	Latin American Philosophy	3
GERM-251	Conversational German II	3	PHOT-150	Introduction to Photography	3
HIST-100	Early World History	3	PHOT-154	History of Photography	3
HIST-101	Modern World History	3	RELG-120	World Religions	3
HIST-103	Twentieth Century World History	3	RELG-130	Scriptures of World Religions	3
HIST-105	Early Western Civilization	3	RELG-140	Religion and Culture	3
HIST-106	Modern Western Civilization	3	RELG-150	Asian Religions	3
HIST-113	American Military History	3	RELG-170	Introduction to Christianity	3
HIST-126	History of Mexico	3	RUSS-120	Russian I	5
HIST-135	Ancient History of Western Civilization	3	RUSS-121	Russian II	5
HIST-136	Survey of Medieval History	3	RUSS-220	Russian III	5
HIST-137	History of East Asia	3	RUSS-221	Russian IV	5
HIST-148	Modern Middle East History	3	RUSS-250	Conversational Russian I	3
HUM-110	Principles of the Humanities	3	RUSS-251	Conversational Russian II	3
HUM-120	European Humanities	3	SPAN-120	Spanish I	5
HUM-125	Women and Western Culture	3	SPAN-121	Spanish II	5
HUM-130	East Asian Humanities	3	SPAN-122	Spanish for the Native Speaker I	5
HUM-135	Blues as Literature, History, and Culture	3	SPAN-123	Spanish for the Native Speaker II	5
HUM-140	Humanities of the Americas	3	SPAN-141	Spanish and Latin American Cultures	3
HUM-160	Humanities of the Future	3	SPAN-145	Hispanic Civilizations	3
HUM-170	Modern World Humanities	3	SPAN-220	Spanish III	5
ITAL-120	Italian I	5	SPAN-221	Spanish IV	5
ITAL-121	Italian II	5	SPAN-250	Conversational Spanish I	3
ITAL-220	Italian III	5	SPAN-251	Conversational Spanish II	3
ITAL-221	Italian IV	5	THTR-101	Introduction to Narrative Theory	3
ITAL-250	Conversational Italian I	3	THTR-110	Introduction to the Theatre	3
ITAL-251	Conversational Italian II	3	THTR-130	Acting I	3
JAPN-120	Japanese I	5	THTR-143	Historic Costume for the Theatre	3
JAPN-121	Japanese II	5	THTR-144	20th Century Fashion and Costume	3
JAPN-149	Japanese Culture and Civilization	3	THTR-205	The American Musical on Stage and Screen	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			

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	HIST-115	Comparative History of the Modern Americas	3
ANTH-140	Introduction to Archaeology	3	HIST-118	U.S. History: Chicano/Chicana Perspectives I	3
CD-115	Changing American Family	3	HIST-119	U.S. History: Chicano/Chicana Perspectives II	3
CD-125	Child Growth and Development	3	HIST-122	Women in Early American History	3
CD-131	Child, Family and Community	3	HIST-123	Women in Modern American History	3
CD-134	Health, Safety and Nutrition of Young Children	3	HIST-124	History of California	3
CD-145	Child Abuse and Family Violence in Our Society	3	HIST-130	U.S. History and Cultures: Native American Perspectives I	3
CD-153	Teaching in a Diverse Society	3	HIST-131	U.S. History and Cultures: Native American Perspectives II	3
COMM-124	Intercultural Communication	3	HIST-154	Early History of Women in World Civilization	3
COMM-126	Communication Studies: Health and Wellness	3	HIST-155	Modern History of Women in World Civilization	3
COMM-128	Global Communication	3	HIST-160	U.S. History: Asian American and Pacific Island American Perspectives I	3
ECON-110	Economic Issues and Policies	3	HIST-161	U.S. History: Asian American and Pacific Island American Perspectives II	3
ECON-120	Principles of Macroeconomics	3	HIST-180	U.S. History: Black Perspectives I	3
ECON-121	Principles of Microeconomics	3	HIST-181	U.S. History: Black Perspectives II	3
ETHN-114	Introduction to Race & Ethnicity	3	MCOM-110	Mass Media and Society	3
ETHN-115	Introduction to Cultural Competence	3	MCOM-210	Social Media in the Digital Age	3
ETHN-118	U.S. History: Chicano/Chicana Perspectives I	3	MCOM-250	Introduction to Representation in the Media	3
ETHN-119	U.S. History: Chicano/Chicana Perspective II	3	NUTR-155	Introduction to Nutrition	3
ETHN-125	Cross-Cultural Psychology	3	NUTR-158	Nutrition for Fitness and Sports	3
ETHN-128	Introduction to Chicana/o Studies	3	NUTR-159	Cultural Aspects of Food and Nutrition	3
ETHN-130	U.S. History and Cultures: Native American Perspectives I	3	POSC-120	Introduction to Politics and Political Analysis	3
ETHN-131	U.S. History and Cultures: Native American Perspectives II	3	POSC-121	Introduction to U.S. Government and Politics	3
ETHN-135	San Diego County American Indian Tribes	3	POSC-124	Introduction to Comparative Government and Politics	3
ETHN-137	American Indian Culture and Heritage	3	POSC-130	Introduction to International Relations	3
ETHN-138	The History and Cultures of California Indians	3	POSC-140	Introduction to California Governments and Politics	3
ETHN-145	Introduction to Black Studies	3	POSC-150	Introduction to Political Theory	3
ETHN-180	U.S. History: Black Perspectives I	3	POSC-160	Politics in Film	3
ETHN-181	U.S. History: Black Perspectives II	3	PSY-120	Introductory Psychology	3
FS-115	Changing American Family	3	PSY-125	Cross-Cultural Psychology	3
FS-120	Human Development	3	PSY-132	Psychology of Health	3
GEOG-100	Introduction to Global Studies	3	PSY-134	Human Sexuality	3
GEOG-101	Global Issues	3	PSY-138	Social Psychology	3
GEOG-106	World Regional Geography	3	PSY-140	Physiological Psychology	3
GEOG-130	Human Geography: The Cultural Landscape	3	PSY-170	Abnormal Psychology	3
GEOG-170	The Geography of California	3	PSY-220	Learning	3
GEND-116	Introduction to Women's Studies	3	RELG-165	Religion in America	3
GEND-117	Introduction to LGBTQ Studies	3	SOC-114	Introduction to Race & Ethnicity	3
GEND-154	Early History of Women in World Civilization	3	SOC-120	Introductory Sociology	3
GEND-155	Modern History of Women in World Civilization	3	SOC-125	Marriage, Family, and Alternate Lifestyles	3
HED-120	Personal Health and Lifestyles	3	SOC-130	Contemporary Social Problems	3
HED-201	Introduction to Public Health	3	SOC-138	Social Psychology	3
HIST-108	Early American History	3			
HIST-109	Modern American History	3			
HIST-114	Comparative History of the Early Americas	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

Note: All courses must be completed with a letter grade of "C" or higher or "Pass."

Code	Title	Units
Select one of the following:		
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