Central New Mexico Community College (CNM) offers various introductory courses in information technology and computer science that would be suitable for students majoring in Applied Technologies. Here are some specific courses they might consider:

- 1. **Introduction to Computer Information Systems (CIS 1101)**: This course provides a foundational understanding of computers and their applications in business and technology.
- 2. **Introduction to Programming Logic and Design (CIS 1130)**: This course introduces students to the fundamental concepts of programming logic and design using a high-level programming language like Python or Java.
- 3. **Introduction to Web Development (CIS 1280)**: This course covers the basics of web development, including HTML, CSS, and JavaScript, allowing students to create and design websites.
- 4. **Introduction to Database Concepts (CIS 1190)**: Students learn the basics of database management systems, including data modeling, database design, and SQL queries.
- Introduction to Networking (CIS 1105): This course provides an overview of computer networking principles, including network protocols, hardware components, and network security.
- 6. **Introduction to Cybersecurity (CIS 1500)**: Students learn about basic cybersecurity principles, including threat detection, risk assessment, and security best practices.
- 7. **Introduction to Computer Science (CS 1510)**: This course covers fundamental concepts in computer science, including algorithms, data structures, and problem-solving techniques.