

Glendale College Course Outline of Record Report

Course ID 010783
Created - May 2025

LLS60 : Digging Deeper: Exploring the People-Plant Connection

General Information

Author:	<ul style="list-style-type: none"> Jane Dilucchio
Course Code (CB01) :	LLS60
Course Title (CB02) :	Digging Deeper: Exploring the People-Plant Connection
Department:	LLS
Proposal Start:	Winter 2026
TOP Code (CB03) :	(0109.00) Horticulture*
CIP Code:	(01.0601) Applied Horticulture/Horticulture Operations, General.
SAM Code (CB09) :	E - Non-Occupational
Distance Education Approved:	No
Will this course be taught asynchronously?:	No
Course Control Number (CB00) :	No value
Curriculum Committee Approval Date:	05/28/2025
Board of Trustees Approval Date:	07/08/2025
Last Cyclical Review Date:	05/28/2025
Course Description and Course Note:	<p>LLS 60 focuses on the people-plant connection as students learn about our innate desire to connect with nature. Students explore the benefits of interacting with plants including stress reduction, improved cognitive function, better physical health and increased social connection. This class will feature hands-on activities to enhance the sensory experience. Lecture 16 hours.</p> <p>Note: This class is Pass/No pass only.</p>
Justification:	New Course
Academic Career:	<ul style="list-style-type: none"> Noncredit
Mode of Delivery:	<ul style="list-style-type: none"> In-Person
Author:	No value
Course Family:	No value

Academic Senate Discipline

Primary Discipline:	<ul style="list-style-type: none"> Ornamental Horticulture (Landscape horticulture, design, maintenance, landscape architecture, floristry, floral design)
Alternate Discipline:	<ul style="list-style-type: none"> Gerontology
Alternate Discipline:	No value

File Upload

File Upload

No Value

Course Development

Basic Skill Status (CB08)

Course is not a basic skills course.

Allow Students to Gain Credit by Exam/Challenge

Course Special Class Status (CB13)

Course is not a special class.

Pre-Collegiate Level (CB21)

Not applicable.

Grading Basis

- Pass / No-Pass Only

Course Support Course Status (CB26)

Course is not a support course

General Education and C-ID

General Education Status (CB25)

Not Applicable

Transferability

Not transferable

Transferability Status

Not transferable

Units and Hours

Summary

Minimum Credit Units (CB07)	0
Maximum Credit Units (CB06)	0
Total Course In-Class (Contact) Hours	16
Total Course Out-of-Class Hours	0
Total Student Learning Hours	16

Credit / Non-Credit Options

Course Type (CB04)

Non-Credit

Noncredit Course Category (CB22)

Courses for Older Adults.

Noncredit Special Characteristics

No Value

Course Classification Code (CB11)

Non-Enhanced Funding.

Funding Agency Category (CB23)

Not Applicable.

Cooperative Work Experience Education Status (CB10)

Variable Credit Course

Weekly Student Hours

	In Class	Out of Class
Lecture Hours	16	0
Laboratory Hours	0	0
Studio Hours	0	0

Course Student Hours

Course Duration (Weeks)	18
Hours per unit divisor	54
Course In-Class (Contact) Hours	
Lecture	16
Laboratory	0
Studio	0
Total	16
Course Out-of-Class Hours	
Lecture	0
Laboratory	0
Studio	0
Total	0

Time Commitment Notes for Students

No value

Units and Hours - Weekly Specialty Hours

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

Prerequisites, Corequisites, Recommended Corequisites, and Recommended Preparation

No Value

Entry Standards

Entry Standards	Description
No value	No value

Course Limitations

Cross Listed or Equivalent Course	Description
No value	No value

Requisite Validation

Upload Statistical Validation and/or other documents (if necessary)

No Value

Specifications

Methods of Instruction

Methods of Instruction	Demonstrations
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Methods of Instruction	Lecture
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Methods of Instruction	Collaborative Learning
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Out of Class Assignments

None

Methods of Evaluation

Project/Portfolio

Rationale

Each lesson includes a hands-on project which students will share and critique.

Textbook Rationale

No Value

Textbooks

Author	Title	Publisher	Date	ISBN
No Value	No Value	No Value	No Value	No Value

Other Instructional Materials (i.e. OER, handouts)

Description	Instructor-generated materials
Author	No value
Citation	No value
Online Resource(s)	No value

Learning Outcomes**Course Objectives**

Explore the positive benefits of interacting with plants.

Increase mental and physical well-being from interacting with nature.

SLOs

Demonstrate proper care of selected plants.	Expected Outcome Performance: 0.75
Discuss the proper use of culinary plants.	Expected Outcome Performance: 0.75

Additional SLO Information

Does this proposal include revisions that might improve student attainment of course learning outcomes?

No

Is this proposal submitted in response to learning outcomes assessment data?

No

If yes was selected in either of the above questions for learning outcomes, explain and attach evidence of discussions about learning outcomes.

No Value

SLO Evidence

No Value

Course Content

Lecture Content

Introduction to Therapeutic Horticulture (2 hours)

- Provide a basic introduction to the principles of therapeutic horticulture and the restorative power of nature.
- Explore the concept of the people-plant connection and make connections to our own personal experiences with plants and nature.

Culinary Herbs (2 hours)

- Learn how to grow and care for a simple herb garden that will provide culinary options.
- Discover sensory delights of fragrant herbs such as rosemary, thyme, basil and oregano.

Nature Mandalas (2 hours)

- Explore naturally occurring patterns found in nature and connect them to the ancient art of making mandalas.
- Create nature mandalas using fresh plants, flowers and natural materials.

Forest Bathing (2 hours)

- Explore the Japanese art of Shinrin-yoku, or forest bathing.
- Learn about the practice of forest bathing and how we can do our very own forest bathing here in Los Angeles.
- Discover how this soothing practice can increase our mindfulness and relaxation.

The Language of Flowers (2 hours)

- Provide the specific meanings or definitions assigned to flowers.
- Discuss the history of "talking bouquets."
- Design mini bouquets using fresh flowers and herbs.

Medicinal Herbs (2 hours)

- Explore the numerous traditional medicinal uses of herbs and learn how to grow a medicinal herb garden.
- Study the difference between dried and fresh herbs,
- Craft a soothing herbal sachets.

Therapeutic Gardens Around the World (2 hours)

- Virtually explore some of the world's therapeutic garden spaces, including one at our own Los Angeles Arboretum.

Growing a Tea Garden (2 hours)

- Discover how to grow a tea garden.
- Explore a variety of fragrant herbs such as mint, chamomile and lavender and craft our own tea blend.

House Plants 101 (2 hours)

- Discover some of the easiest plants to grow indoors and learn how to properly care for them.

Nature Journaling (2 hours)

- Craft a nature journal.
- Explore ways to record and interpret the natural world.

Propagating Plants Via Cuttings (2 hours)

- Learn how to grow new plants from existing ones via cuttings.

Sowing California Wildflowers (2 hours)

- Discover how native wildflowers attract native pollinators to the garden.
- Learn about California's most famous and beautiful wildflower,
- Craft seed balls from clay, compost and native wildflower seeds.

Total Hours: 16

Additional Information

Repeatability

Repeatable

Justification (if repeatable was chosen above)

Non-credit courses

Is it possible this course will have a material fee?

No

I have contacted my library liaison (<https://campusguides.glendale.edu/faculty/liaisons>):

No

What term(s) will this course be offered?

Fall/Winter/Spring/Summer

Will any additional resources be needed for this course? (Click all that apply)

- No

If additional resources are needed, add a brief description and cost in the box provided.

No Value