

General Noncredit

Noncredit Classes for Adults

The goal of adult education in California is to provide citizens of every age and educational level the opportunity to develop civic responsibility, a realization of the human potential, effective human relationships, and economic self-sufficiency. This broad goal forms the basis for the courses and programs MiraCosta College offers in each of the authorized categories of tuition-free noncredit instruction.

General Noncredit continuing education at MiraCosta College includes the following areas:

- **College readiness courses for math and English review.** We offer a variety of college readiness courses for students who wish to improve their skills in English or mathematics or want to prepare for a high school equivalency exam. These classes are ideal for students who have a high school diploma but need to refresh their skills; who want a low-stakes experience back in a school environment; who desire to practice their math and English skills for personal or professional growth; or who need GED/HiSet test preparation guidance.
- **Independent living skills for adults with developmental disabilities.** These courses are designed to provide adults with intellectual and developmental disabilities the life skills essential to fulfilling academic, vocational, and personal goals. Our courses are taught by caring and experienced instructors who foster a safe, supportive, and welcoming learning environment for all learners.
- **Lifelong learning courses for older adults.** These courses are specifically designed to provide opportunities to older adults for personal growth and development; regular and safe physical activity; and maintaining mental well-being. The program offers classes both online and in person for a wide variety of topics, including chair yoga, art, writing, improv, and more.

Contact Information

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<https://www.miracosta.edu/academics/continuing-education/index.html>

Department: General Noncredit
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Certificates

Certificate of Completion

Basic Computer Skills

This certificate demonstrates successful completion of Basic Computer Skills 1 for Learners with Intellectual and Developmental Disabilities (NCSPC 27) and Basic Computer Skills 2 for Learners with Intellectual and Developmental Disabilities (NCSPC 28), which prepare students for other computer courses and for entry-level employment.

Program Student Learning Outcome

Upon completion of this program, students will demonstrate computer knowledge, including computer terminology, emailing, file management, and the basics of Windows 10, word processing, and the Internet.

Required courses:		
NCSPC 27	Basic Computer Skills 1 for Learners with Intellectual and Developmental Disabilities	80-90
NCSPC 28	Basic Computer Skills 2 for Learners with Intellectual and Developmental Disabilities	80-90
Total Hours		160-180

Certificate of Competency

English Fundamentals: Grammar

This certificate provides a supportive, noncredit, competency-based pathway for students wishing to improve their foundational English language and grammar skills.

Program Student Learning Outcome

Upon completion of this program, students will be able to compose grammatically correct sentences for personal, professional, and academic documents.

Grammar Courses		
Students must earn a passing grade in at least two of the following courses:		
HSENG 15	Everyday Grammar (Career Preparation)	96-108
or NCENG 15	Everyday Grammar (Career Preparation)	
HSENG 16	Academic Grammar (College Preparation)	96-108
or NCENG 16	Academic Grammar (College Preparation)	
NCENG 30	Sentence Crafting	96-108
Total Hours		96-108

Certificate of Competency

English Fundamentals: Reading and Writing for Academic Preparation

This certificate provides a supportive, noncredit, competency-based pathway for students wishing to improve their basic literacy and comprehension skills for college preparation.

Program Student Learning Outcome

Upon completion of this program, students will be able to read personal, professional, and academic documents and texts with clarity, comprehension, and confidence.

College Preparation Courses		96-108
Students must earn a passing grade in at least two of the following courses:		
HSENG 16	Academic Grammar (College Preparation)	96-108
or NCENG 16	Academic Grammar (College Preparation)	
HSENG 17	Basic Skills: Reading and Study Strategies	96-108

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or NCENG 17	Basic Skills: Reading and Study Strategies
HSENG 22	Academic Writing: The Five Paragraph Essay (College Preparation)
or NCENG 22	Academic Writing: The Five Paragraph Essay (College Preparation)
HSENG 25	Academic Writing: The Research Paper (College Preparation)
or NCENG 25	Academic Writing: The Research Paper (College Preparation)
Total Hours	
96-108	

Certificate of Competency

English Fundamentals: Reading and Writing for Career Preparation

This certificate provides a supportive, noncredit, competency-based pathway for students wishing to improve their basic everyday and/or job-related reading and writing skills for career preparation.

Program Student Learning Outcome

Upon completion of this program, students will be able to compose personal, professional, and academic documents with clarity and organization.

Career Preparation Courses 96-108

Students must earn a passing grade in at least two of the following courses:

HSENG 15	Everyday Grammar (Career Preparation)	
or NCENG 15	Everyday Grammar (Career Preparation)	
HSENG 17	Basic Skills: Reading and Study Strategies	
or NCENG 17	Basic Skills: Reading and Study Strategies	
HSENG 21	Everyday Writing: The Single Paragraph (Career Preparation)	
or NCENG 21	Everyday Writing: The Single Paragraph (Career Preparation)	
HSENG 23	Everyday Writing: Reports and Projects (Career Preparation)	
or NCENG 23	Everyday Writing: Reports and Projects (Career Preparation)	
Total Hours		96-108

Adult Basic Education Courses

NCABE 11: Mentorship for Student Success

Prerequisites: None

Lecture 1.25 hours.

Course Typically Offered: Fall, Spring, and Summer

This course pairs students with a faculty mentor who will provide encouragement and personalized support throughout their educational career in an identified Continuing Education program. This course is designed to provide continuity of mentorship for students, enhance a student's sense of self, develop social and cultural capital within an academic setting, encourage educational engagement, and increase a sense of belonging at MiraCosta College.

NCABE 92: High School Equivalency Preparation

Prerequisites: None

Lecture 6 hours.

Course Typically Offered: Fall, Spring, and Summer

This course prepares students to pass a high school diploma equivalency exam. It provides both online and in-person instruction as well as individualized coaching. The course introduces students to each of the high school equivalency subject tests, determines their present readiness, and provides an individualized course of study for each subject area. The course also provides students with information on exam costs, testing options, the scheduling process, information on further academic and/or career pathways, and more. Students may enroll in this course as many times as needed to support their success and completion of the diploma equivalency exams.

NCENG 15: Everyday Grammar (Career Preparation)

Prerequisites: None

Lecture 3 hours. (4930.72)

Course Typically Offered: Fall, Spring, and Summer

In this course, students review grammar with a focus on the skills and tools that can be used to enhance real-world and workplace writing. Grammar principles focus on revision opportunities in personal and professional writing and the grammar mechanics of emails, letters, and other real-world documents. This course is ideal for students who want to review or practice personal and professional writing skills that can be used in everyday life. (May be repeated one time.)

NCENG 16: Academic Grammar (College Preparation)

Prerequisites: None

Lecture 3 hours. (1501.00)

Course Typically Offered: Fall, Spring, and Summer

In this course, students review grammar with a focus on the skills and tools that can be used to enhance formal academic writing. Grammar principles focus on opportunities for essay revision and grammar mechanics for MLA and APA citation as well as common essay writing and revision tools. This course is ideal for students who want to review or practice the academic writing skills that will prepare them for college.

NCENG 17: Basic Skills: Reading and Study Strategies

Prerequisites: None

Lecture 3 hours. (1520.00)

Course Typically Offered: ALTERNATING TERMS

This course helps students improve their reading comprehension and vocabulary in various academic and career-related subjects. It emphasizes fundamental reading comprehension skills, real-world, workplace, and academic vocabulary enhancement, and effective study habits.

NCENG 21: Everyday Writing: The Single Paragraph (Career Preparation)

Prerequisites: None

Lecture 3 hours. (4930.72)

Course Typically Offered: Fall, Spring, and Summer

In this course, students review different types of simple real-world and workplace documents. Reading assignments include texts such as manuals, directions, short letters, and emails. Writing assignments focus on short written responses, such as personal and professional emails and workplace documents like cover letters. This course is ideal for students who want to review or practice personal and professional writing skills that will prepare them for everyday life as well as current and future jobs.

NCENG 22: Academic Writing: The Five Paragraph Essay (College Preparation)

Prerequisites: None

Lecture 3 hours. (1501.00)

Course Typically Offered: Fall, Spring, and Summer

In this course, students review standard paragraphs and essays and the tools that can be used to enhance formal academic writing. Reading assignments include fiction and non-fiction texts from diverse authors. Writing assignments focus on writing and revision opportunities in crafting a standard five-paragraph essay. This course is ideal for students who want to review or practice the academic writing skills that will prepare them for college.

NCENG 23: Everyday Writing: Reports and Projects (Career Preparation)

Prerequisites: None

Lecture 3 hours. (4930.72)

Course Typically Offered: Fall, Spring, and Summer

In this course, students review different types of advanced real-world and workplace documents. Reading assignments include texts such as Pew research, home repair estimates, and academic or medical reports and evaluations. Writing assignments focus on longer written responses, such as personal and professional project proposals and career/vocation-specific writing. This course is ideal for students who already have some personal and professional writing experience or knowledge, but who desire more review and practice to enhance those skills for everyday life as well as for current and future jobs.

NCENG 25: Academic Writing: The Research Paper (College Preparation)

Prerequisites: None

Lecture 3 hours. (1501.00)

Course Typically Offered: Fall, Spring, and Summer

In this course, students review different academic essay formats and the tools that can be used to enhance formal academic writing. Reading assignments include college-level texts from diverse authors. Writing assignments focus on writing and revising opportunities in crafting an academic research essay. This course is ideal for students who want to review or practice the academic writing skills that will prepare them for college.

NCENG 30: Sentence Crafting

Prerequisites: None

Lecture 3 hours. (1501.00)

Course Typically Offered: Fall, Spring, and Summer

This course emphasizes sentence craft and effective communication in prose by reviewing basic grammar conventions while considering different audience expectations and circumstances. Topics include audience awareness, editing strategies, prescriptive versus descriptive conventions, voice, and sentence types. This course is intended for students who want to improve the efficacy and complexity of their prose at the sentence level.

NCENG 52: College Composition Skills and Support

Prerequisites: None

Corequisite: ENGL 100 or ENGL 100H.

Lecture 2 hours. (1501.00)

Course Typically Offered: Fall, Spring

This course offers intensive practice in the skills needed to read college-level texts and compose college-level essays. It provides support in developing skills and strategies for success in transfer-level writing classes. Students enrolling in this course must also enroll in ENGL 100.

NCMTH 11: Basic Skills Math 1

Prerequisites: None

Lecture 3 hours. (1701.00)

Course Typically Offered: Fall, Spring, and Summer

Basic Skills Math 1 is designed to meet the basic skills mathematics improvement needs of students. Topics include the study of whole numbers, fractions, and decimals.

NCMTH 12: Basic Skills Math 2

Prerequisites: None

Lecture 3 hours. (1701.00)

Course Typically Offered: Fall, Spring, and Summer

Basic Skills Math 2 is designed to meet the basic skills mathematics improvement needs of students. Topics include the study of percents, measurement, probability, and statistics.

NCMTH 13: Basic Skills Math 3

Prerequisites: None

Lecture 3 hours. (1701.00)

Course Typically Offered: Fall, Spring, and Summer

Basic Skills Math 3 is designed to meet the basic skills mathematics improvement needs of students. Topics include the study of elementary algebra and geometry.

NCMTH 20: Algebra Essentials 1A

Prerequisites: None

Lecture 3 hours. (1701.00)

Course Typically Offered: Fall, Spring, and Summer

This course is intended for students with little or no previous algebra experience. Topics include the real number system, operations with algebraic expressions, linear equations and inequalities, graphing linear equations in two variables, and solving systems of linear equations.

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NCMTH 21: Algebra Essentials 1B

Prerequisites: None

Lecture 3 hours. (1701.00)

Course Typically Offered: Fall, Spring, and Summer

This course is intended for students with some beginning algebra experience. Topics include exponents and polynomials, factoring, an introduction to quadratic equations, rational expressions and equations, and solving applied problems.

Health and Safety Courses

NCHLT 11: Spinal Fitness

Prerequisites: None

Laboratory 4 hours.

Course Typically Offered: Fall, Spring, and Summer

This course is designed to optimize strength and flexibility of the back and body. Students learn a variety of exercises and rhythmic movements, including low-impact weight-bearing exercise, resistance work with light weights, static stretches, and relaxation routines.

NCHLT 75: Balance and Mobility

Prerequisites: None

Laboratory 3 hours.

Course Typically Offered: Fall, Spring, and Summer

This course is designed for individuals at moderate risk for fall (e.g., self-identified balance problems, existing fall history, including the ability to stand and ambulate independently). Students must be able to stand and ambulate independently. The course adopts a multidimensional approach to balance-related problems. Activities target specific balance problems in a challenging training environment.

Older Adults Courses

NCART 11: Painting, Intermediate

Prerequisites: None

Lecture 2.75 hours.

Course Typically Offered: Fall, Spring, and Summer

This course is intended for students who already know how to draw and have done some painting. It covers more advanced drawing, use of color, and advanced picture composition. Painting subjects range from still life to flowers and from abstract pictures to landscapes. Students use acrylic, oils, water media, pastels, and other mixed media, and they are expected to furnish their own supplies.

NCART 12: Painting, Advanced

Prerequisites: None

Lecture 2.75 hours.

Course Typically Offered: Fall, Spring, and Summer

This course is designed for students who know how to paint and draw and who feel confident about their abilities. The course covers advanced composition, color use, landscapes, and portraits. Students create a suite of paintings on a theme of their choice or follow a class syllabus designed to challenge the more experienced artist. Students are encouraged to use all media, including acrylic, watercolor, pastel, pencil, pen, and ink, and they are expected to furnish their own supplies.

NCART 13: Acrylic Painting

Prerequisites: None

Lecture 2.75 hours.

Course Typically Offered: Fall, Spring, and Summer

This course introduces students to the use of color and basic techniques of acrylic painting. After lecture and demonstration, students plan, compose, and execute a variety of paintings, such as still life, abstraction, seascapes, and perspective. Students are expected to furnish their own supplies.

NCART 15: Portrait and Figure Drawing and Painting

Prerequisites: None

Lecture 2.75 hours.

Course Typically Offered: Fall, Spring, and Summer

This course teaches the basic principles of drawing and painting portraits and figures as well as the correct and effective use of materials and tools. Students learn techniques such as sighting and measuring for correct anatomy and proportions to ensure likenesses, and studies may be done from nude or clothed models, photographs, masterwork, and art films presented in class. Students are expected to furnish their own supplies.

NCART 17: Painting and Drawing

Prerequisites: None

Lecture 2.75 hours.

Course Typically Offered: Fall, Spring, and Summer

This course uses drawing as a way to inform and enrich the student's work in painting. Students draw mainly with graphite and charcoal and explore color through water-based paint, such as gouache, watercolor, and acrylic. They also experiment with mixed media, such as ink, pastel chalk, oil pastels, and ink. Students are expected to furnish their own supplies.

NCART 20: Basic Drawing and Sketching

Prerequisites: None

Lecture 2.75 hours.

Course Typically Offered: Fall, Spring, and Summer

This course covers the basic principles and techniques in drawing and sketching. Topics include the use of line to define form, cross-hatching, shading, rubbing, blending, values, and color. Students practice thumbnail sketches and use a variety of materials, such as graphite, colored pencils, markers, pen and ink, charcoal and pastel chalks, and oil pastels. Students are expected to furnish their own supplies.

NCART 31: Watercolor Painting, Beginning

Prerequisites: None

Lecture 2.75 hours.

Course Typically Offered: Fall, Spring, and Summer

This class is designed to acquaint beginners with the techniques, properties, and materials of transparent watercolors. It exposes students to basic art elements, such as value, composition, color, textures, and drawing principles. Students plan and create several watercolor pieces that are critiqued by the instructor, and students must provide their own materials.

NCART 32: Watercolor Painting, Intermediate

Prerequisites: None

Lecture 2.75 hours.

Course Typically Offered: Fall, Spring, and Summer

This course in transparent watercolor painting is designed to improve the watercolor skills of an intermediate watercolor student. Assignments stress more advanced composition elements and originality. Students practice planning and executing watercolor pieces after faculty lecture and demonstration, and their work is evaluated during group critique sessions. Students are expected to provide their own supplies.

NCART 35: Watercolor Painting on Location

Prerequisites: None

Lecture 2.75 hours.

Course Typically Offered: Fall, Spring, and Summer

In this watercolor painting course, students practice the skills learned previously in a classroom setting in a variety of outdoor sites in North County San Diego. Students explore basic watercolor techniques, principles of design and composition, and drawing tips. The course encourages students to explore creative ways of seeing color and light through increased awareness and sensitivity to the environment. Students are expected to provide their own materials and arrange for their own transportation to preassigned locations.

NCART 70: Multimedia Sculpture

Prerequisites: None

Lecture 2.75 hours.

Course Typically Offered: Fall, Spring, and Summer

Students learn sculpture techniques through a variety of media, including paper, plaster, clay, and assembly as well as from a variety of artists working in various media. The class offers creative ideas for the novice as well as new techniques for practicing artists. Students are expected to provide the materials needed to complete class projects.

NCHAS 12: Nutrition and Fitness for Better Health

Prerequisites: None

Lecture 2 hours.

Course Typically Offered: Fall, Spring, and Summer

This course is designed for seniors who desire to lose between five and forty pounds. The course emphasizes the development of nutritionally sound eating habits to reduce by one to two pounds per week. It also examines a variety of issues involved with successful weight management, including exercise, stress management, strategies for eating out, evaluation of fad diets, building confidence, and changing habits.

NCHAS 60: Water Fitness for Older Adults

Prerequisites: None

Lecture 2.50 hours.

Course Typically Offered: Fall, Spring, and Summer

Students participate in basic-to-intermediate aerobic conditioning, strength training, and stretch activities in a water environment. Instruction focuses on the benefits of aquatic exercise for all fitness levels and health conditions. Swim skills are not required.

NCHAS 70: Body Conditioning Over Easy

Prerequisites: None

Laboratory 4 hours.

Course Typically Offered: Fall, Spring, and Summer

This course is designed for older adults with physical limitations in their feet, knees, and hips who still want to exercise. Class begins with a seated segment to warm-up and range-of-motion exercises and is followed by standing/seated low impact cardio and balance exercises. The next segment includes seated strength exercises using light hand weights and resistance bands, exercises to improve brain fitness, and range of motion exercises using small balls. The class concludes with standing and seated cool-down and relaxation exercises.

NCHAS 71: Body Conditioning for Older Adults

Prerequisites: None

Laboratory 2.75 hours.

Course Typically Offered: Fall, Spring, and Summer

This course teaches exercise techniques that meet the needs of older adults at all levels of fitness (beginning through advanced). Exercises include warm-ups, semi-cardio and cardiovascular workouts, mat routines, repetitious exercise for muscular toning, strength and endurance, balance, stretching, flexibility, and cool-downs. Students work at their own pace and levels of fitness. Pulse rates may be taken before, during, and after various exercises to gauge appropriateness of exercise level. As with any exercise program, a physician's approval is recommended.

NCHAS 82: Tai Chi Chuan for Seniors, Intermediate

Prerequisites: None

Laboratory 2 hours.

Course Typically Offered: Fall, Spring

This course provides continuing exposure to the Chinese exercise/discipline Tai Chi Chuan. Students complete the first 32 of the 64 steps of Tai Chi Chuan. They learn slow, fluid movements that promote balance, grace, and endurance as well as clarity of thought, clarity of intent, and stability of emotion. The course also covers simple forms of meditation.

NCHAS 85: Chair Yoga for Older Adults

Prerequisites: None

Laboratory 2.75 hours.

Course Typically Offered: Fall, Spring, and Summer

This course is designed for older adults who desire to improve muscular endurance, flexibility, and balance and to reduce stress. Students learn about the benefits of yoga as related to various age-related health issues. Using a chair for seated or standing support, students practice various yoga poses and breathing techniques to achieve range of motion, muscular endurance, and balance.

NCMUS 10: Music Appreciation for Seniors

Prerequisites: None

Lecture 2.75 hours.

Course Typically Offered: Fall, Spring

This course is designed for older adults who want to increase their understanding and enjoyment of music by learning how to listen to music with a discerning ear. The course includes basic music history, musical terms, and discussion of musical style and performance.

NCPSY 11: Self-Awareness Through Improvisation

Prerequisites: None

Lecture 2.25 hours.

Course Typically Offered: Fall, Spring, and Summer

Especially for older adults, this course uses improvisation as a means of developing self-awareness, imagination, and creativity, thus enhancing the ability to interact socially. Classroom improvisation emphasizes thinking, listening, and reacting to others.

NCPSY 13: The Impact of Radio on Our Lives

Prerequisites: None

Lecture 2.75 hours.

Course Typically Offered: Fall, Spring

This course is designed especially for older adults who have had the unique experience of living through the 'golden age' of radio. The course gives students the opportunity to reflect on how the values, attitudes, and entertainment of their favorite radio shows shaped their lives. Students work collaboratively to read, rehearse, and perform some of the actual radio scripts that were broadcast during the 1930s, 1940s, and 1950s.

NCWRT 10: Creative Writing

Prerequisites: None

Lecture 2.75 hours.

Course Typically Offered: Fall, Spring

This creative writing workshop accommodates all levels of writers and/or poets, from beginning to experienced, as well as all styles and forms of writing, including prose (fiction and nonfiction/memoir) and poetry. Each session consists of sharing and critiques of student writing, an instructional period, and an assignment. Students are encouraged to write on a regular basis, to write different kinds of materials, to develop a personal style, and to submit works for publication following submission guidelines.

NCWRT 13: Beginning Film and Digital Media Production

Prerequisites: None

Lecture 3 hours.

Course Typically Offered: Fall, Spring, and Summer

This course offers a basic introduction to the video production environment. Students work with a team on a project through the pre-production, shooting, and post-production phases of narrative storytelling for the screen. Students critique professional and peer work while using appropriate film and video vocabulary. Students also learn basic operational skills for the video camera and editing system so that they can demonstrate their understanding of film techniques while creating video projects. Instruction covers film production, script writing, editing, and critical thinking.

NCWRT 16: Genre Writing

Prerequisites: None

Lecture 2.75 hours.

Course Typically Offered: Fall, Spring, and Summer

This creative writing workshop focuses on an in-depth examination of one genre of writing. It includes workshops for students to practice writing in the specified genre and provides ongoing feedback from both instructors and peers. This course accommodates all levels of writers and/or poets, from beginning to experienced. Students are encouraged to write on a regular basis, to write different kinds of materials, and to develop a personal style. Professional writers may serve as guest speakers, and students are encouraged to submit works for publication or production.

NCWRT 20: Life Story Writing

Prerequisites: None

Lecture 2.75 hours.

Course Typically Offered: Fall, Spring

This introductory creative writing workshop in life story writing and personal narrative emphasizes the essay as an art form. Readings and frequent writing assignments provide background and practice in writing memoir/personal narratives that are informed by one's experiences. Class sessions consist of writing exercises and improvisations designed to focus memory and strengthen perception. This class is organized in a workshop model to allow students to present works in progress to the group and to receive useful feedback and advice in order to engage more deeply and with greater insight during the revision process.

Special Education Courses Courses

NCSPC 25: Effective Life Skills

Prerequisites: None

Lecture 10 hours.

Course Typically Offered: Fall, Spring

This course provides students with intellectual and/or developmental disabilities the skills to increase their independence in daily life. The course supports students' personal growth skills (identifying interests, aptitudes, values, needs, and personality characteristics; increasing self-esteem and self-advocacy; and setting goals), social development (improving conversational and social networking skills), and practical living skills (using community resources, managing money and time, solving problems, and making decisions).

NCSPC 26: Basic Academic Skills

Prerequisites: None

Lecture 5 hours.

Course Typically Offered: Fall, Spring, and Summer

This course focuses on increasing basic academic skills for students with intellectual and developmental disabilities. Students work in areas of reading, writing, mathematics, use of basic computer applications, health and safety, communication skills, and overall problem solving. Class time includes individual and/or small group work with an emphasis on understanding the application of basic skills to real life with increased independence.

NCSPC 27: Basic Computer Skills 1 for Learners with Intellectual and Developmental Disabilities

Prerequisites: None

Lecture 5 hours.

Course Typically Offered: Fall, Spring, and Summer

This course introduces students with intellectual and developmental disabilities to the Windows environment and basic computer terminology, hardware, and software. Through hands-on instruction, students also focus on increasing skills in basic keyboarding and accessing the course enrollment system.

NCSPC 28: Basic Computer Skills 2 for Learners with Intellectual and Developmental Disabilities

Prerequisites: None

Lecture 5 hours.

Course Typically Offered: Fall, Spring, and Summer

In this course, students with intellectual and developmental disabilities focus on increasing skills in using email, a word processing software, and a web browser. Students conduct basic Internet searches and learn to document and share information via email.