

# Graphic Communication

Dean - Monica Flores, 916-608-6620

Counseling - FLC/RCC 916-608-6500; EDC 530-642-5645

The Folsom Lake College Graphic Communication program combines artistic and design principles with technical knowledge, and provides students with instruction in computer graphic and Web design skills. Students learn concepts and principles of information design and delivery, as well as graphic design and production, using industry-standard software programs and practices, and employ these skills and concepts in the development and production of content for print and the Web.

## Career Options

The Graphic Communication program will prepare students for an entry-level position working as a web designer, production artist, or web author in a variety of fields.

## CERTIFICATE Web/Graphics Production

Web/Graphics Production involves the production of graphics for print and the Web. Students in the program learn industry-standard tools used in the Web and Graphic Design fields, and gain an understanding of the techniques, principles, and technical issues related to the production of graphics and web content. The certificate should prepare the student for an entry-level position working as a production artist or graphic assistant in a graphic design or web related field.

<b>REQUIRED PROGRAM</b> .....	<b>Units</b>
ART 320 (14) Design: Fundamentals .....	3
GCOM 330 Beginning Photoshop .....	3
GCOM 361 Creative Web Page Design .....	3
3 units from one of the following	
GCOM 340 Beginning Adobe Illustrator (3)	
CISW 300 (22) Web Publishing (3)	
<b>TOTAL UNITS REQUIRED</b> .....	<b>12</b>

## Graphic Communication (GCOM)

### GCOM330

#### Beginning Photoshop

**3 units**

*Prerequisite: None*

*Course Transferable to CSU*

*Hours: 36 hours LEC ; 54 hours LAB*

Discover the ultimate power of creating, manipulating, and enhancing images by using the professional graphic design and Web design imaging software of choice, Adobe Photoshop. This beginner's course covers how to effectively use this software for the graphic design industry, as well as how to plan and carry out a digital imaging project. This course may be repeated twice for credit if the version of software being taught has changed.

### GCOM340

#### Beginning Adobe Illustrator

**3 units**

*Prerequisite: None*

*Course Transferable to CSU*

*Hours: 36 hours LEC ; 54 hours LAB*

When illustrating digitally for print or Web media, one of the skills artists and designers need to have is the ability to draw with vector digital tools. This beginner's course, provides professional tips and techniques while introducing graphic design and Web design students to the industry's leading vector-drawing program-Adobe Illustrator. Learn how digital illustrations are produced with a variety of lines and fills, gradients and blends, and special effects. This course gives students the foundation to create original graphics and illustrations digitally. This course may be repeated once for credit if the version of software being taught has changed.

### GCOM361

#### Creative Web Page Design

**3 units**

*Prerequisite: GCOM 330 (66) Beginning Photoshop or GCOM 340 (75) Beginning Adobe Illustrator*

*Course Transferable to CSU*

*Hours: 36 hours LEC ; 54 hours LAB*

This course uses a visual editor for Web page design. Employing graphic design practices, information design principles, and audience analysis concepts, students will learn to create Web sites with well-designed navigation and content, and which are tailored to a specific audience.

### GCOM363

#### Advanced Creative Web Page Design (Macromedia Flash)

**3 units**

*Prerequisite: Graphic Communication 361 (87)*

*Course Transferable to CSU*

*Hours: 36 hours LEC ; 54 hours LAB*

This course covers the creation of vector-based graphics, animation and interactivity within the Web environment. Emphasis will be placed on applying design principles to the elements of motion and interactivity. The basic operating principles of Macromedia Flash will be applied in order to create Web sites with animation, interactive buttons and sound. Issues of creative process for Web design, working with a client, bandwidth restrictions, and optimal delivery will be covered. This course may be repeated once for credit if the version of software being taught has changed.

# Health Education

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*This Folsom Lake College program in Health Education is designed to provide students the essential information for the evaluation, protection and maintenance of individual health. The Health Science course fulfills a portion of the General Education graduation requirement for Living Skills and is transferrable to all four-year colleges and universities.*

## Health Education (HEED)

### HEED300

#### Health Science

3 Units

Formerly: HEED 1

*Prerequisite: None*

*Course Transferable to UC/CSU*

*Hours: 54 hours LEC*

The aim of this course is to help people achieve a high level of wellness and prevent disease by assisting them to maximize both their personal lifestyles and their environments. This course will help you to identify the various factors influencing your current and future levels of wellness. Information presented will include, but not be exclusive to: mental health, stress management, nutrition, weight control, fitness, sexuality, addictive substances, and disease.

### HEED312

#### Community CPR (Cardiopulmonary Resuscitation) - Basic Life Support 1 Unit

Formerly: HEED 11

*Prerequisite: None*

*Course Transferable to CSU*

*Hours: 18 hours LEC*

This course includes information essential for first aid knowledge, skill ability, and personal judgment in basic life support and CPR (cardio-pulmonary resuscitation) for adults, children and infants. Instruction includes adult, child and infant CPR, choke rescues and recognizing symptoms of heart attacks. Students successfully completing this course and qualifying tests will be eligible to receive an American Red Cross certificate in adult, child and infant CPR. This course may be taken four times for credit.

### HEED313

#### Standard First Aid

1 Unit

Formerly: HEED 10

*Prerequisite: None*

*Course Transferable to UC/CSU; UC-See Counselor*

*Hours: 18 hours LEC*

This course includes first aid procedures such as how to deal with cuts, bruises, bone/muscle injuries, shock, bleeding, other first aid emergencies, and also adult one-rescuer CPR (cardiopulmonary resuscitation). These instructional methods and techniques meet the requirements from the American Red Cross in Standard First Aid and CPR. This course is recommended for lifeguards, ski patrol, recreation workers, teachers and Physical Education majors. Students successfully completing this course and qualifying tests are issued American Red Cross certificates in Standard First Aid and in Adult CPR. This course may be taken four times for credit.

### HEED314

#### Community and First Aid and Safety 2 Units

Formerly: HEED 12

*Prerequisite: None*

*Course Transferable to UC/CSU; UC - See Counselor*

*Hours: 36 hours LEC*

This course includes lecture and practice in Community CPR (Cardio-pulmonary resuscitation), including adult, infant and child CPR. Also included are choke-rescue and how to recognize symptoms of a heart attack. There will also be lecture and practice in First Aid procedures such as how to deal with cuts, bruises, bone/muscle injuries, shock, bleeding and other first aid emergencies. These instructional methods and techniques meet the requirements from American Red Cross in adult, infant, and child CPR and First Aid. Students successfully completing course and qualifying tests are issued American Red Cross certificates in adult, child, and infant CPR and in First Aid. This course may be taken four times for credit.

### HEED350

#### Personal Wellness

3 Units

Formerly: HEED 2

*Prerequisite: None*

*Course Transferable to CSU*

*Hours: 54 hours LEC*

This course takes a personal approach to lifetime healthy habits. The students will relate their own lives to topics that include: fitness, weight management, relationships, nutrition, stress management, sexual health, risky behaviors, and prevention of diseases. Assessment, plans for change and reinforcement will be applied through the use of journals, projects, written assignments and tests. Not open to students who have received credit for PET 301.

### HEED495

#### Independent Studies in Health Education

1-3 Units

Formerly: HEED 49I

*Prerequisite: None*

*Course Transferable to CSU*

*Hours: Variable*

*See Catalog under Alternative Credit/  
Study Options*

### HEED499

#### Experimental Offering in Health Education

5-4 Units

Formerly: HEED 49

*Prerequisite: None*

*Course Transferable to CSU*

*Hours: Variable*

*See Catalog under Alternative Credit/  
Study Options*