

LIBERAL ARTS: EMPHASIS IN HUMAN BEHAVIOR AND SELF DEVELOPMENT, ASSOCIATE IN ARTS DEGREE

Banner Code: 2_AA_LAHBSD

Control Number: 19461

Financial Aid Eligible

This program is designed for students who desire a broad knowledge of liberal arts and sciences, plus additional course work in an "Area of Emphasis." This program would be an ideal choice for students planning on transferring to the California State University (CSU) or University of California (UC), as the student may satisfy their general education requirements plus focus on transferable course work relating to baccalaureate majors at these institutions. Because admission and major preparation requirements vary at each transfer institution, courses used to fulfill requirements for an emphasis should be selected with the assistance of GWC Counselor.

All courses included in this major are transferable to the California State University (CSU) system, and the majority are transferable to the University of California (UC) system. The courses, with the appropriate selections made, will meet major preparation for entry to baccalaureate degree programs in Human Services, Social Services, Behavioral Sciences, and other related fields.

Program Level Learning Outcomes

Upon completion of this program, students will be able to:

1. Discover understanding of themselves and others to communicate and collaborate more effectively.
2. Distinguish methods for personal wellness for themselves and others.
3. Identify methods for collaborating with others in their community.
4. Develop methods for participating in group activities and collaborative projects.
5. Evaluate group interactions in a variety of contexts.

Review Graduation Requirements (<https://catalog.cccd.edu/golden-west/graduation-requirements/associate-degree/>) and General Education (<https://catalog.cccd.edu/golden-west/general-education/>).

Course	Title	Units
Select at least one course from each category below (A, B, and C), then select additional courses from categories A, B, and/or C, to total 18 credits (with no more than six credits of activity courses)		
A) Theory and Knowledge		
ACCT G100	Introduction to Accounting	3
ANTH G100	Introduction to Cultural Anthropology	3
ANTH G185	Physical Anthropology	3
ANTH G190	Introduction to Linguistics	3
ANTH G200	Gender, Culture, and Society	3
CMST G100	Interpersonal Communication	3
CMST G110	Public Speaking	3
CMST G112	Small Group Dynamics	3

Course	Title	Units
CMST G225	Negotiation and Mediation	3
CMST G255	Intercultural Communication	3
CMST G265	Gender Communication	3
CJ G110	Criminal Investigation	3
CJ G123	Juvenile Law	3
CJ G137	Community Relations And Special Issues In Criminal Justice	3
CJ G150	Introduction To Corrections	3
GLST G110	Conflict Resolution	3
GLST G230	Global Leadership: Concepts and Skills	3
PSYC G100	Introduction To Psychology	3
PSYC G116	Child Growth and Development	3
PSYC G255	Abnormal Psychology	3
PSYC G118	Life Span Developmental Psychology	3
PSYC G280	Research Methods in Psychology	4
PSYC G250	Psychobiology	3
PSYC G260	Social Psychology	3
SOC G100	Introduction To Sociology	3
SOC G110	Introduction To Marriage And The Family	3
SOC G133	Introduction to Race and Ethnicity	3
SOC G160	Sociology of Criminology	3
SOC G185	Analysis of Social Problems	3
B) Growth and Purpose		
BUS G121	Personal Finance	3
COLL G100	Becoming A Successful Student	3
CMST G110	Public Speaking	3
CMST G260	Organizational Communication	3
COUN G104	Career And Life Planning	3
COUN G115	Student-Athlete Success & Educational Planning	2
COUN G150	Planning for Arts, Languages, and Humanities	3
or COUN G151	Planning for Business	
or COUN G152	Planning for Health Science, Nursing and Kinesiology	
or COUN G153	Planning for Social and Behavioral Sciences	
or COUN G154	Planning for STEM (Computer Science, Engineering, Physics and Math)	
or COUN G155	Planning for STEM (Biological and Physical Sciences)	
COUN G205	Navigating the Transfer Process	1
EDUC G102	Teaching in a Diverse Society	3
EDUC G103	Technology Proficiencies For Teachers I	2
EDUC G200	The Teaching Profession	3
LIBR G110	Introduction to College Research	1
LIBR G120	Libraries And The Internet	1
PSYC G110	Psychology of Adjustment	3
PSYC G165	Principles of Human Sexuality 1	3
C) Health and Wellness		
<i>Non-Activity</i>		
HLED G100	Personal Health	3
HLED G107	Drugs, Health, and Society	3

Course	Title	Units	Course	Title	Units
HLED G135	Nutrition and Health	3	Major Total		18
KIN G100	Introduction to Kinesiology	3	GE Pattern (Local, CSU GE-Breadth, or IGETC)		18-39
KIN G101	First Aid/Cardio-Pulmonary Resuscitation	3	Total Units		60
KIN G110	Mental Skills for Performance	3			
KIN G281	Prevention and Care of Athletic Injuries	3			
PE G103	Exercise For Healthy Living	2			
<i>Activity</i>					
DANC G100	Modern Dance 1 - Beginning	2			
DANC G105	Strength and Stretch	1			
DANC G112	Ballroom Dance	1			
DANC G115	Tap Dance 1 - Beginning	2			
DANC G119	Hip Hop Dance	2			
DANC G120	Ballet 1 - Beginning	2			
DANC G125	Jazz Dance 1 - Beginning	2			
DANC G130	Dance For Musical Theater	2			
DANC G135	Mid-Eastern Dance	0.5,1			
DANC G230	Choreography	2			
DANC G235	Modern Dance Ensemble	2			
DANC G240	Tap Dance Ensemble	1,2			
DANC G245	Performance Ensemble	1-2			
PE G110	Swimming For Fitness	0.5,1			
PE G111	Swimming	1			
PE G130	Yoga	1			
PE G132	Pilates For Fitness	1			
PE G150	Badminton	1			
PE G158	Tennis	1			
PE G173	Introduction To Weight Training	1			
PE G176	Total Fitness For Women	1			
PE G181	Muscular Strength Training	1			
PE G186	Activities - Basketball	0.5-1			
PE G192	Soccer	1			
PE G195	Volleyball	0.5-1			
PE G196	Sand Volleyball	0.5-1			
ATHL G235	Basketball Team - Women	3			
ATHL G236	Basketball Team - Men	3			
ATHL G239	Softball Team - Women	3			
ATHL G240	Baseball Team	3			
ATHL G243	Cross Country Team - Women	3			
ATHL G244	Cross Country Team - Men	3			
ATHL G246	Football Team	3			
ATHL G249	Soccer Team - Women	3			
ATHL G250	Soccer Team - Men	3			
ATHL G253	Swimming Team - Women	3			
ATHL G254	Swimming Team - Men	3			
ATHL G255	Track Team - Women	3			
ATHL G256	Track Team - Men	3			
ATHL G259	Volleyball Team - Women	3			
ATHL G260	Volleyball Team - Men	3			
ATHL G263	Water Polo Team - Women	3			
ATHL G264	Water Polo Team - Men	3			
ATHL G279	Beach Volleyball - Women	3			