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## CATALOG ADDENDUM SPRING 2024

### NEW NONCREDIT COURSES

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#### Noncredit English Courses (NENG)

##### **NENG 210 Craft of the Sentence**

Practice in sentence-level writing that focuses on possibilities rather than rules, as well as editing in any genre of writing, including—but not limited to—academic writing. Practice in writing and editing sentences that achieve desired stylistic effects based on the writing situation and audience. Develops strategies to communicate complex ideas at the sentence level. Discusses multifaceted and changing nature of language and writing. This course is open to students currently enrolled in English 1A or 1AEX, or students who have passed English 1A or 1AEX or the equivalent. Prerequisite: ENG 1A with a minimum grade of C (May be taken concurrently) or ENG 1AEX with a minimum grade of C (May be taken concurrently). 36 hours.

Non-Degree Applicable, Noncredit Grading Option: P/NP

#### Noncredit Nutrition Courses (NNTR)

##### **NNTR 201 Introduction to Nutrition Science**

##### **0 UNITS**

This nutrition course provides an understanding of healthy diet patterns as it relates to human health, healthy aging, and development. We will cover topics such as healthy digestion, vitamin and mineral content of various foods, healthy meal planning, fad diets, supplements, how to fuel fitness, and healthy aging strategies. Practical skills will also be covered, such as reading food labels, deciphering whether nutrition advice/information on the internet is credible, and how to eat right when the money is tight (budgeting). At the end of this course, students will better understand how to promote optimal health and longevity with a healthy diet and lifestyle modifications. Recommended Course Preparation: Eligibility for college-level composition (ENG 1A, ENG 1AEX, or ESL 1A) as determined by college assessment or other appropriate method. 54 hours.

Non-Degree Applicable, Noncredit Grading Option: OP