

ASSOCIATE DEGREE GENERAL EDUCATION 2024-2025: OPTION 2 (CALIFORNIA STATE UNIVERSITY GENERAL EDUCATION)

To earn a Bachelor's degree from the California State University, each student must complete 48-51 semester units in general education. Nine to twelve of these units must be taken as upper-division course work after transfer. Orange Coast College will certify the extent to which the lower-division General Education Breadth Requirements (GE) have been met for students meeting the following A-F pattern.

Students seeking GE transfer certification are eligible for a Certificate of Achievement award.

Any one course may be used to satisfy only one required sub-area (i.e. if Communication Studies A110 is used to satisfy sub-area A1, it may not be used to satisfy sub-area C2), with the exception of Area B where lab courses taken to meet the B3 requirement will also count in B1 or B2. A cross-listed course (the same course listed under more than one department such as History A150 and Ethnic Studies A150) may be used to meet only one requirement.

Important Note: Courses on this list are approved for a specific academic term. Students wishing to use a course to meet a CSU General Education Breadth requirement must be sure that the course is approved for the academic term in which it is taken.

This list is valid only for courses taken Fall 2024 through Summer 2025.

For courses taken prior to Fall 2024, students should check the master list which shows the dates that courses were added or deleted since the original list was published in 1991. This list is available in the Counseling Center or Transfer Center in Watson Hall.

Area A: Communication in the English Language and Critical Thinking

A minimum of nine semester units (or 12-15 quarter units) including one course from each subarea with a grade of "C" or better.

A1 Oral Communication

Course	Title	Units
CMST A100	Interpersonal Communication	3
CMST A110	Public Speaking	3

A2 Written Communication

Course	Title	Units
ENGL A100	Freshman Composition	3
ESL A100	ESL College Composition	3

A3 Critical Thinking

Course	Title	Units
CMST A220	Essentials of Argumentation	3
CMST A240	Media Literacy	3

Course	Title	Units
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
MATH A220	Introduction to Symbolic Logic	3
PHIL A150	Critical Reasoning & Writing	3
PHIL A155	Introduction to Logic	3
PHIL A220	Introduction to Symbolic Logic	3

Area B: Physical Universe and Its Life Forms

A minimum of nine semester units (or 12-15 quarter units) including at least one course from each subarea. Must include at least one laboratory course.

B1 Physical Science

Course	Title	Units
ANTH A280	Introduction to Archaeology	3
ASTR A100	Introduction to Astronomy	3
or ASTR A100H	Introduction to Astronomy Honors	
ASTR A100 & A100L	Introduction to Astronomy and Introduction to Astronomy Laboratory	4
or ASTR A100M	Introduction to Astronomy Laboratory Honors	
ASTR A100H & ASTR A100L	Introduction to Astronomy Honors and Introduction to Astronomy Laboratory	4
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	
CHEM A100	Principles of Chemistry	3
CHEM A110	Introduction to Chemistry ¹	5
CHEM A130	Preparation for General Chemistry ¹	4
CHEM A180	General Chemistry A ¹	5
CHEM A185	General Chemistry B ¹	5
CHEM A220	Organic Chemistry A	3
CHEM A220L	Organic Chemistry A Lab ¹	2
CHEM A225	Organic Chemistry B	3
CHEM A225L	Organic Chemistry B Laboratory ¹	2
GEOG A130	Introduction to Weather & Climate	3
GEOG A180	Physical Geography	3
or GEOG A180H	Physical Geography Honors	
GEOG A180 & A180L	Physical Geography and Physical Geography Lab ¹	4
GEOG A180H & GEOG A180L	Physical Geography Honors and Physical Geography Lab ¹	4

Course	Title	Units	Course	Title	Units
GEOL A105 or GEOL A105H	General Geology General Geology Honors	3	BIOL A182H & BIOL A182L	Zoology Honors and Zoology Lab ¹	4
GEOL A105 & A105L or GEOL A105M	General Geology and General Geology Laboratory ¹ General Geology Laboratory Honors	4	BIOL A183	Botany	3
GEOL A105H & GEOL A105L or GEOL A105M	General Geology Honors and General Geology Laboratory ¹ General Geology Laboratory Honors	4	BIOL A183 & A183L	Botany and Botany Lab ¹	4
GEOL A106	Earth Science for Teachers ¹	4	BIOL A185	Introduction to Biology for Majors 2: Ecology, Evolution, Diversity, and Physiology ¹	5
GEOL A110	Physical Geology ¹	4	BIOL A210	General Microbiology ¹	5
GEOL A160	Environmental Geology ¹	4	BIOL A220	Human Anatomy ¹	5
GEOL A185	Evolution of the Earth	3	BIOL A221	Anatomy-Physiology ¹	4
GEOL A185 & A185L	Evolution of the Earth and Evolution of the Earth Lab ¹	4	BIOL A225	Human Physiology	5
MRSC A185	Coastal Oceanography	3	BIOL A283	Genetics	4
MRSC A185 & A185L	Coastal Oceanography and Coastal Oceanography Lab ¹	4	ESEC A100 or ESEC A100H	Introduction to Environmental Science Introduction to Environmental Science Honors	3
NS A112	Survey of Chemistry and Physics ¹	4	HORT A100	Horticulture Science	3
PHYS A110	Conceptual Physics	3	MRSC A100	Oceanography	3
PHYS A110 & PHYS A111	Conceptual Physics and Introductory Physics Laboratory ¹	4	or MRSC A100H	Oceanography Honors	
PHYS A120	Algebra-Based Physics 1: Mechanics with Lab ¹	4	MRSC A100 & A100L or MRSC A100M	Oceanography and Oceanography Laboratory ¹ Oceanography Laboratory Honors	4
PHYS A130	University Physics 1 (non-majors) ¹	4	MRSC A100H & MRSC A100L or MRSC A100M	Oceanography Honors and Oceanography Laboratory ¹ Oceanography Laboratory Honors	4
PHYS A185	Calculus Based Physics: Mechanics ¹	4	MRSC A180	Marine Biology	3
PHYS A185H	Calculus-Based Physics: Mechanics Honors ¹	4	MRSC A180 & A180L	Marine Biology and Marine Biology Lab ¹	4
PHYS A280	Calculus Based Physics: Electricity/ Magnetism ¹	4	MRSC A187	Marine Mammals	3
PHYS A285	Calculus Based Physics: Modern ¹	4	PSYC A250	Psychobiology	3

¹ Lab course¹ Lab course

B2 Life Science

Course	Title	Units
ANTH A185 or ANTH A185H	Introduction to Biological Anthropology Introduction to Biological Anthropology Honors	3
ANTH A185 & A185L	Introduction to Biological Anthropology and Biological Anthropology Laboratory ¹	4
ANTH A185H & ANTH A185L	Introduction to Biological Anthropology Honors and Biological Anthropology Laboratory ¹	4
BIOL A100 or BIOL A100H	Principles of Biology ¹ Principles of Biology Honors	4
BIOL A101	The Biology of Cooking	4
BIOL A125	Human Biology	3
BIOL A180	Introduction to Biology for Majors 1: Cell and Molecular Biology ¹	4
BIOL A182 or BIOL A182H	Zoology Zoology Honors	3
BIOL A182 & A182L	Zoology and Zoology Lab ¹	4

B3 Laboratory Activity

One of the courses taken in Area B1 or B2 must include a lab.

B4 Mathematical Concepts

One course from the following with a grade of "C" or better.

Course	Title	Units
CS A262	Discrete Structures	3
MATH A100	Liberal Arts Mathematics	3
MATH A104	Mathematics for Elementary Teachers	3
MATH A115	College Algebra	4
MATH A120	Trigonometry	3
MATH A140	Business Calculus	4
MATH A155	Finite Mathematics with Applications	4
MATH A160	Introduction to Statistics	4
MATH A170	Precalculus	4
MATH A180 or MATH A180H	Calculus 1 Calculus 1 Honors	4
MATH A182H	Calculus 1 and 2 Honors	5
MATH A185 or MATH A185H	Calculus 2 Calculus 2 Honors	4

Course	Title	Units	Course	Title	Units
MATH A230	Introduction to Discrete Mathematics	5	DMAD A151	History of Graphic Design	3
MATH A235	Applied Linear Algebra	3	DMAD A181	Introduction to Computer Graphics	3
MATH A280	Calculus 3	4	FILM A100	History and Appreciation of the Cinema	3
or MATH A280H	Calculus 3 Honors		or FILM A100H	History and Appreciation of the Cinema Honors	
MATH A285	Introduction to Linear Algebra and Differential Equations	4	FILM A109	Science Fiction Film	3
or MATH A285H	Introduction to Linear Algebra and Differential Equations Honors		or FILM A109H	Science Fiction Film Honors	
MATH A290H	Introduction to Tensors and Calculus on Manifolds Honors	5	FILM A150	History of Radio & Television	3
PSYC A160	Statistics for the Behavioral Sciences	4	HUM A100	Introduction to the Humanities ²	3
PUBH A214	Public Health Statistics	4	ID A180	History of Interior Architecture and Furnishings 1	3
			ID A190	Hist Arch/Furnishings 2	3
			MUS A100	History and Appreciation of Western Classical Music	3

Area C: Literature, Philosophy, & Foreign Language

A minimum of nine semester units (or 12-15 quarter units) with at least one course in C1 and one in course C2.

C1 Arts

Course	Title	Units
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	
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	Ancient Greek Art and Architecture	3
or ART A109H	Ancient Greek Art and Architecture Honors	
ART A114	Art of the Ancient Americas	3
ART A115	Art of Africa, Oceania, and Indigenous North America	3
ART A120	Beginning Drawing	3
ART A125	Perspective Drawing	3
ART A141	Sculpture 1	3
ART A142	Life Sculpture 1	3
ART A145	Exhibition Design 1	3
ART A147	Jewelry 1	3
ART A150	Ceramics 1	3
ART A263	Watercolor 1	3
ART A269	Cartooning 1	3
DANC A200	Appreciation Of Dance	3
DANC A230	World Dance and Culture	3

MUS A105	Music from Bach Up to Rock	3
MUS A115	Fundamentals of Music	3
MUS A116	Basic Guitar	2
MUS A139	History of Rock Music	3
MUS A140	Beginning Instruments	2
MUS A143	History of Jazz	3
MUS A180	Theory 1	3
PHOT A110	Photography with a Smartphone: Theory and Practice	3
PHOT A120	Introduction to Photography	3
PHOT A123	Introduction to Digital Photography	3
PHOT A130	History and Appreciation of Photography	3
PHOT A230	Photography Since 1945	3
THEA A100	Introduction to Theatre	3
THEA A101	Introduction to History and Literature of the Theatre	3
THEA A105	Drama and Acting	3
THEA A106	Acting Fundamentals	3
THEA A110	Theatre Laboratory Level 1	2

² Course will satisfy C1 or C2

C2 Humanities

Course	Title	Units
ANTH A190	Introduction to Linguistic Anthropology	3
CHIN A180	Elementary Chinese 1	5
CHIN A185	Elementary Chinese 2	5
CMST A110	Public Speaking	3
CMST A120	Reader's Theater and Oral Interpretation	3
CMST A150	Forensics Workshop	1-4
CMST A155	Intercultural Communications	3
CMST A180	Introduction to Mass Communications	3
ENGL A101	Critical Reasoning: Fiction	4
ENGL A102	Critical Reasoning: Nonfiction	3
ENGL A119	Introduction to Creative Writing	3
ENGL A141	The Bible As Literature	3
or ENGL A141H	The Bible As Literature Honors	
ENGL A143	Children's Literature	3
or ENGL A143H	Children's Literature Honors	

Course	Title	Units	Course	Title	Units
ENGL A147	Introduction to Science Fiction	3	or HIST A162H	World History 2 Honors	
or ENGL A147H	Introduction to Science Fiction Honors		HIST A170	History of the United States to 1876	3
ENGL A148	Film As Literature	3	or HIST A170H	History of the United States to 1876 Honors	
or ENGL A148H	Film As Literature Honors		HIST A175	History of the United States Since 1876	3
ENGL A150	American Literature Before the 20th Century	3	or HIST A175H	History of the United States Since 1876 Honors	
or ENGL A150H	American Literature Before the 20th Century Honors		HIST A176	Women In U.S. History	3
ENGL A151	American Literature in the 20th Century	3	HIST A180	Western Civilization 1	3
or ENGL A151H	American Literature in the 20th Century Honors		or HIST A180H	Western Civilization 1 Honors	
ENGL A152	Race, Culture, and Identity in Literature	3	HIST A185	Western Civilization 2	3
or ENGL A152H	Race, Culture, and Identify in Literature Honors		or HIST A185H	Western Civilization 2 Honors	
ENGL A156	California Literature	3	HUM A100	Introduction to the Humanities ²	3
or ENGL A156H	California Literature Honors		HUM A101H	Themes in Humanities Honors	3
ENGL A160	World Literature Through Renaissance	3	ITAL A180	Elementary Italian 1	5
or ENGL A160H	World Literature Through Renaissance Honors		ITAL A185	Elementary Italian 2	5
ENGL A161	World Literature Since Renaissance	3	ITAL A280	Intermediate Italian 1	5
or ENGL A161H	World Literature Since Renaissance Honors		ITAL A285	Intermediate Italian 2	5
ENGL A168	Popular Fiction	3	JAPN A180	Elementary Japanese 1	5
ENGL A170	Contemporary Literature	3	or JAPN A180H	Elementary Japanese 1 Honors	
or ENGL A170H	Contemporary Literature Honors		JAPN A185	Elementary Japanese 2	5
ENGL A173	Women Writers	3	or JAPN A185H	Elementary Japanese 2 Honors	
or ENGL A173H	Women Writers Honors		JAPN A280	Intermediate Japanese 1	5
ENGL A176	World Mythology	3	JAPN A285	Intermediate Japanese 2	5
or ENGL A176H	World Mythology Honors		MATH A220	Introduction to Symbolic Logic	3
ENGL A179	Gender and Sexuality in Literature and Film	3	PHIL A100	Introduction to Philosophy	3
ENGL A181	Shakespeare	3	PHIL A115	Philosophy of Religion	3
or ENGL A181H	Shakespeare Honors		PHIL A118	Aesthetics/Philosophy of Art	3
ENGL A187	Introduction to Literary Theory	3	PHIL A120	Ethics	3
or ENGL A187H	Introduction to Literary Theory Honors		PHIL A125	History of Ancient Philosophy	3
ENGL A270	Survey of British Literature Before 1800	3	PHIL A140	History of Modern Philosophy	3
or ENGL A270H	Survey of British Literature Before 1800 Honors		PHIL A165	The Theory of Knowledge	3
ENGL A275	Survey of British Literature After 1800	3	PHIL A185	Contemporary Philosophy	3
or ENGL A275H	Survey of British Literature After 1800 Honors		PHIL A220	Introduction to Symbolic Logic	3
ETHS A100	Contemporary Ethnic America	3	PHOT A101	Photography and Society	3
FREN A180	Elementary French 1	5	PORT A180	Elementary Portuguese 1	5
or FREN A180H	Elementary French 1 Honors		PORT A185	Elementary Portuguese 2	5
FREN A185	Elementary French 2	5	RLST A100	Introduction to Religious Studies	3
or FREN A185H	Elementary French 2 Honors		RLST A110	World Religion	3
FREN A280	Intermediate French 1	4	RLST A115	Philosophy of Religion	3
FREN A285	Intermediate French 2	4	RLST A135	Religion, Spirituality and Society	3
GRMN A180	Elementary German 1	5	RLST A150	Eastern Thought	3
GRMN A185	Elementary German 2	5	RLST A151	Early and Western Religions	3
GRMN A280	Intermediate German 1	4	SPAN A160	Spanish for Heritage Speakers 1	5
GRMN A285	Intermediate German 2	4	SPAN A165	Spanish for Heritage Speakers 2	5
HIST A101	Afro-American History	3	SPAN A180	Elementary Spanish 1	5
HIST A151	History of the Middle East to 1500	3	or SPAN A180H	Elementary Spanish 1 Honors	
HIST A152	History of the Middle East Since 1500	3	SPAN A185	Elementary Spanish 2	5
HIST A161	World History 1	3	or SPAN A185H	Elementary Spanish 2 Honors	
or HIST A161H	World History 1 Honors		SPAN A280	Intermediate Spanish 1	5
HIST A162	World History 2	3	or SPAN A280H	Intermediate Spanish 1 Honors	
			SPAN A285	Intermediate Spanish 2	5

Course	Title	Units
VIET A180	Elementary Vietnamese 1	5
VIET A185	Elementary Vietnamese 2	5

Area D: Social, Political, Economic Institutions and Behavior; Historical Background

A minimum of six semester units (or 12-15 quarter units).

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 A187	Introduction to Primate Studies	3
ANTH A190	Introduction to Linguistic Anthropology	3
ANTH A220	Magic, Witchcraft, and Religion	3
ANTH A280	Introduction to Archaeology	3
CDE A180	Child, Growth and Development	3
CMST A155	Intercultural Communications	3
CMST A165	Men, Women, and 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	Economics of Consumer Finance	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 A110	Introduction to LatinX Studies	3
ETHS A115	Introduction to Asian American and Pacific Islander Studies	3
ETHS A150	Ethnic Groups in the United States: 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 A145	History of Mexico	3
HIST A150	Ethnic Groups of the United States: Their Histories	3

Course	Title	Units
HIST A151	History of the Middle East to 1500	3
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 A170	History of the United States to 1876	3
or HIST A170H	History of the United States to 1876 Honors	
HIST A175	History of the United States Since 1876	3
or HIST A175H	History of the United States Since 1876 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
PSCI A101	Survey of Current Issues	3
PSCI A110	International Relations	3
PSCI A180	American Government	3
or PSCI A180H	American Government Honors	
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 A100	Introduction to Psychology	3
or PSYC A100H	Introduction to Psychology Honors	
PSYC A110	Psychology of Adjustment	3
PSYC A130	Life Span Developmental Psychology	3
PSYC A165	Principles of Human Sexuality 1	3
PSYC A185	Principles of Psychology	3
PSYC A190	Cross-Cultural Psychology	3
or PSYC A190H	Cross-Cultural Psychology Honors	
PSYC A220	Psychology of Personality	3
PSYC A255	Abnormal Psychology	3
PSYC A260	Social Psychology	3
PSYC A270	Psychology of Learning	3
PSYC A280	Introduction to Experimental Methods	4
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

Area E: Life Long Learning and Self-Development

A minimum of three semester units (or 4-5 quarter units) with no more than one unit of activity courses.

Non-Activity

Course	Title	Units
CIS A100	Introduction to Computer Applications	3
CIS A100H	Introduction to Computer Applications Honors	3
CMST A100	Interpersonal Communication	3
CMST A170	Nonverbal Communication	3
COS A180	Life Management	3
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
ECON A110	Economics of Consumer Finance	3
EMS A100	Emergency Medical Responder	4
FN A136	Nutrition, Fitness and Performance	3
FN A140	Introduction to Nutrition Concepts	2
FN A170	Nutrition	3
HLED A100	Personal Health	3
HLED A122	Drugs, Health and Society	3
HLED A270	Fitness and Health	3
KIN A202	Introduction to Kinesiology	3
KIN A270	Fitness and Health	3
KIN A271	Drugs & Sports	3
PSYC A110	Psychology of Adjustment	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

Activity

Course	Title	Units
ATHL A109	Sports Conditioning	0.5-2.5
ATHL A119	Athletic Team Training	0.5-5
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 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

Course	Title	Units
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 A250	Baseball Team	3
ATHL A251	Basketball Team - Men's	3
ATHL A252	Crew Team - Men's	3
ATHL A253	Cross Country Team - Men's	3
ATHL A254	Football Team	3
ATHL A255	Golf Team - Men's	3
ATHL A257	Soccer Team - Men's	3
ATHL A258	Swimming Team - Men's	3
ATHL A259	Tennis Team - Men's	3
ATHL A260	Track and Field Team - Men's	3
ATHL A261	Volleyball Team - Men's	3
ATHL A263	Water Polo Team - Men's	3
DANC A101	Modern Dance 1	0.5-2
DANC A102	Modern 2	0.5-2
DANC A106	Strength and Stretch	1-2
DANC A107	Conditioning for Dance	0.5-2
DANC A108	Pilates Mat Work	1-2
DANC A110	Ballet 1	0.5-2
DANC A111	Ballet 2	0.5-2
DANC A113	Pointe Work	1-2
DANC A115	Yoga For Dancers	0.5-2
DANC A116	Latin Dance Styles I	0.5-2
DANC A117	American Social Dance Styles	0.5-2
DANC A118	Movement for Longevity	1-2
DANC A120	Jazz Dance 1	0.5-2
DANC A121	Jazz Dance 2	0.5-2
DANC A125	Tap 1	0.5-2
DANC A126	Tap 2	0.5-2
DANC A129	Pilates Methodology 1	1-2
DANC A130	Mid-Eastern Dance 1	0.5-2
DANC A135	Flamenco Dance 1	0.5-2
DANC A138	African Dance and Drumming I	0.5-2
DANC A139	Gyrokinesis	0.5-2
DANC A143	Jazz Dance III	2
DANC A144	Ballet III	2
DANC A145	Modern Dance III	2
DANC A146	Tap III	1
DANC A147	Flamenco Dance 2	0.5-2
DANC A148	Mid-Eastern Dance 2	0.5-2
DANC A149	Hip-Hop Dance I	0.5-2
DANC A150	Dance Improvisation I	1
DANC A152	Pilates Apparatus 1	1-2
DANC A153	Pilates Apparatus 2	1-2
DANC A155	Latin Dance Styles II	1
DANC A156	Polynesian Dance	1
DANC A158	African Dance and Drumming II	1
DANC A159	Hip-Hop Dance II	1
DANC A171	Modern Dance Basics	2

Course	Title	Units	Course	Title	Units
DANC A172	Ballet Dance Basics	2	KIN A151	Futsal/Indoor Soccer Level 1	1-2
DANC A173	Jazz Dance Basics	2	KIN A152	Soccer Level 1	1-2
DANC A174	Tap Dance Basics	1	KIN A153	Golf Level 1	1-2
DANC A201	Rehearsal and Performance I	1	KIN A154	Volleyball Level 1	1-1.5
DANC A202	Rehearsal and Performance II	1	KIN A156	Rock Climbing Level 1	0.5-2
DANC A203	Performing Dance Ensemble I	3	KIN A157	Sand Volleyball	1-2
DANC A208	Pilates 3-4	1-2	KIN A170	Adapted Strength Training	0.5-1.5
DANC A209	Pilates Mat Work 2	0.5-1	KIN A172	Adapted Aquatics	0.5-1.5
DANC A211	Repertoire I	1-4	KIN A173	Adapted Strength and Balance	0.5-1.5
DANC A212	Repertoire II	1-4	KIN A174	Adapted Cardiovascular Fitness	0.5-1.5
DANC A223	Performing Dance Ensemble II	3	KIN A175	Adapted Aerobic Exercise	0.5-1.5
DANC A225	Yoga for Dancers 2	0.5-2	KIN A176	Adapted Stretching	0.5-1.5
DANC A243	Jazz IV	2	KIN A177	Adapted Yoga	0.5-1.5
DANC A244	Ballet IV	2	KIN A208	Strength and Conditioning Level 3	0.5-3
DANC A245	Modern IV	2	KIN A215	Cross Training Level 2	1-2
DANC A246	Tap IV	1	KIN A218	Strength and Conditioning Level 4	0.5-3
DANC A248	Mid-Eastern Dance 3	1	KIN A225	Self Defense for Women Level 2	1-2
DANC A250	Dance Improvisation II	1	KIN A228	Hatha Yoga Level II	0.5-1.5
DANC A253	Preparation for Audition - Jazz	2	KIN A232	Swimming Level 2	1-2
DANC A254	Preparation for Audition - Ballet	2	KIN A241	Surfing and Ocean Safety Level 2	2
DANC A255	Preparation for Audition - Modern	2	KIN A246	Tennis Level 2	1-1.5
DANC A256	Preparation for Audition - Tap	1	KIN A247	Table Tennis - Level 2	1-2
KIN A105	Cardiovascular Fitness	0.5-2.5	KIN A251	Futsal/Indoor Soccer Level 2	1-2
KIN A106	Weight Training Level 1	1-2	KIN A252	Soccer Level 2	1-2
KIN A107	Fitness Programs I	0.5-3	KIN A253	Golf Level 2	1-2
KIN A108	Strength and Conditioning	0.5-3	KIN A254	Volleyball Level2	1-1.5
KIN A110	Walking for Fitness Level 1	1-2	KIN A256	Rock Climbing Level 2	1-2
KIN A111	Step Cardio & Core Level 1	1-2	KIN A271	Drugs & Sports	3
KIN A112	Body Sculpting Level 1	1-1.5	MARA A136	Introduction to Sailing	1
KIN A115	Cross Training Level 1	1-2	MARA A137	Intermediate Sailing - Intro to Keel Boats	1
KIN A118	Strength and Conditioning Level 2	0.5-3	MARA A138	Introduction to Ocean Sailing	1
KIN A119	Cardiovascular Training and Strength Development Level 2	0.5-3			
KIN A125	Self Defense for Women	1-2			
KIN A126	Aikido	0.5-1.5			
KIN A127	Karate	0.5-1.5			
KIN A128	Hatha Yoga - Level I	0.5-1.5			
KIN A129	T'ai Chi Chih	0.5-2			
KIN A130	Aqua Fitness	0.5-1.5			
KIN A131	Swimming for Fitness Level 1	1-2			
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 A142	Snowboarding Level 1	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 A148	Pickleball	1-2			
KIN A150	Basketball	0.5-1.5			

Area F: Ethnic Studies

A minimum of three semester units (or 4-5 quarter units).

Course	Title	Units
ETHS A100	Contemporary Ethnic America	3
ETHS A110	Introduction to LatinX Studies	3
ETHS A115	Introduction to Asian American and Pacific Islander Studies	3
ETHS A150	Ethnic Groups in the United States: Their Histories	3
ETHS A190	The Ethnic Family	3
HIST A150	Ethnic Groups of the United States: Their Histories	3

American Institutions Requirement (*Not part of CSU General Education Breadth. May be completed prior to transfer.*) In addition to the General Education Requirements listed above, all students must complete coursework in American History and Constitution for graduation from CSU. Completion of 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, in Area D and PSCI A180 American

Government or PSCI A180H American Government Honors in Area D will fulfill this requirement.