

OPTION 1 - AA/AS LOCAL GENERAL EDUCATION

This option is designed for students pursuing a degree and who may or may not be planning to transfer to a four-year institution. Most of the coursework in this option is applicable towards transfer. Other colleges and universities may accept this degree for transfer. It is important to contact a Coastline counselor or your transfer institution for guidance in preparing your educational plan. In addition to the General Education requirements below, students must complete additional requirements for the Associate Degree listed in the catalog under Associate Degree Requirements.

Complete at least 24 units in the specific courses listed in Areas 1-7E. Students may select courses from any sub-group under each specific area. One course may not be used to satisfy more than one general education requirement; however, the same course may be used to satisfy both a general education requirement and a requirement for the major or area of emphasis. Complete at least 2.5 units from the Global and Multicultural Studies courses. View the Global and Multicultural Studies (<https://catalog.cccd.edu/coastline/graduation-requirements/#globalandmulticulturalstudies>) course list. This requirement may double count with a course completed as a part of a student's Program of Study or General Education.

COURSE LISTS

Area 1 – English Composition, Oral Communication, and Critical Thinking

One course from each group:

Group 1A - English Composition

Course	Title	Units
Must complete one of these courses with a grade of C or better.		
ENGL C100	Freshman Composition	4
ENGL C101	Critical Reasoning, Reading, and Writing Through Literature	4
ENGL C109	Essay Writing	3
ENGL C135	Business Writing	3

Group 1B - Oral Communication and Critical Thinking

Course	Title	Units
CMST C100	Interpersonal Communication	3
CMST C101	Fundamentals of Human Communication	3
CMST C110	Public Speaking	3
CMST C140	Small Group Communication	3
CMST C150	Intercultural Communication	3
CMST C220	Essentials of Argumentation	3
MCOM C100	Introduction to Mass Communications	3

Area 2 - Mathematical Concepts and Quantitative Reasoning

Complete one of the following with a grade of C or better.

Course	Title	Units
MATH C100	Liberal Arts Mathematics	3
MATH C103	Statistics for Elementary Teachers	3
MATH C104	Mathematics for Elementary Teachers	3
MATH C106	Geometry for Elementary Teachers	3
MATH C115	College Algebra	4
MATH C120	Trigonometry	3
MATH C140	Business Calculus	4
MATH C150	Finite Mathematics With Applications	4
MATH C160	Introduction to Statistics	4
MATH C170	Precalculus	5
MATH C180	Calculus 1	5
MATH C185	Calculus 2	5
MATH C230	Introduction to Discrete Math	5
MATH C280	Calculus 3	5
MATH C285	Introduction to Linear Algebra and Differential Equations	5

Area 3 - Arts and Humanities

Any three units from 3A and/or 3B.

Group 3A - Arts

Course	Title	Units
ART C100	Survey of Art: Prehistory through Late Gothic	3
ART C101	Survey of Art: Renaissance to Contemporary	3
ART C102	Contemporary Art History	3
ART C103	History of Asian Art	3
ART C104	The History of Impressionist and Post-Impressionist Art	3
ART C105	Introduction to Art	3
ART C109	The History and Appreciation of Italian Renaissance Art	3
ART C110	Color and Design: 2-D	3
ART C120	Drawing 1	3
ART C121	Life Drawing 1	3
ART C122	Painting 1	3
ART C131	Chinese Brush Painting Teaching Techniques 1	2
ART C133	Chinese Landscape Painting 1	2
ART C135	Survey of Chinese Brush Painting	2
ART C137	History and Appreciation of Chinese Art and Culture	2
ART C140	Advanced Drawing	3
ART C142	Painting 2	3
ART C150	Ceramics 1	3
ART C151	Ceramics 2	3
ART C152	History and Appreciation of Ceramics	3
ART C153	Art of the Ancient Americas	3
ART C154	Arts of Africa, Oceania, and Indigenous North America	3
ART C176	Survey of East Asian Brush Painting	3

Course	Title	Units
ART C178	Painting and Appreciation of East Asian Art and Culture	3
ART C179	East Asian Brush Painting Teaching Techniques	3
ART C183	Introduction to Digital Art and Media ⁽²⁾	3
ART C190	Multimedia With Painter 6.0	3
ART C205	Contemporary Illustration and Design	3
ART C212	Creative Photoshop For Digital Photographs	3
ART C221	Life Drawing 2	3
ART C222B	Painting 4	1.5
ART C230	Landscape Painting 1	1.5
ART C231	Landscape Painting 2	1.5
ART C232	Plein Air Painting	1.5
ART C263	Watercolor 1	3
DGA C100	Introduction to Digital Art and Media ⁽²⁾	3
HUM C135	History and Appreciation of the Cinema	3
MUS C100	History and Appreciation of Music	3
MUS C103	World Music	3
MUS C130	Beginning Guitar	2
MUS C131	Intermediate Guitar	2
MUS C139	History of Rock Music	3
MUS C143	History of Jazz	3
THEA C100	Introduction to Theater	3
THEA C101	Introduction to History and Literature of Theater	3
THEA C106	Acting Fundamentals	3
THEA C107	Acting 2	3
THEA C111	The Show: Creating and Performing for Television and the Web	3

Group 3B - Humanities

Course	Title	Units
ARAB C180	Elementary Arabic 1	5
ARAB C180A	Elementary Arabic 1A	2.5
ARAB C180B	Elementary Arabic 1B	2.5
ARAB C182	Conversational Arabic	3
ARAB C185	Elementary Arabic 2	5
ARAB C185A	Elementary Arabic 2A	2.5
ARAB C185B	Elementary Arabic 2B	2.5
ARAB C280A	Intermediate Arabic 1A	2
ARAB C280B	Intermediate Arabic 1B	2
BIOL C122	Bioethics ⁽²⁾	3
CHIN C180	Elementary Chinese 1	5
CHIN C185	Elementary Chinese 2	5
ENGL C101	Critical Reasoning, Reading, and Writing Through Literature	4
ENGL C102	Critical Reasoning, Reading, and Writing	3
ENGL C128	Asian American and Transpacific Literature	3
ENGL C129	Black Voices: Introduction to African American Literature	3
ENGL C140	Appreciation of Literature	3

Course	Title	Units
ENGL C143	Children's Literature	3
ENGL C144	The International Short Story	3
ENGL C145	American Literature: The Short Story	3
ENGL C146	Introduction to 20th Century Military Fiction	3
ENGL C150	American Literature through the Civil War	3
ENGL C155	American Literature 1865 to Present	3
ENGL C181	Shakespeare	3
ENGL C270	British Literature to 1800	3
ENGL C275	British Literature since 1800	3
ENGL C296	Gothic Victorian Literature	3
ENGL C297	American Gothic Literature	3
FREN C180	Elementary French 1	5
FREN C185	Elementary French 2	5
FREN C280	Intermediate French 1	4
FREN C285	Intermediate French 2	4
HIST C115	Latin American History and Culture	3
HIST C121	History of American Women	3
HIST C122	Chicano History ⁽²⁾	3
HIST C150	History of California	3
HIST C161	World History 1	3
HIST C162	World History 2	3
HIST C170	United States History to 1876	3
HIST C175	United States History since 1876	3
HIST C180	Western Civilization 1	3
HIST C185	Western Civilization 2	3
HUM C100	Introduction to the Humanities	3
HUM C110	Humanities through the Arts	3
ITAL C180	Elementary Italian 1	5
ITAL C185	Elementary Italian 2	5
JAPN C180	Elementary Japanese 1	5
JAPN C185	Elementary Japanese 2	5
PHIL C100	Introduction to Philosophy	3
PHIL C102	History of Ancient Philosophy	3
PHIL C113	Environmental Ethics: Philosophical Approaches to Sustainability	3
PHIL C115	Logic and Critical Thinking	3
PHIL C120	Ethics	3
PHIL C122	Bioethics ⁽²⁾	3
PHIL C140	Business and Organizational Ethics	3
PHIL C220	Introduction to Symbolic Logic	3
SPAN C160	Spanish for Spanish Speakers 1	5
SPAN C165	Spanish for Spanish Speakers 2	5
SPAN C180	Elementary Spanish 1	5
SPAN C180A	Elementary Spanish 1A	2.5
SPAN C180B	Elementary Spanish 1B	2.5
SPAN C185	Elementary Spanish 2	5
SPAN C185A	Elementary Spanish 2A	2.5
SPAN C185B	Elementary Spanish 2B	2.5
SPAN C280	Intermediate Spanish 1	4
SPAN C285	Intermediate Spanish 2	4

Course	Title	Units
THEA C101	Introduction to History and Literature of Theater	3
VIET C160	Vietnamese For Vietnamese Speakers	5
VIET C180	Elementary Vietnamese 1	5
VIET C185	Elementary Vietnamese 2	5
VIET C280	Intermediate Vietnamese 1	4
VIET C285	Intermediate Vietnamese 2	4

(2)Course has credit limitations or is cross-listed with (identical to) another course on this list.

Please check with a Counselor or consult the Coastline Catalog Course Descriptions (<https://catalog.cccd.edu/coastline/course-descriptions/credit-courses/>) for the limitation.

Area 4 - Social and Behavioral Science

Complete any 3 units

Course	Title	Units
AGNG C120	Introduction to Aging Studies	3
AGNG C170	Psychology of Aging ⁽²⁾	3
ANTH C100	Cultural Anthropology	3
ANTH C120	Introduction to Archaeology	3
ANTH C150	World Cultures	3
ANTH C175	Global Perspectives of Food and Culture ⁽²⁾	3
ANTH C185	Physical Anthropology	3
CMST C150	Intercultural Communication	3
CJ C140	Introduction to Criminal Justice	3
ECON C110	Economic Issues and Policy	3
ECON C170	Principles of Microeconomics	3
ECON C175	Principles of Macroeconomics	3
ETHS C100	Introduction to Ethnic Studies	3
ETHS C123	History of Ethnic Minorities in the United States ⁽²⁾	3
ETHS C233	Racial and Ethnic Relations in America ⁽²⁾	3
FN C177	Global Perspectives of Food and Culture ⁽²⁾	3
GEOG C100	World Regional Geography	3
GEOG C150	California Geography	3
GEOG C185	Cultural Geography	3
HIST C115	Latin American History and Culture	3
HIST C121	History of American Women	3
HIST C122	Chicano History ⁽²⁾	3
HIST C123	History of Ethnic Minorities in the United States ⁽²⁾	3
HIST C150	History of California	3
HIST C161	World History 1	3
HIST C162	World History 2	3
HIST C170	United States History to 1876	3
HIST C175	United States History since 1876	3
HIST C180	Western Civilization 1	3
HIST C185	Western Civilization 2	3

Course	Title	Units
HSVC C106	Cultural Competence in Health & Social Services	3
HUM C110	Humanities through the Arts	3
MCOM C100	Introduction to Mass Communications	3
MCOM C150	Introduction to Radio, TV, Film	3
PSCI C101	Survey of Current Issues	3
PSCI C160	Law and Democracy	3
PSCI C180	American Government	3
PSCI C183	Introduction to International Relations	3
PSCI C185	Comparative Government and Politics	3
PSCI C188	Political Theory	3
PSCI C200	Introduction to Political Science	3
PSYC C100	Introduction to Psychology	3
PSYC C116	Child Growth and Development	3
PSYC C118	Life Span Developmental Psychology	3
PSYC C165	Principles of Human Sexuality 1	3
PSYC C170	Psychology of Aging ⁽²⁾	3
PSYC C255	Abnormal Psychology	3
PSYC C260	Social Psychology	3
PSYC C280	Introduction to Research Methods in Psychology	4
SOC C100	Introduction to Sociology	3
SOC C110	Dating, Relationships, and Marriage	3
SOC C120	Introduction to Aging Studies	3
SOC C130	Globalization and Social Change	3
SOC C185	Analysis of Social Problems	3
SOC C233	Racial and Ethnic Relations in America ⁽²⁾	3
SOC C245	Perspectives of Sex and Gender	3

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Area 5 - Natural Sciences

Any three units from 5A and/or 5B.

Group 5A - Physical Sciences

Course	Title	Units
ASTR C100	Introduction to Astronomy	3
ASTR C100 & C100L	Introduction to Astronomy and Astronomy Laboratory	4
CHEM C100	Principles of Chemistry	3
CHEM C110	Introduction to Chemistry	5
CHEM C130	Preparation for General Chemistry	4
CHEM C140	Survey of Chemistry and Physics	4
CHEM C180	General Chemistry A	4
CHEM C180 & C180L	General Chemistry A and General Chemistry A Lab	5
CHEM C185	General Chemistry B	4
CHEM C185 & C185L	General Chemistry B and General Chemistry B Lab	5

Course	Title	Units
CHEM C220	Organic Chemistry A	3
CHEM C220 & C220L	Organic Chemistry A and Organic Chemistry A Lab	5
CHEM C225	Organic Chemistry B	3
CHEM C225 & C225L	Organic Chemistry B and Organic Chemistry B Lab	5
ENVS C100	Introduction to Environmental Science	3
GEOG C180	Physical Geography	3
GEOG C180 & C180L	Physical Geography and Physical Geography Lab	4
GEOL C105	General Geology	3
GEOL C105 & C105L	General Geology and Geology Lab	4
GEOL C106	Earth Sciences for Teachers	4
GEOL C115	California Geology	3
GEOL C161	Environmental Geology	3
GEOL C162	Applied Environmental Geology	3
GEOL C185	Historical Geology	3
GEOL C185 & C185L	Historical Geology and Historical Geology Lab	4
PHYS C110	Conceptual Physics	3
PHYS C110 & C110L	Conceptual Physics and Conceptual Physics Lab	4
PHYS C120	Algebra Based Physics: Mechanics	4
PHYS C125	Algebra Based Physics: Electricity and Magnetism	4
PHYS C140	Survey of Chemistry and Physics	4
PHYS C185	Calculus Based Physics: Mechanics	4
PHYS C280	Calculus Based Physics: Electricity and Magnetism	4
PHYS C285	Calculus Based Physics: Modern Physics	4

Group 5B - Life Sciences

Course	Title	Units
AGNG C122	Biology of Aging	3
ANTH C185	Physical Anthropology	3
BIOL C100	Introduction to Biology	3
BIOL C100 & C100L	Introduction to Biology and Introduction to Biology Lab	4
BIOL C100C	Introduction to Biology Lecture/Lab	4
BIOL C102	Introduction to the Concepts of Anatomy and Physiology	3
BIOL C103	Introduction to Marine Science	3
BIOL C103 & C103L	Introduction to Marine Science and Marine Science Lab	4
BIOL C106	Human Ecology	3
BIOL C120	Biology of Aging	3
BIOL C180	Cell and Molecular Biology	4
BIOL C185	Diversity of Organisms	5
BIOL C210	General Microbiology	5
BIOL C220	Human Anatomy	5
BIOL C221	Introduction to Anatomy and Physiology	4
BIOL C225	Human Physiology	4

Course	Title	Units
BIOL C281	Biochemistry	4
BIOL C283	Genetics	4
CHEM C281	Biochemistry	4
ECOL C100	Human Ecology	3
ENVS C100	Introduction to Environmental Science	3
MRSC C100	Introduction to Marine Science	3
MRSC C100 & C100L	Introduction to Marine Science and Marine Sciences Lab	4
PSYC C250	Psychobiology	3

(2)Course has credit limitations or is cross-listed with (identical to) another course on this list.

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Area 6 - Ethnic Studies

Complete any 3 units.

Course	Title	Units
ETHS C123	History of Ethnic Minorities in the United States	3
ETHS C233	Racial and Ethnic Relations in America	3
HIST C123	History of Ethnic Minorities in the United States	3
SOC C233	Racial and Ethnic Relations in America	3

Area 7E - Self-Development

Must complete 3 units.

Course	Title	Units
AGNG C170	Psychology of Aging ⁽²⁾	3
AGNG C223	Healthy Aging ⁽²⁾	3
AGNG C225	Nutrition through the Lifecycle	3
AGNG C240	Aging in a Multicultural Society	3
BUS C120	Personal Finance	3
COUN C104	Career and Life Planning	3
COUN C105	Strategies for College Success	3
COUN C108	Applied Stress Management	3
COUN C109	Developing and Understanding Happiness	3
FN C170	Nutrition	3
FN C225	Nutrition through the Lifecycle	3
HLTH C100	Personal Health	3
HLTH C120	Introduction to Wellness Coaching	3
HLTH C223	Healthy Aging ⁽²⁾	3
KIN C101	Personal Fitness and Wellness ⁽²⁾	1
KIN C190	Physiology of Exercise	3
KIN C201	Fitness for Life	3
KIN C202	Introduction to Kinesiology	3
KIN C289	Exercise Testing and Prescription	3
LIBR C110	Library Research and Information Competency	2
MGMT C144	Introduction to Leadership	3

Course	Title	Units
PE C101	Personal Fitness and Wellness ⁽²⁾	1
PE C102	Lifetime Fitness	0.5-1
PE C115	Tai Chi Beginning	0.5-1
PE C116	Tai Chi Intermediate	0.5-1
PE C118A	Introduction to Yoga 1	0.5-1.5
PE C118B	Introduction to Yoga 2	0.5-1.5
PE C119A	Hatha Yoga 1	0.5-1.5
PE C119B	Hatha Yoga 2	0.5-1.5
PE C121A	Power Yoga 1	0.5-1.5
PE C121B	Power Yoga 2	0.5-1.5
PE C126A	Relaxation Movements 1	0.5-1.5
PE C126B	Relaxation Movements 2	0.5-1.5
PE C169A	Self Defense Arts	0.5-1.5
PE C169B	Self Defense Arts 2	0.5-1.5
PE C201	Fitness for Life	3
PSYC C116	Child Growth and Development	3
PSYC C118	Life Span Developmental Psychology	3
PSYC C165	Principles of Human Sexuality 1	3
PSYC C170	Psychology of Aging	3
READ C102	Critical Reading	3
SOC C120	Introduction to Aging Studies	3

(2) Course has credit limitations or is cross-listed with (identical to) another course on this list.

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