

# ASSOCIATE IN ARTS GENERAL EDUCATION 2023-2024: OPTION 1 (ORANGE COAST COLLEGE GENERAL EDUCATION)

Orange Coast College grants the degree of Associate in Arts. Below are OCC's general education requirements for the AA degree.

For additional information regarding earning an Associate in Arts Degree, please see the Graduation Requirements (<https://catalog.cccd.edu/orange-coast/graduation-requirements/>) section of this catalog. Only one Associate in Arts Degree will be awarded to a student by OCC.

Complete a minimum of 28 units distributed among the following. One course may not be used to meet two separate requirements.

## Area A: English Language Communication and Analytical Thinking

Students will be able to read, write, listen, and speak competently while demonstrating critical/analytical thinking skills. Six semester units (or 8-10 quarter units) to include a composition course from Group 1 and one course from Group 2. It is strongly recommended that students begin the composition requirement within their first 12 units of coursework.

### 1. Composition

Course	Title	Units
ENGL A100	Freshman Composition <sup>1</sup>	3
ESL A100	ESL College Composition <sup>1</sup>	3

<sup>1</sup>

With a grade of "C" or better.

### 2. Communication and Analytical Thinking

Course	Title	Units
BUS A139	Business Communication	3
CMST A100	Interpersonal Communication	3
CMST A110	Public Speaking	3
CMST A120	Reader's Theater and Oral Interpretation	3
CMST A180	Introduction to Mass Communications	3
CMST A220	Essentials of Argumentation	3
CMST A240	Media Literacy	3
CS A262	Discrete Structures	3
DMAD A181	Introduction to Computer Graphics	3
ENGL A101	Critical Reasoning: Fiction	4
or ENGL A101H	Critical Reasoning: Fiction Honors	
ENGL A102	Critical Reasoning: Nonfiction	3
or ENGL A102H	Critical Reasoning: Nonfiction Honors	
ENGL A109	Critical Reasoning and Writing for Science and Technology	3
MACH A121	Computations for Machinists	3
Any Math course A100 or higher		

Course	Title	Units
PHIL A150	Critical Reasoning & Writing	3
PHIL A155	Introduction to Logic	3
PHIL A220	Introduction to Symbolic Logic	3
PSYC A160	Statistics for the Behavioral Sciences	4
PSYC A270	Psychology of Learning	3
TECH A040	Technical Math	3

## Area B: Physical and Biological Sciences, Scientific Inquiry, Life Science

Students will apply critical thinking skills concerning the causes and effects of natural phenomena and will become familiar with the rational approach that researchers use to analyze data and formulate logical conclusions. A minimum of four semester units (or six-eight quarter units) including a lab or six semester (or nine quarter units) of lecture-only courses.

Course	Title	Units
ANTH A185	Physical Anthropology	3
or ANTH A185H	Physical Anthropology Honors	
ANTH A185	Physical Anthropology <sup>2</sup>	4
or ANTH A185H & ANTH A185L	Physical Anthropology Honors and Phys Anthropology Lab	
ASTR A100	Introduction to Astronomy	3
or ASTR A100H	Introduction to Astronomy Honors	
ASTR A100	Introduction to Astronomy <sup>2</sup>	4
or ASTR A100H & ASTR A100L	Introduction to Astronomy Honors and Introduction to Astronomy Laboratory	
or ASTR A100M	Introduction to Astronomy Laboratory Honors	
ASTR A101	Planetary Astronomy	3
ASTR A102	Stellar Astronomy	3
ASTR A103	Cosmology	3
ASTR A104	Galactic Astronomy	3
ASTR A200	Introduction to Astrophysics	4
or ASTR A200H	Introduction to Astrophysics Honors	
BIOL A100	Principles of Biology <sup>2</sup>	4
or BIOL A100H	Principles of Biology Honors	
BIOL A101	The Biology of Cooking <sup>2</sup>	4
BIOL A114	Basic Microbiology	2
BIOL A125	Human Biology	3
BIOL A180	Introduction to Biology for Majors 1: Cell and Molecular Biology <sup>2</sup>	4
BIOL A182	Zoology	3
or BIOL A182H	Zoology Honors	
BIOL A182	Zoology <sup>2</sup>	4
or BIOL A182H & BIOL A182L	Zoology Honors and Zoology Lab	
BIOL A183	Botany	3
BIOL A183 & A183L	Botany and Botany Lab <sup>2</sup>	4
BIOL A185	Introduction to Biology for Majors 2: Ecology, Evolution, Diversity, and Physiology <sup>2</sup>	5
BIOL A210	General Microbiology <sup>2</sup>	5

Course	Title	Units	Course	Title	Units
BIOL A220	Human Anatomy <sup>2</sup>	5	MRSC A180	Marine Biology	3
BIOL A221	Anatomy-Physiology <sup>2</sup>	4	MRSC A180 & A180L	Marine Biology and Marine Biology Lab <sup>2</sup>	4
BIOL A225	Human Physiology <sup>2</sup>	5	MRSC A185	Coastal Oceanography	3
BIOL A283	Genetics	4	MRSC A185 & A185L	Coastal Oceanography and Coastal Oceanography Lab <sup>2</sup>	4
CHEM A100	Principles of Chemistry	3	MRSC A187	Marine Mammals	3
CHEM A110	Introduction to Chemistry <sup>2</sup>	5	NS A115	Science and Technology in Music	3
CHEM A130	Preparation for General Chemistry <sup>2</sup>	4	PHYS A110	Conceptual Physics	3
CHEM A180	General Chemistry A <sup>2</sup>	5	PHYS A110 & PHYS A111	Conceptual Physics and Introductory Physics Laboratory <sup>2</sup>	4
CHEM A185	General Chemistry B <sup>2</sup>	5	PHYS A120	Algebra Based Physics: Mechanics <sup>2</sup>	4
CHEM A220 & A220L	Organic Chemistry A and Organic Chemistry A Lab <sup>2</sup>	5	PHYS A125	Algebra Based Physics: Electricity/ Magnetism <sup>2</sup>	4
CHEM A225 & A225L	Organic Chemistry B and Organic Chemistry B Laboratory <sup>2</sup>	5	PHYS A130	University Physics 1 (non-majors) <sup>2</sup>	4
ESEC A100	Introduction to Environmental Science	3	PHYS A135	University Physics 2 (non-majors) <sup>2</sup>	4
or ESEC A100H	Introduction to Environmental Science Honors		PHYS A185	Calculus Based Physics: Mechanics <sup>2</sup>	4
ENGR A110	Introduction to Engineering and Design	3	or PHYS A185H	Calculus-Based Physics: Mechanics Honors	
or ENGR A110H	Introduction to Engineering and Design Honors		PHYS A280	Calculus Based Physics: Electricity/ Magnetism <sup>2</sup>	4
FN A195	Food Science <sup>2</sup>	4	PHYS A285	Calculus Based Physics: Modern <sup>2</sup>	4
GEOG A130	Introduction to Weather & Climate	3	PSYC A250	Psychobiology	3
GEOG A180	Physical Geography	3			
or GEOG A180H	Physical Geography Honors				
GEOG A180	Physical Geography <sup>2</sup>	4			
or GEOG A180H & GEOG A180L	Physical Geography Honors and Physical Geography Lab				
GEOL A101	Age of the Dinosaurs <sup>2</sup>	4			
GEOL A105	General Geology	3			
or GEOL A105H	General Geology Honors				
GEOL A105	General Geology <sup>2</sup>	4			
or GEOL A105H & GEOL A105L	General Geology Honors and General Geology Laboratory				
or GEOL A105M	General Geology Laboratory Honors				
GEOL A106	Earth Science for Teachers <sup>2</sup>	4			
GEOL A110	Physical Geology <sup>2</sup>	4			
GEOL A115	California Geology	3			
GEOL A131	Weather and Climate	3			
GEOL A160	Environmental Geology <sup>2</sup>	4			
GEOL A185	Evolution of the Earth	3			
or GEOL A185H	Evolution of the Earth Honors				
GEOL A185	Evolution of the Earth <sup>2</sup>	4			
or GEOL A185H & GEOL A185L	Evolution of the Earth Honors and Evolution of the Earth Lab				
or GEOL A185M	Evolution of the Earth Lab Honors				
HORT A100	Horticulture Science	3			
KIN A272	Movement Analysis	3			
KIN A282	Introduction to Exercise Physiology	3			
KIN A282H	Introduction to Exercise Physiology Honors	3			
MRSC A100	Oceanography	3			
or MRSC A100H	Oceanography Honors				
MRSC A100	Oceanography <sup>2</sup>	4			
or MRSC A100H & MRSC A100L	Oceanography Honors and Oceanography Laboratory				
or MRSC A100M	Oceanography Laboratory Honors				

<sup>2</sup>

Course or sequence includes lab.

## Area C: Arts and Humanities

Students will develop skill sets associated with the arts and humanities by analyzing aesthetic qualities, evaluating and developing rational arguments, identifying cultural and historical influences, and engaging in artistic expression. A minimum of three semester units (or four-five quarter units) to include one course from Group One and one course from Group Two.

### 1. Theory

Course	Title	Units
ANTH A190	Introduction to Linguistic Anthropology	3
ARCH A105	Architectural Drawing and Design Visualization 1	2
ARCH A115	Architectural Design and Theory 1	4
ARCH A171	Design Fabrication 1	2
ARCH A205	Architectural Drawing and Design Visualization 2	3
ARCH A290	History of Architecture 1	3
or ARCH A290H	History of Architecture 1 Honors	
ARCH A296	History of Architecture 2	3
or ARCH A296H	History of Architecture 2 Honors	
ART A100	Survey of Western Art from Prehistory Through Gothic	3
or ART A100H	Honors Survey of Western Art from Prehistory Through Gothic	
ART A101	Survey of Western Art from Renaissance to Modern	3
or ART A101H	Honors Survey of Western Art from Renaissance to Modern	

Course	Title	Units
ART A102	Survey of Modern and Contemporary Art History	3
ART A103	Survey of Asian Art	3
ART A107	Introduction To Art	3
ART A108	Women in Art	3
ART A109 or ART A109H	Ancient Greek Art and Architecture Ancient Greek Art and Architecture Honors	3
ART A114	Art of the Ancient Americas	3
ART A115	Art of Africa, Oceania, and Indigenous North America	3
CMST A120	Reader's Theater and Oral Interpretation	3
CMST A155	Intercultural Communications	3
CMST A180	Introduction to Mass Communications	3
DANC A160	Dance Composition/Choreography I	3
DANC A170	Music for Dancers	2
DANC A200	Appreciation Of Dance	3
DANC A230	World Dance and Culture	3
DMAD A151	History of Graphic Design	3
ENGL A101 or ENGL A101H	Critical Reasoning: Fiction Critical Reasoning: Fiction Honors	4
ENGL A102 or ENGL A102H	Critical Reasoning: Nonfiction Critical Reasoning: Nonfiction Honors	3
ENGL A119	Introduction to Creative Writing	3
Any literature course A140 through A285		
ETHS A100	Contemporary Ethnic America	3
ESL A162	Advanced Academic Reading & Writing 2	4.5
ESL A192	Advanced Academic Reading and Writing 3	4.5
ETHS A150	Ethnic Groups in the U.S.: Their Histories	3
FILM A100 or FILM A100H	History and Appreciation of the Cinema History and Appreciation of the Cinema Honors	3
FILM A107 or FILM A107H	History of Video Games History of Video Games Honors	3
FILM A109 or FILM A109H	Science Fiction Film Science Fiction Film Honors	3
FILM A150	History of Radio & Television	3
Foreign Language - any course numbered A160 through A285H		
GNDR A187	Women in History	3
HIST A101	Afro-American History	3
HIST A145	History of Mexico	3
HIST A150	Ethnic Groups of the United States: Their Histories	3
HIST A151	History of the Middle East to 1500	3
HIST A152	History of the Middle East Since 1500	3
HIST A161 or HIST A161H	World History 1 World History 1 Honors	3
HIST A162 or HIST A162H	World History 2 World History 2 Honors	3
HIST A170 or HIST A170H	History of the United States to 1876 History of the United States to 1876 Honors	3
HIST A175 or HIST A175H	History of the United States Since 1876 History of the United States Since 1876 Honors	3
HIST A176	Women In U.S. History	3

Course	Title	Units
HIST A180 or HIST A180H	Western Civilization 1 Western Civilization 1 Honors	3
HIST A185 or HIST A185H	Western Civilization 2 Western Civilization 2 Honors	3
HIST A187	Women in History	3
HIST A195	History of England and Greater Britain	3
HUM A100	Introduction to the Humanities	3
HUM A101H	Themes in Humanities Honors	3
ID A180	History of Interior Architecture and Furnishings 1	3
ID A190	Hist Arch/Furnishings 2	3
MATH A220	Introduction to Symbolic Logic	3
MUS A100	History and Appreciation of Western Classical Music	3
MUS A105	Music from Bach Up to Rock	3
MUS A139	History of Rock Music	3
MUS A143	History of Jazz	3
MUS A180	Theory 1	3
PHIL A100	Introduction to Philosophy	3
PHIL A115	Philosophy of Religion	3
PHIL A118	Aesthetics/Philosophy of Art	3
PHIL A120	Ethics	3
PHIL A125	History of Ancient Philosophy	3
PHIL A140	History of Modern Philosophy	3
PHIL A150	Critical Reasoning & Writing	3
PHIL A165	The Theory of Knowledge	3
PHIL A185	Contemporary Philosophy	3
PHIL A220	Introduction to Symbolic Logic	3
PHOT A100	Basic Digital Photography	2
PHOT A101	Photography and Society	3
PHOT A130	History and Appreciation of Photography	3
PHOT A230	Photography Since 1945	3
RLST A100	Introduction to Religious Studies	3
RLST A110	World Religion	3
RLST A115	Philosophy of Religion	3
RLST A135	Religion, Spirituality and Society	3
RLST A150	Eastern Thought	3
RLST A151	Early and Western Religions	3
THEA A100	Introduction to Theatre	3
THEA A101	Introduction to History and Literature of the Theatre	3
THEA A105	Drama and Acting	3

## 2. Active Participation

Course	Title	Units
ART A110	Color and Design: Two-Dimensional	3
ART A111	Color and Design: Three-Dimensional	3
ART A116	Furniture Making and Design	4
ART A120 or ART A120H	Beginning Drawing Beginning Drawing Honors	3
ART A125	Perspective Drawing	3
ART A141	Sculpture 1	3

Course	Title	Units	Course	Title	Units
ART A142	Life Sculpture 1	3	DANC A243	Jazz IV	2
ART A145	Exhibition Design 1	3	DANC A244	Ballet IV	2
ART A147	Jewelry 1	3	DANC A245	Modern IV	2
ART A150	Ceramics 1	3	DANC A246	Tap IV	1
ART A263	Watercolor 1	3	DANC A250	Dance Improvisation II	1
ART A269	Cartooning 1	3	DANC A253	Preparation for Audition - Jazz	2
CMST A110	Public Speaking	3	DANC A254	Preparation for Audition - Ballet	2
CMST A120	Reader's Theater and Oral Interpretation	3	DANC A255	Preparation for Audition - Modern	2
CMST A150	Forensics Workshop	1-4	DANC A256	Preparation for Audition - Tap	1
CNST A116	Furniture Making and Design	4	DMAD A181	Introduction to Computer Graphics	3
DANC A101	Modern Dance 1	0.5-2	ENGL A117	Narrative Journalism	3
DANC A102	Modern 2	0.5-2	ENGL A119	Introduction to Creative Writing	3
DANC A106	Strength and Stretch	1-2	ENGL A121	Short Story Workshop	3
DANC A107	Conditioning for Dance	0.5-2	ENGL A122	Novel Writing I	4
DANC A108	Pilates Mat Work	1-2	ENGL A126	Poetry Writing	3
DANC A110	Ballet 1	0.5-2	ENGL A127	Scriptwriting I	4
DANC A111	Ballet 2	0.5-2	FASH A175	Applied Color and Design Theory	3
DANC A115	Yoga For Dancers	0.5-2	FILM A110	Film Production 1	3
DANC A116	Latin Dance Styles I	0.5-2	ID A175	Applied Color and Design Theory	3
DANC A117	American Social Dance Styles	0.5-2	MUS A115	Fundamentals of Music	3
DANC A118	Movement for Longevity	1-2	MUS A116	Basic Guitar	2
DANC A120	Jazz Dance 1	0.5-2	MUS A120	College Choir	1
DANC A121	Jazz Dance 2	0.5-2	MUS A129	Guitar Ensemble	1
DANC A125	Tap 1	0.5-2	MUS A132	Wind Ensemble	1
DANC A126	Tap 2	0.5-2	MUS A133	Orchestra	1
DANC A130	Mid-Eastern Dance 1	0.5-2	MUS A140	Beginning Instruments	2
DANC A135	Flamenco Dance 1	0.5-2	MUS A141	Piano 1	1
DANC A138	African Dance and Drumming I	0.5-2	MUS A144	Popular Vocal Techniques	1.5
DANC A139	Gyrokinesis	0.5-2	MUS A150	Intermediate Band/Orchestra	2
DANC A143	Jazz Dance III	2	MUS A161	Voice 1	1
DANC A144	Ballet III	2	MUS A230	Jazz Improvisation	1
DANC A145	Modern Dance III	2	MUS A233	Symphonic Chamber Orchestra	1
DANC A146	Tap III	1	MUS A234	Studio Jazz Ensemble	1
DANC A147	Flamenco Dance 2	0.5-2	PHOT A110	Photography with a Smartphone: Theory and Practice	3
DANC A148	Mid-Eastern Dance 2	0.5-2	PHOT A120	Introduction to Photography	3
DANC A149	Hip-Hop Dance I	0.5-2	or PHOT A120H	Introduction to Photography Honors	
DANC A150	Dance Improvisation I	1	PHOT A123	Introduction to Digital Photography	3
DANC A152	Pilates Apparatus 1	1-2	THEA A106	Acting Fundamentals	3
DANC A153	Pilates Apparatus 2	1-2	THEA A110	Theatre Laboratory Level 1	2
DANC A155	Latin Dance Styles II	1			
DANC A158	African Dance and Drumming II	1			
DANC A159	Hip-Hop Dance II	1			
DANC A160	Dance Composition/Choreography I	3			
DANC A171	Modern Dance Basics	2			
DANC A172	Ballet Dance Basics	2			
DANC A173	Jazz Dance Basics	2			
DANC A174	Tap Dance Basics	1			
DANC A203	Performing Dance Ensemble I	3			
DANC A211	Repertoire I	1-4			
DANC A212	Repertoire II	1-4			
DANC A223	Performing Dance Ensemble II	3			

## Area D: Social and Behavioral Sciences

Students will use the theoretical and methodological principles of the social and behavioral sciences to explain and evaluate institutions, groups, and individuals across social, economic, and global contexts of historical periods. A minimum of 12 semester units (or 15-18 quarter units) to include two courses from Group One, and one course each from Group Two and Group Three.

## 1. U.S. History and Constitution and American Ideals

Course	Title	Units
PSCI A180	American Government	3
or PSCI A180H	American Government Honors	
Select one of the following:		3
HIST A170	History of the United States to 1876	
or HIST A170H	History of the United States to 1876 Honors	
HIST A175	History of the United States Since 1876	
or HIST A175H	History of the United States Since 1876 Honors	

## 2. Social and Economic Institutions

Course	Title	Units
ANTH A100	Cultural Anthropology	3
or ANTH A100H	Cultural Anthropology Honors	
ANTH A102	Native American	3
ANTH A105	Anthropology of Nonverbal Behavior	3
ANTH A190	Introduction to Linguistic Anthropology	3
ANTH A220	Magic, Witchcraft, and Religion	3
ANTH A280	Introduction to Archaeology	3
CDE A126	Teaching in a Diverse Society	3
CMST A155	Intercultural Communications	3
CMST A165	Men, Women, and Communication	3
CMST A260	Organizational Communication	3
COUN A107	Chicana/o & Latina/o Experience and Success in Higher Education	3
or COUN A107H	Chicana/o & Latina/o Experience and Success in Higher Education Honors	
ECON A100	Economics: General Concepts	3
ECON A110	Consumer Economics	3
ECON A170	Microeconomics	3
or ECON A170H	Microeconomics Honors	
ECON A175	Macroeconomics	3
or ECON A175H	Macroeconomics Honors	
ETHS A100	Contemporary Ethnic America	3
ETHS A150	Ethnic Groups in the U.S.: Their Histories	3
ETHS A190	The Ethnic Family	3
GNDR A100	Introduction to Gender Studies	3
GNDR A130	Women, Politics, and Inequality	3
GNDR A165	Men, Women, and Communication	3
GNDR A187	Women in History	3
GEOG A100	World Regional Geography	3
or GEOG A100H	World Regional Geography Honors	
GEOG A150	California Geography	3
GEOG A185	Cultural Geography	3
GLST A101	Introduction to Global Studies	3
GLST A102	Global Issues	3
HLED A122	Drugs, Health and Society	3
HIST A101	Afro-American History	3
HIST A140	The California Experience	3
HIST A145	History of Mexico	3
HIST A150	Ethnic Groups of the United States: Their Histories	3
HIST A151	History of the Middle East to 1500	3

Course	Title	Units
HIST A152	History of the Middle East Since 1500	3
HIST A161	World History 1	3
or HIST A161H	World History 1 Honors	
HIST A162	World History 2	3
or HIST A162H	World History 2 Honors	
HIST A176	Women In U.S. History	3
HIST A180	Western Civilization 1	3
or HIST A180H	Western Civilization 1 Honors	
HIST A185	Western Civilization 2	3
or HIST A185H	Western Civilization 2 Honors	
HIST A187	Women in History	3
HIST A195	History of England and Greater Britain	3
HIST A198	The World at War	3
HTT A125	Destination the Americas	3
HTT A127	Destination Eastern Europe	3
HTT A128	Destination Africa/Pacific	3
HTT A130	Cultural Tourism	3
PSCI A101	Survey of Current Issues	3
PSCI A110	International Relations	3
PSCI A185	Comparative Politics	3
PSCI A188	Introduction to Political Theory	3
PSCI A190	Introduction to American Legal System	3
PSCI A200	Introduction to Political Science	3
PSYC A165	Principles of Human Sexuality 1	3
PSYC A185	Principles of Psychology	3
PSYC A255	Abnormal Psychology	3
PUBH A202	Drugs, Health, and Society	3
PUBH A203	Health and Social Justice	3
SJS A101	Introduction to Race and Ethnicity	3
SJS A102	Social Justice and Activism	3
SOC A100	Introduction to Sociology	3
or SOC A100H	Introduction to Sociology Honors	
SOC A110	Introduction to Dating, Relationships, and Marriage	3
SOC A150	Introduction to Race and Ethnicity	3
SOC A185	Analysis of Social Problems	3
or SOC A185H	Analysis of Social Problems Honors	
SOC A200	Introduction to Research Methods	3

## 3. Behavioral Science

Course	Title	Units
ANTH A187	Introduction to Primate Studies	3
CDE A180	Child, Growth and Development	3
CDE A190	Family, School and Community Partnerships	3
HLED A200	Introduction to Public Health	3
PSYC A100	Introduction to Psychology	3
or PSYC A100H	Introduction to Psychology Honors	
PSYC A130	Life Span Developmental Psychology	3
PSYC A190	Cross-Cultural Psychology	3
or PSYC A190H	Cross-Cultural Psychology Honors	
PSYC A220	Psychology of Personality	3



Course	Title	Units
PSYC A255	Abnormal Psychology	3
PSYC A260	Social Psychology	3
PSYC A270	Psychology of Learning	3
PSYC A280	Introduction to Experimental Methods	4
PUBH A200	Introduction to Public Health	3

## Area E: Life Skills, Lifelong Learning, and Self-Development

Students will develop and demonstrate the life skills of interpersonal relationships, self-understanding and management, and decision making for professional success and personal well-being. A minimum of three semester units to include one course from Group One and one course from Group Two.

### 1. Theory/ Non-activity

Course	Title	Units
ACCT A100	Accounting for Small Business	3
ALH A130	Applied Pharmacology	3
ANTH A105	Anthropology of Nonverbal Behavior	3
BUS A100	Introduction to Business	3
or BUS A100H	Introduction to Business Honors	
BUS A120	Personal Financial Success	3
CDE A126	Teaching in a Diverse Society	3
CDE A180	Child, Growth and Development	3
CDE A190	Family, School and Community Partnerships	3
CMST A100	Interpersonal Communication	3
CMST A155	Intercultural Communications	3
CMST A170	Nonverbal Communication	3
CHT A100	Computer Use in Technology	3
CIS A100	Introduction to Computer Applications	3
CIS A111	Introduction to Computer Information Systems	3
COS A180	Life Management	3
COUN A100	Introduction To College	1
COUN A101	New Horizons for Adults Returning to College	1
COUN A104	Career & Life Planning: A Holistic Approach	3
COUN A105	Strategies for College Success	3
COUN A107	Chicana/o & Latina/o Experience and Success in Higher Education	3
or COUN A107H	Chicana/o & Latina/o Experience and Success in Higher Education Honors	
COUN A109	Developing and Understanding Happiness	3
COUN A110	Applied Stress Management	2
COUN A120	Career Decision Making/Accelerated	2
COUN A135	Principles of Effective Parenting	3
COUN A170	College Major Search	1
ECON A110	Consumer Economics	3
EMS A100	Emergency Medical Responder	4
FASH A170	Clothing Design and Selection	3
FN A136	Nutrition, Fitness and Performance	3

Course	Title	Units
FN A140	Introduction to Nutrition Concepts	2
FN A170	Nutrition	3
FN A185	Cultural Foods	2
HLED A100	Personal Health	3
HLED A122	Drugs, Health and Society	3
HLED A200	Introduction to Public Health	3
HLED A270	Fitness and Health	3
HTT A185	Interviewing and Professional Development	3
ID A100	Fundamentals of Interior Design	3
KIN A202	Introduction to Kinesiology	3
KIN A203	First Aid and CPR	2
KIN A270	Fitness and Health	3
KIN A282	Introduction to Exercise Physiology	3
KIN A289	Sport and Exercise Psychology	3
LEAD A180	Personal Leadership	3
LEAD A200	Organizational Leadership	3
LIBR A100	Library Research and Information Competency	3
or LIBR A100H	Library Research and Information Competency Honors	
LIBR A103	College Research Skills	1
MKTG A100	Introduction to Marketing	3
MKTG A110	Professional Selling	3
PHIL A120	Ethics	3
PSYC A130	Life Span Developmental Psychology	3
PSYC A165	Principles of Human Sexuality 1	3
PSYC A200	Positive Psychology	3
PUBH A100	Personal Health	3
PUBH A202	Drugs, Health, and Society	3
SOC A110	Introduction to Dating, Relationships, and Marriage	3

### 2. Activity

Course	Title	Units
ATHL A109	Sports Conditioning	0.5-2.5
ATHL A119	Athletic Team Training	0.5-5
ATHL A129	Fitness for Performance	0.5-2.5
ATHL A222	Pep Squad	3
ATHL A235	Basketball Team - Women's	3
ATHL A236	Cross Country Team - Women's	3
ATHL A238	Crew Team - Women's	3
ATHL A239	Golf Team - Women's	3
ATHL A240	Soccer Team - Women's	3
ATHL A241	Fastpitch Team	3
ATHL A242	Swimming Team - Women's	3
ATHL A243	Tennis Team - Women's	3
ATHL A244	Track and Field Team - Women's	3
ATHL A245	Volleyball Team - Women's	3
ATHL A246	Water Polo Team - Women's	3
ATHL A247	Sand Volleyball Team-Women's	3
ATHL A250	Baseball Team	3
ATHL A251	Basketball Team - Men's	3

Course	Title	Units	Course	Title	Units
ATHL A252	Crew Team - Men's	3	KIN A174	Adapted Cardiovascular Fitness	0.5-1.5
ATHL A253	Cross Country Team - Men's	3	KIN A175	Adapted Aerobic Exercise	0.5-1.5
ATHL A254	Football Team	3	KIN A176	Adapted Stretching	0.5-1.5
ATHL A255	Golf Team - Men's	3	KIN A177	Adapted Yoga	0.5-1.5
ATHL A257	Soccer Team - Men's	3	KIN A204	Techniques and Theory of Coaching Athletes	3
ATHL A258	Swimming Team - Men's	3	KIN A205	Coaching Internship	2-4
ATHL A259	Tennis Team - Men's	3	KIN A206	Weight Training Level 2	1-2
ATHL A260	Track and Field Team - Men's	3	KIN A208	Strength and Conditioning Level 3	0.5-3
ATHL A261	Volleyball Team - Men's	3	KIN A210	Walking for Fitness Level 2	1-2
ATHL A263	Water Polo Team - Men's	3	KIN A214	Cardio Kickboxing Level 2	1-2
KIN A105	Cardiovascular Fitness	0.5-2.5	KIN A215	Cross Training Level 2	1-2
KIN A106	Weight Training Level 1	1-2	KIN A218	Strength and Conditioning Level 4	0.5-3
KIN A107	Fitness Programs I	0.5-3	KIN A225	Self Defense for Women Level 2	1-2
KIN A108	Strength and Conditioning	0.5-3	KIN A228	Hatha Yoga Level II	0.5-1.5
KIN A109	Cardiovascular Training and Strength Development Level 1	0.5-3	KIN A231	Swimming for Fitness - Level 2	1-2
KIN A110	Walking for Fitness Level 1	1-2	KIN A232	Swimming Level 2	1-2
KIN A111	Step Cardio & Core Level 1	1-2	KIN A241	Surfing and Ocean Safety Level 2	2
KIN A112	Body Sculpting Level 1	1-1.5	KIN A245	Badminton Level 2	1-2
KIN A114	Cardio-Kick Boxing Level 1	1-2	KIN A246	Tennis Level 2	1-1.5
KIN A115	Cross Training Level 1	1-2	KIN A247	Table Tennis - Level 2	1-2
KIN A118	Strength and Conditioning Level 2	0.5-3	KIN A251	Futsal/Indoor Soccer Level 2	1-2
KIN A119	Cardiovascular Training and Strength Development Level 2	0.5-3	KIN A252	Soccer Level 2	1-2
KIN A125	Self Defense for Women	1-2	KIN A253	Golf Level 2	1-2
KIN A126	Aikido	0.5-1.5	KIN A254	Volleyball Level 2	1-1.5
KIN A127	Karate	0.5-1.5	KIN A256	Rock Climbing Level 2	1-2
KIN A128	Hatha Yoga - Level I	0.5-1.5	KIN A257	Surfing and Ocean Safety Level 3	2
KIN A129	T'ai Chi Chih	0.5-2	KIN A258	Flag Football Level 2	1-2
KIN A130	Aqua Fitness	0.5-1.5	KIN A259	Lacrosse Level 2	1-2
KIN A131	Swimming for Fitness Level 1	1-2	KIN A271	Drugs & Sports	3
KIN A132	Swimming Level 1	1-2			
KIN A136	Introduction to Sailing	1			
KIN A137	Introduction to Keel Boats	1			
KIN A138	Introduction to Ocean Sailing	1			
KIN A141	Surfing and Ocean Safety Level 1	2			
KIN A145	Badminton Level 1	0.5,1			
KIN A146	Tennis Level 1	1-1.5			
KIN A147	Table Tennis Level 1	1-2			
KIN A150	Basketball	0.5-1.5			
KIN A151	Futsal/Indoor Soccer Level 1	1-2			
KIN A152	Soccer Level 1	1-2			
KIN A153	Golf Level 1	1-2			
KIN A154	Volleyball Level 1	1-1.5			
KIN A156	Rock Climbing Level 1	0.5-2			
KIN A157	Sand Volleyball	1-2			
KIN A158	Flag Football Level 1	1-2			
KIN A159	Lacrosse Level 1	1-2			
KIN A170	Adapted Strength Training	0.5-1.5			
KIN A172	Adapted Aquatics	0.5-1.5			
KIN A173	Adapted Strength and Balance	0.5-1.5			