CUYAMACA COLLEGE

Spring 2026 Intersession Courses

January 5, 2025 through January 31, 2025 As of October 23, 2025

Important class offering information for the fall semester:

Grossmont-Cuyamaca Community College District will be adopting new course numbers and titles beginning Fall 2025 as part of Phase I of the Common Course Numbering project. These changes will appear across the schedule, catalogs, and other college publications, affecting the following courses:

Common Course Number (CCN)	Former Course Number	Effective
ENGL C1000	ENGL 120	Fall 2025
Academic Reading and Writing	College Composition & Reading	
ENGL C1001	ENGL 124	Fall 2025
Critical Thinking and Writing	Advanced Composition: Critical Reasoning	
COMM C1000	COMM 122	Fall 2025
Introduction to Public Speaking	Public Speaking	
STAT C1000	MATH 160	Fall 2025
Introduction to Statistics	Elementary Statistics	
POLS C1000	POSC 121	Fall 2025
American Government and Politics	Intro to U.S. Govt & Politics	
PSYC C1000	PSY 120	Fall 2025
Introduction to Psychology	Introductory Psychology	

Please see https://www.gcccd.edu/ccn/index.php for more information on common course numbering.

ART

ART-100 Art Appreciation 3.0

Learn how art influences your life.

S 1685 TBA WEB-WEB C.Lewallen Jan 05-Jan 31 Online course; 52.5 total instructional hours. Familiarity with

computers and Internet required.

LTC Low Textbook Cost section: The total cost of books,

textbooks, and/or other instructional resources for this course does not exceed \$40.

S 4927 TBA WEB-WEB O.Montano Jan 05-Jan 31 Online course; 52.5 total instructional hours. Contact omar.montano@gcccd.edu. Familiarity with computers, Internet

required.

BUSINESS

BUS-125 Business Law 3.0

S 6742 TBA WEB-WEB J.Rettinger Jan 05-Jan 31 Online course; 52.5 total instructional hours. Familiarity with computers, Internet required. Email instructor with questions.

ZTC Zero Textbook Cost section: This course does not require purchase of a textbook and may use free Open Educational

Resources (OER) or free textbook alternatives.

BUS-128 Business Communication 3.0

Prerequisite: "C" grade or higher or "Pass" in ENGL C1000 or

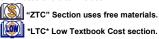
ESL 122 or equivalent

6744 TBA WEB-WEB M.Aubry Jan 05-Jan 31 Online course; 52.5 total instructional hours. Familiarity with computers, Internet required. There are no mandatory meetings however students must be able to make a presentation online; details will be posted in syllabus. Email michael.aubry@gcccd.edu with questions.

~ Satisfies California General Education Transfer Curriculum (Cal-GETC)

Satisfies Cuyamaca College General Education (includes Graduation Requirement)

S Denotes short-term class



CUYAMACA COLLEGE:SP2026-10/23/2025

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COMMUNICATION

COMM-110 Intro to Mass Communication

S 8248 TBA WEB-WEB K. Togerson Jan 05-Jan 31 Online course; 52.5 total instructional hours. Familiarity with computers, Internet required.



ZTC Zero Textbook Cost section: This course does not require purchase of a textbook and may use free Open Educational Resources (OER) or free textbook alternatives.

COMM-120 Interpersonal Communication 3.0

1922 TBA WEB-WEB C. Pearson Jan 05-Jan 31 Online course; 52.5 total instructional hours. Familiarity with computers, Internet required.

1945 TBA WEB-WEB T.Romero S Jan 05-Jan 31 Online course; 52.5 total instructional hours. Familiarity with computers, Internet required.



ZTC Zero Textbook Cost section: This course does not require purchase of a textbook and may use free Open Educational Resources (OER) or free textbook alternatives.

 COMM-C1000
 Introduction
 Public
 Speaking
 3.0

 0171
 09:30AM-12:00PM
 MTWTHF
 B-253
 B.O'Donnell
 Jan 05-Jan 31
 Section 0171 will meet MTWTHF 9:30am-12:00pm in B-253.



ZTC Zero Textbook Cost section: This course does not require purchase of a textbook and may use free Open Educational Resources (OER) or free textbook alternatives.

COUNSELING

COUN-120 College and Career Success 3.0

8444 TBA WEB-WEB C.Morrin Jan 05-Jan 31 Online course; 52.5 total instructional hours. Familiarity with computers, Internet required. Visit www.cuyamaca.edu/faculty-directory/cindy-morrin/ for more information, questions, and your instructor contact.



ZTC Zero Textbook Cost section: This course does not require purchase of a textbook and may use free Open Educational Resources (OER) or free textbook alternatives.

CENTER FOR WATER STUDIES

CWS-206 Advan Electric & Instr Process 3.0

Prerequisite: "C" grade or higher or "Pass" in CWS 106 or equivalent

WEB-WEB C. Palechek Online course; 52.5 total instructional hours. Familiarity with computers, Internet required. Email carlton.palechek@gcccd.edu with questions.



ZTC Zero Textbook Cost section: This course does not require purchase of a textbook and may use free Open Educational Resources (OER) or free textbook alternatives.

EXERCISE SCIENCE

ES-248 Conditioning for Athletes 1.0 \$17.50 insurance fee due at registration.

07:00AM-07:50AM TWTHF D-205 T.Hunt 08:00AM-08:50AM TWTHF D-205 S Jan 05-Jan 31

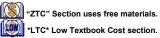
Designed for Men's and Women's Cross-Country Athletes.

11:00AM-01:15PM MW SCGC-SCGC J.Klein Jan 05-Jan 31 01:25PM-03:40PM MW SCGC-SCGC S 6675

Designed for Men's and Women's Intercollegiate Golf. Meets at the Steele Canyon Golf Club, 3199 Stonefield Dr., Jamul, CA 91935. Students must bring their own golf clubs.

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ES-271 Fitness Walking w/Children 1.0

4163 TBA WEB-WEB S.Nordquist Jan 05-Jan 17 Online course; 17.5 total instructional hours. Familiarity with computers and Internet required.

HEALTH EDUCATION

HED-120 Personal Health and Lifestyles

4179 TBA WEB-WEB L.Hollands Jan 05-Jan 31 S Online Course; 52.5 instructional hours. Familiarity with computers, Internet required. Instructor contact information lucinda.hollands@gcccd.edu.



 $\ensuremath{^{\star}\text{ZTC}^{\star}}$ Zero Textbook Cost section: This course does not require purchase of a textbook and may use free Open Educational Resources (OER) or free textbook alternatives.

HED-202 Health Professions & Org

S 2921 TBA WEB-WEB P.Thiss Jan 05-Jan 31 Online course; 52.5 total instructional hours. Familiarity with computers, Internet required.

HED-204 Health and Social Justice

1537 TBA WEB-WEB S.Herrin Jan 05-Jan 31 Online course; 52.5 total instructional hours. Familiarity with computers, Internet required.



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HISTORY

HIST-100 Early World History 3.0

Study of ancient societies and cultures from historical beginnings to 1500.

- WEB-WEB P. Utgaard S 4351 TBA Online course; 52.5 total instructional hours. Familiarity with computers, Internet required.
- HIST-108 Early American History 3.0

Exploration of early U.S. history from settlement through the Civil War.

WEB-WEB STAFF 0544 TBA Jan 05-Jan 31 Online course; 52.5 total instructional hours. Familiarity with computers, Internet required.

HUMANITIES

HUM-110 Principles of the Humanities

WEB-WEB L.Aguilera 3138 TBA Jan 05-Jan 31 S Online course; 52.5 total instructional hours. Familiarity with computers, Internet required.



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NUTRITION

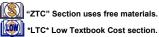
NUTR-155 Introduction to Nutrition
1449 TBA WEB-WEB D. Pauls S Jan 05-Jan 31 Online course; 52.5 total instructional hours. Familiarity with computers, Internet required.



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POLI SCI-POLS C1000/POSC 121

#~ POLS-C1000 American Gov & Politics 3.0

O217 TBA WEB-WEB J.Franco Jan 05-Jan 31 Online course; 52.5 total instructional hours. Familiarity with computers, Internet required.



ZTC Zero Textbook Cost section: This course does not require purchase of a textbook and may use free Open Educational Resources (OER) or free textbook alternatives.

PSYCHOLOGY-PSYC C1000/PSY 120

#~ PSYC-C1000 Introduction to Psychology 3.0
Advisories/Recommended Preparation: Eligibility for
college-level writing (C-ID ENGL 100) and reading (a course
with an existing skill of ability to read a college level
text)

S 0139 TBA WEB-WEBS.Weinert Jan 05-Jan 31 Online course; 52.5 total instructional hours. Familiarity with computers, Internet required.



ZTC Zero Textbook Cost section: This course does not require purchase of a textbook and may use free Open Educational Resources (OER) or free textbook alternatives.

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