

LIBERAL ARTS AND SCIENCES

The Liberal Arts and Sciences Degree is designed to give students a foundational degree that may either be used as a basis for transfer to a four-year college or university, or to serve those students who wish to enter the workforce prepared with an associate degree. Students wishing to transfer must select General Education Plan B for transfer to a California State University or Plan C for transfer to either a California State University or a University of California. Students planning this degree as preparation for the work force may select Plan A. See the General Education section of this catalog for details. Meeting with a college counselor is highly recommended to prepare for completion of the degree.

In order to qualify for an A.A. Degree in Liberal Arts and Sciences, the following requirements must be met:

1. Completion of Plan A, B, or C of the General Education requirements and meet required proficiencies. These requirements and proficiencies are specified in the Associate of Arts Degree General Education requirements of the catalog.
2. Completion of a minimum of 60 degree-applicable units.
3. Completion of at least one area of emphasis among the following with a grade of Pass or "C" or higher in each course:
 - Art and Culture (21 units)
 - Communication (18 units)
 - Culture and Society (21 units)
 - Earth and Space Sciences (18 units)
 - Historical Perspectives (18 units)
 - Literature and Language (18 Units)
 - Media Studies (18 units)
 - Self-Development and Social Behavior (18 units)
 - Social and Behavioral Sciences (18 units)
 - Visual Communication (18 units)
4. Courses may be used to satisfy both a General Education requirement and a major or area of emphasis requirement. Whether it may be counted again for a different degree requirement is up to each transfer institution.
5. Repeatable courses may be counted toward an area of emphasis only once.
6. Courses that appear in more than one section of an area of emphasis may be applied only once in meeting the requirements for that area of emphasis.

Art and Culture

Students will begin with an overview of world art history, focusing on patterns within patterns within development of human cultural production. They will take a series of courses designed to introduce them to both Western and Non-Western artistic traditions in the visual, literary, and performing arts. They will complete their studies with advanced courses aimed at developing critical analytical skills as they relate to issues of identity and politics within the arts. Finally, they will choose from electives to broaden their understanding to art and culture today.

This area of emphasis will prepare students for possible baccalaureate degree majors within the fields of art history, arts and humanities, art criticism, theatre, and dance. Students pursuing these studies may seek

careers in museum work, allied arts, art foundations, art criticism, theatre and the entertainment industry.

Code Number	Course Title	Units
Section 1 - Required Courses		
Select 9 Units from the following courses		
ART 100	Introduction to World Art	3.0
HUM 100	The Art of Being Human	3.0
ART 108	Black Images in Popular Culture	3.0
or HUM 109	Gender and Sexuality In Art	
or ART 109	Gender and Sexuality In Art	
or HUM 109	Gender and Sexuality In Art	
Section 2 - Western Art History		
Select 3 units from the following courses		
ART 101	Art History I: Prehistory to Gothic	3.0
ART 102	Art History II: Renaissance to Rococo	3.0
ART 103	Art History III: Neoclassical to Present	3.0
Section 3 - Non-Western Art History		
Select 3 units from the following		
ART 104	African Art History	3.0
ART 105A	The Arts of Latin America and the Caribbean: Pre-Columbian	3.0
ART 105B	The Arts of Latin America and the Caribbean: Colonial to the Present	3.0
ART 107	Asian Art History	3.0
ART 123	African Cinema	3.0
Section 4 - Literary and Performing Arts		
Select 3 units from the following courses		
ENGL 232	Readings In Poetry	3.0
ENGL 235	Readings in the Drama	3.0
MUS 100	Music Appreciation	3.0
MUS 101	Introduction to World Music	3.0
FILM 159	World Film	3.0
Section 5 - Art and Cultures Electives		
Select 3 Units from the following courses		
ARCH 112	History of Architecture	3.0
ART 106	Mexican Art	3.0
ART 118	History of Women in Visual Arts	3.0
or WGS 118	History of Women in Visual Arts	
ART 125	Introduction to Visual and Cultural Studies	3.0
or HUM 125	Introduction to Visual and Cultural Studies	
ART 207	Women and Media	3.0
or WGS 207	Women and Media	
COMM 140	Oral Interpretation of Literature	3.0
COMM 145	Storytelling	3.0
COMM 148	Readers' Theatre	3.0
DANC 100	Dance Appreciation	3.0
DANC 101	History of Dance	3.0
JAMS 152	Introduction to Broadcasting	3.0
JAMS 151	Motion Pictures, Radio, and Television	3.0
TH 101	Introduction to the Theatre	3.0
TH 102	History of the Classical Theatre	3.0
TH 103	History of the Modern Theatre	3.0

TH 104	History and Appreciation of Musical Theatre	3.0
TH 110	Fundamentals of Acting	3.5
TH 150	Appreciation and History of the Motion Picture	3.0

Total Units for Art and Culture Area of Emphasis: 21 Units

Communication

The Communication Area of Emphasis is designed to give the student both foundational and proficient knowledge and skill to communicate effectively in today's world. Students will apply principles of language for clear, concise expression and logical thought. The emphasis begins with courses in oral communication, reading, and written communication. The next level of courses uses these communication methods to express complex concepts and critical opinions in the education as well as the vocational setting. This area of emphasis will prepare students for possible baccalaureate degree majors in communication, communication studies, public speaking, philosophy, and education. Students pursuing these studies may seek careers in politics, public policy, education, law, and business. Courses that appear in more than one section of an area of emphasis may be applied only once in meeting the requirements for that area of emphasis

Code Number	Course Title	Units
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Section 1 - Communication Courses

Select 6 units from the following courses

COMM 100	Introduction to Communications Studies	3.0
COMM 130	Public Speaking	3.0
COMM 110	Intercultural Communication	3.0
or COMM 125	Organizational Communication	

Section 2 - Critical Thinking Courses

Select 3 Units from the following courses

COMM 103	Argumentation, Persuasion, and Critical Thinking	3.0
ENGL 103	Critical Thinking and Argumentative Writing	4.0
INST 100	Principles and Strategies for Problem Solving	3.0
PHIL 103	Philosophical Reasoning: Critical Thinking in Philosophy	3.0
PHIL 106	Introduction to Logic	3.0
PSYC 103	Critical Thinking In Psychology	3.0
READ 103	Critical Thinking and Academic Literacy	3.0

Section 3 - Additional Courses

Select at least nine additional units from at least two disciplines from the following: 9.0

COMM 100	Introduction to Communications Studies (Select at least 9 additional units from at least two disciplines from the following:)	9.0
COMM 103	Argumentation, Persuasion, and Critical Thinking	3.0
COMM 110	Intercultural Communication	3.0
COMM 115	Gender, Communication, and the Digital Revolution	3.0
or WGS 115	Gender, Communication, and the Digital Revolution	
COMM 120	Interpersonal Communication	3.0
COMM 125	Organizational Communication	3.0
COMM 132	Small Group Communication	3.0

COMM 140	Oral Interpretation of Literature	3.0
COMM 145	Storytelling	3.0
COMM 200	Contemporary Communication Topics	3.0
COMM 231	Forensics Activity 1 (Competitive Speech and Debate)	1.0
COMM 232	Forensics Activity 2 (Competitive Speech and Debate)	2.0
COMM 233	Forensics Activity 3 (Competitive Speech and Debate)	3.0
COUN 150	Dynamics of Leadership	3.0
COUN 200	Success in College and Career	3.0
ENGL 103	Critical Thinking and Argumentative Writing	4.0
INST 100	Principles and Strategies for Problem Solving	3.0
LIBR 100	Introduction to Library Research	1.0
PHIL 103	Philosophical Reasoning: Critical Thinking in Philosophy	3.0
PHIL 106	Introduction to Logic	3.0
PSYC 103	Critical Thinking In Psychology	3.0
PSYC 220	Research Methods	4.0
READ 102	Academic Literacy in the Content Areas	1.0
READ 103	Critical Thinking and Academic Literacy	3.0
SOC 205	Introduction to Social Research Methods	3.0

Total Units for Communication Area of Emphasis: 18 Units

Culture and Society

Courses in culture and society are an inter-disciplinary activity, developing a global perspective of how western and non-western societies interconnect and interact, and the dynamics of cultural change. Students will develop a critical framework for a better understanding of diverse cultural and historic identities in societal contexts through the study of history, language, literature, sociology, art and art history, and other humanities and social sciences.

This area of emphasis will prepare students for possible baccalaureate degree majors in history, anthropology, international studies, global studies, political science, and literature.

Students pursuing these studies may seek careers in writing, teaching, business, foreign service, social service, law, museum direction, and travel and tourism.

Select at least 6 units from Section 1, at least 6 units from Section 2, at least 6 units from Section 3, and at least 3 units from Section 4 for a total of 21 units.

Courses that appear in more than one section of an area of emphasis may be applied only once in meeting the requirements for that area of emphasis.

Code Number	Course Title	Units
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Section 1 - World Societies

Select 6 units total from at least two disciplines		6.0
ANTH 100	Cultural Anthropology	3.0
ANTH 170	Introduction to Language and Culture	3.0
ANTH 200	Native Peoples of North America	3.0
GEOG 102	Cultural Geography	3.0
HIST 120	History of California	3.0

HIST 204 or WGS 204	Women in American History	3.0	HIST 221	History of the Americas	3.0
HIST 210	History of the United States in the Post World War II Era	3.0	HIST 230	History of Mexico	3.0
HUM 100	The Art of Being Human	3.0	HIST 235	History of Latin America	3.0
HUM 102	The Arab, The Muslim, and The West	3.0	HIST 241	Western Civilization	3.0
PHIL 104	Philosophy of Cultural Diversity: Challenge and Change	3.0	HIST 242	Western Civilization	3.0
PHIL 200	World Religions	3.0	HIST 245	World Civilization from Antiquity to 1500	3.0
PHIL 201	Contemporary Philosophy	3.0	HIST 246	World Civilization from 1500 to Present	3.0
SOC 101	Introductory Sociology Principles	3.0	HIST 250	History of England, Great Britain and the Commonwealth	3.0
SOC 201	Social Problems	3.0	HIST 255	History of Russia and the Soviet Union	3.0
SOC 215	Sociology of Cultural Diversity: Challenge and Change	3.0	HIST 260	Survey of the History of Asia	3.0
SPAN 210	Highlights of Hispanic Culture	3.0	HIST 265	Selected Problems in Contemporary Asian History	3.0
WGS 102	Women and Religion	3.0	JAMS 100	Mass Communications and Society	3.0
Section 2 - The Arts			POL 101	American Political Institutions	3.0
Select 6 units total from at least two disciplines:		6.0	POL 201	Introduction to Political Science and American Government	3.0
ARCH 112	History of Architecture	3.0	POL 210	International Relations	3.0
ART 100	Introduction to World Art	3.0	POL 220	Comparative Government	3.0
ART 101	Art History I: Prehistory to Gothic	3.0	POL 230	Contemporary Political Issues: Middle East	3.0
ART 102	Art History II: Renaissance to Rococo	3.0	POL 250	Understanding the United Nations: Theory and Practice	3.0
ART 103	Art History III: Neoclassical to Present	3.0	POL 255	Global Citizenship	3.0
ART 104	African Art History	3.0	Section 4 - World Literatures		
ART 105A	The Arts of Latin America and the Caribbean: Pre-Columbian	3.0	Select 3 units from the following courses:		3.0
ART 105B	The Arts of Latin America and the Caribbean: Colonial to the Present	3.0	ENGL 221A	Literature in the Bible: Hebrew Scriptures	
ART 106	Mexican Art	3.0	ENGL 221B	Literature in the Bible: Christian Scriptures	3.0
ART 107	Asian Art History	3.0	ENGL 223	Chicana/Chicano Literature	3.0
ART 123	African Cinema	3.0	ENGL 224	Native American Literature	3.0
ENGL 228	Shakespeare's Plays	3.0	ENGL 225	Mexican Literature in Translation	3.0
ENGL 235	Readings in the Drama	3.0	ENGL 226	African-American Literature	3.0
MUS 101	Introduction to World Music	3.0	ENGL 236	Studies in Women's Literature	3.0
DANC 101	History of Dance	3.0	ENGL 237	Asian American Literature	3.0
DANC 109	Introduction to Dance Cultures of the World	2.0	ENGL 246B	Survey of English Literature B: Romantics to the Present	3.0
TH 102	History of the Classical Theatre	3.0	ENGL 248A	Masterpieces of World Literature	3.0
TH 103	History of the Modern Theatre	3.0	ENGL 248B	Masterpieces of World Literature	3.0
FILM 159	World Film	3.0	Total Units for Culture and Society of Area of Emphasis: 21 Units		
Section 3 - World History and Political Institutions			Earth and Space Sciences		
Select 6 units total from at least two disciplines:		6.0	These courses emphasize the study of our home planet and its place in the universe, both present and past. Students will examine, explore, and synthesize theories relating to the origin and evolution of Earth, our solar system, and the universe in lecture and laboratory environments.		
HIST 101	American History and Constitution	3.0	This area of emphasis will prepare students for possible baccalaureate degree majors in astronomy, earth sciences, geology, oceanography, global studies, environmental science and policy, astronomy and natural science.		
HIST 102	Political and Social History of the United States: 1500s to 1876	3.0	Students pursuing these studies may seek careers in geology, oceanography, environmental analysis, science education, urban planning, policy administration, and consulting.		
HIST 103	Political and Social History of the United States: 1877 to Present	3.0	Complete at least seven units, including at least one laboratory from Section A; at least eight units, including one laboratory from Section B;		
HIST 110	African/American History	3.0			
HIST 120	History of California	3.0			
HIST 204 or WGS 204	Women in American History	3.0			
HIST 210	History of the United States in the Post World War II Era	3.0			
HIST 220	History of the Americas	3.0			

at least three units from Section C; and additional units from any of the sections below for a combined total of 18 units.

Code Number	Course Title	Units
Section A - Astronomy		
Choose at least 7 units, including one laboratory, from the following courses:		
ASTR 102	Introductory Astronomy: Stars and the Universe	3.0
ASTR 103	Introductory Astronomy: The Solar System	3.0
ASTR 105L	Observational Astronomy	1.0
ASTR 106	History of Astronomy	3.0
Section B - Earth Sciences		
Choose at least 8 units, including one laboratory, from the following courses:		
ESCI 104	Oceanography	3.0
ESCI 104L	Oceanography Laboratory	1.0
ESCI 106	Weather and Climate	3.0
ESCI 106L	Weather and Climate Laboratory	1.0
GEOG 101	Physical Geography	3.0
GEOG 101L	Physical Geography Laboratory	1.0
GEOL 102	Physical Geology Lecture	3.0
GEOL 102L	Physical Geology Laboratory	1.0
GEOG 103	Environmental Geography	3.0
GEOL 101	Physical Geology	4.0
GEOL 103	Environmental Geology Lecture	3.0
GEOL 103L	Environmental Geology Laboratory	1.0
Section C - Astronomy and Earth Sciences		
Choose at least 3 units from the following courses:		
ASTR 104	Life in the Universe	3.0
GEOL 106	Geology of the Solar System: Planets and Moons	3.0
GEOL 201	Earth History	4.0
GEOL 204	Geology of the Western National Parks and Monuments	3.0
GEOL 207	Paleontology, Life of the Past	4.0
GEOL 209	Natural Disasters	3.0

Total Units for Earth and Spaces Area of Emphasis: 18 Units

Historical Perspectives

The Historical Perspectives area of emphasis gives the students a broad range look at various aspects of history. The courses include history of this region, state, and country; this world, and history of the arts and sciences. This area of emphasis will prepare students for possible baccalaureate degree majors in history, Eastern studies, Latin American studies, ethnic studies, anthropology, religious studies, and history of science. Students pursuing these studies may seek careers as an archivist, historian, politician, journalist, educator, or in business, research, government service, and public policy.

Code Number	Course Title	Units
Section 1 - American History		
Select at least 6 units from the following courses:		
ANTH 200	Native Peoples of North America	3.0
HIST 101	American History and Constitution	3.0

HIST 102	Political and Social History of the United States: 1500s to 1876	3.0
HIST 103	Political and Social History of the United States: 1877 to Present	3.0
HIST 108	History of Mexican and Latino Americans in the United States	3.0
or CS 108	History of Mexican and Latino Americans in the United States	
HIST 110	African/American History	3.0
HIST 120	History of California	3.0
HIST 204	Women in American History	3.0
or WGS 204	Women in American History	
HIST 210	History of the United States in the Post World War II Era	3.0

Section 2 - World and Ethnic History

Select two of the following:		
ANTH 202	The Maya, Inca and Aztecs: Ancient Civilizations of the Americas	3.0
HIST 220	History of the Americas	3.0
or HIST 221	History of the Americas	
HIST 230	History of Mexico	3.0
or HIST 235	History of Latin America	
HIST 241	Western Civilization	3.0
or HIST 242	Western Civilization	
or HIST 245	World Civilization from Antiquity to 1500	
or HIST 246	World Civilization from 1500 to Present	
HIST 250	History of England, Great Britain and the Commonwealth	3.0
or HIST 255	History of Russia and the Soviet Union	
or HIST 260	Survey of the History of Asia	
or HIST 265	Selected Problems in Contemporary Asian History	

Section 3 - History of the Arts and Sciences

Select at least 6 units from the following courses:		
ART 101	Art History I: Prehistory to Gothic	3.0
ART 104	African Art History	3.0
ART 105A	The Arts of Latin America and the Caribbean: Pre-Columbian	3.0
or ART 105B	The Arts of Latin America and the Caribbean: Colonial to the Present	
ART 106	Mexican Art	3.0
ART 107	Asian Art History	3.0
ART 118	History of Women in Visual Arts	3.0
or WGS 118	History of Women in Visual Arts	
ARCH 112	History of Architecture	3.0
ASTR 106	History of Astronomy	3.0
DANC 101	History of Dance	3.0
MUS 100	Music Appreciation	3.0
MUS 103	Jazz In America	3.0
MUS 104	American Popular Music	3.0
MUS 104B	History of Rock Music	3.0
PHOT 160	History of Photography	3.0
TH 102	History of the Classical Theatre	3.0
or TH 103	History of the Modern Theatre	

or TH 104 History and Appreciation of Musical Theatre

Total Units for Historical Perspectives Area of Emphasis : 18 Units

Literature and Languages

The literature and language emphasis offer students two principal disciplines: the study of literature in English and/or the study of foreign languages. The literature discipline introduces British, American, and world literary history through the study of writers recognized for their significant literary merit. Courses explore the boundaries of literature through genre, period, theme, language, and culture. Students may train in critical and creative writing as well. The languages discipline is sequenced to provide practical competence in French, German, Japanese, Sign Language or Spanish, as well as elementary Chinese. Students perfect their linguistic skills and study original language literary texts to appreciate the nuances of language and global culture. This area of emphasis will prepare students for possible baccalaureate degree majors in anthropology, literature, cultural studies, and languages. Students pursuing these studies may seek careers in publications, communications, education, media, law, international business, entertainment, administration, the arts, translation, and Foreign Services.

Code Number	Course Title	Units
Section 1		
Select 3 units from one of the following:		
ANTH 170	Introduction to Language and Culture	3.0
ENGL 110	Critical Thinking Through Literature	4.0
ENGL 106	Introduction to Linguistics	3.0
Section 2		
Select a minimum of 15 units from one or more of the following disciplines:		15.0
Art and Culture		
ANTH 100	Cultural Anthropology	3.0
ART 108	Black Images in Popular Culture	3.0
or HUM 108	Black Images in Popular Culture	
ART 109	Gender and Sexuality In Art	3.0
or HUM 109	Gender and Sexuality In Art	
SPAN 210	Highlights of Hispanic Culture	3.0
SPAN 245	Introduction to Chicano/Mexican American Culture	3.0
COMM 148	Readers' Theatre	3.0
FILM 159	World Film	3.0
English		
ENGL 221A	Literature in the Bible: Hebrew Scriptures	3.0
ENGL 221B	Literature in the Bible: Christian Scriptures	3.0
ENGL 223	Chicana/Chicano Literature	3.0
ENGL 224	Native American Literature	3.0
ENGL 225	Mexican Literature in Translation	3.0
ENGL 227	Modern and Contemporary Literature	3.0
ENGL 228	Shakespeare's Plays	3.0
ENGL 230A	Introduction to American Literature	3.0
ENGL 230B	Introduction to American Literature	3.0
ENGL 232	Readings In Poetry	3.0
ENGL 233	Readings in the Novel	3.0
ENGL 234	Readings in Short Fiction	3.0
ENGL 235	Readings in the Drama	3.0

ENGL 240	Creative Writing	3.0
ENGL 241	Screenwriting	3.0
or FILM 241	Screenwriting	
ENGL 246A	Survey of British Literature A: Anglo-Saxon to 18th Century	3.0
ENGL 246B	Survey of English Literature B: Romantics to the Present	3.0
ENGL 248A	Masterpieces of World Literature	3.0
ENGL 248B	Masterpieces of World Literature	3.0
ENGL 257	Readings in Creative Nonfiction	3.0
American Sign Language		
ASL 110	American Sign Language I	4.0
ASL 111	American Sign Language II	4.0
ASL 210	American Sign Language III	4.0
ASL 211	American Sign Language IV	4.0
ASL 220	Deaf Culture	3.0
Chinese		
CHIN 101	Elementary Chinese I	5.0
CHIN 102	Elementary Chinese II	5.0
CHIN 103	Introduction to Business Chinese	3.0
CHIN 201	Intermediate Chinese I	5.0
CHIN 202	Intermediate Chinese II	5.0
CHIN 260	Chinese Culture and Society	3.0
French		
FREN 101	Elementary French	5.0
FREN 102	Elementary French	5.0
FREN 201	Intermediate French	5.0
FREN 202	Intermediate French	4.0
FREN 203	Intermediate French Advanced Level I	4.0
FREN 281	Beginning Conversational French	3.0
FREN 282	Intermediate Conversational French	3.0
FREN 283	Advanced Conversational French	3.0
FREN 285	Romance Linguistics	3.0
German		
GERM 101	Elementary German	5.0
GERM 102	Elementary German	5.0
GERM 201	Intermediate German	4.0
GERM 202	Intermediate German	4.0
GERM 203	Scientific German	4.0
GERM 204	Scientific German	4.0
GERM 281	Beginning Conversational German	3.0
GERM 282	Intermediate Conversational German	3.0
GERM 283	Advanced Conversational German	3.0
Japanese		
JAPN 101	Elementary Japanese	5.0
JAPN 102	Elementary Japanese	5.0
JAPN 201	Intermediate Japanese	5.0
JAPN 202	Intermediate Japanese	4.0
Korean		
KOR 101	Elementary Korean I	5.0
KOR 102	Elementary Korean II	5.0
Spanish		

SPAN 101	Elementary Spanish	5.0
SPAN 102	Elementary Spanish	5.0
SPAN 111	Elementary Spanish for Spanish Speakers	5.0
SPAN 112	Elementary Spanish for Spanish Speakers	5.0
SPAN 201	Intermediate Spanish	5.0
SPAN 202	Intermediate Spanish	4.0
SPAN 281	Beginning Conversational Spanish	3.0
SPAN 282	Intermediate Conversational Spanish	3.0
SPAN 283	Advanced Conversational Spanish	3.0
SPAN 285	Romance Linguistics	3.0

Total Units for Literature and Language Area of Emphasis: 18 Units

Media Studies

These courses introduce the student to the role and impact of the mass media and their images in society and provide an exploratory introduction to several mass media major areas of study. This area of emphasis will prepare students for possible baccalaureate degree majors in journalism, mass communications, entertainment and media studies, broadcasting, film, and public relations. Students pursuing these studies may seek careers in screen writing, film and entertainment, mass communications, media, law, education, and journalism.

Code Number	Course Title	Units
Required Courses		
Select 18 units from at least two disciplines from the following:		18.0
ART 108	Black Images in Popular Culture	3.0
or HUM 108	Black Images in Popular Culture	
ART 124	Introduction to Media Studies	3.0
ART 207	Women and Media	3.0
or WGS 207	Women and Media	
COMM 130	Public Speaking	3.0
ENGL 241	Screenwriting	3.0
or FILM 241	Screenwriting	
JAMS 100	Mass Communications and Society	3.0
JAMS 101	Beginning Newswriting and Reporting	3.0
JAMS 121	Multimedia Reporting	3.0
JAMS 157	Principles of Public Relations	3.0
or BA 157	Principles of Public Relations	
JAMS 152	Introduction to Broadcasting	3.0
JAMS 151	Motion Pictures, Radio, and Television	3.0
READ 103	Critical Thinking and Academic Literacy	3.0
TH 150	Appreciation and History of the Motion Picture	3.0

Total Units for Media Studies Area of Emphasis: 18 Units

Self-Development and Social Behavior

This emphasis provides students with knowledge and understanding of social behavior theories, concepts, and principles as applied to self-development. It is designed to prepare students to use acquired knowledge to communicate and collaborate more effectively. These courses are intended to assist students with the application of this knowledge to their lives in meaningful ways, including student growth, purpose, and vitality. Students will learn to become productive citizens

who care for themselves and others and will be prepared to work with people and their communities.

This area of emphasis will prepare students for possible baccalaureate degree majors in social, health, and human services majors. Students pursuing these studies may seek careers in service/ community-oriented fields, fitness, and in health professions. Select at least 6 units from Section 1, at least 3 units from Section 2, and at least 3 units from Section 3. Then complete at least 6 additional units from any section or combination of sections (1, 2, or 3) to reach a total of 18 units.

Code Number	Course Title	Units
Section 1 - Theory and Background		
Select at least 6 units from the following courses:		6.0
ANTH 170	Introduction to Language and Culture	3.0
ANTH 205	The Anthropology of Sexuality and Gender	3.0
or WGS 205	The Anthropology of Sexuality and Gender	
ANTH 206	The Anthropology of Death and Dying	3.0
BA 107	Human Relations In Business	3.0
CD 110	Child Development	3.0
CDEC 113	The Child, Family, and Community	3.0
CDIT 151	Infant and Toddler Development	3.0
COMM 100	Introduction to Communications Studies	3.0
COMM 110	Intercultural Communication	3.0
COMM 115	Gender, Communication, and the Digital Revolution	3.0
or WGS 115	Gender, Communication, and the Digital Revolution	
COMM 120	Interpersonal Communication	3.0
COMM 125	Organizational Communication	3.0
COMM 130	Public Speaking	3.0
COMM 132	Small Group Communication	3.0
COUN 205	Valuing Identity and Cultural Diversity	3.0
ENGL 106	Introduction to Linguistics	3.0
GEOG 102	Cultural Geography	3.0
HIST 101	American History and Constitution	3.0
HIST 102	Political and Social History of the United States: 1500s to 1876	3.0
HIST 103	Political and Social History of the United States: 1877 to Present	3.0
HIST 108	History of Mexican and Latino Americans in the United States	3.0
or CS 108	History of Mexican and Latino Americans in the United States	
HIST 110	African/American History	3.0
HIST 120	History of California	3.0
HUM 107	Men and Masculinities: Constructing Manhood in America	3.0
or WGS 107	Men and Masculinities: Constructing Manhood in America	
KIN 100	Introduction to Kinesiology	3.0
KIN 106	Student Athletes in Society	2.0
KIN 108	Women in Sports	3.0
or WGS 108	Women in Sports	
KIN 200	Sports Psychology	3.0
KIN 211	Sport Management	3.0

POL 101	American Political Institutions	3.0
POL 201	Introduction to Political Science and American Government	3.0
POL 250	Understanding the United Nations: Theory and Practice	3.0
PSYC 101	General Introductory Psychology	3.0
PSYC 150	Personal and Social Adjustment	3.0
PSYC 220	Research Methods	4.0
PSYC 245 or HO 245	Drugs and Behavior	3.0
PSYC 251	Developmental Psychology	3.0
PSYC 261	Social Psychology	3.0
PSYC 271	Abnormal Psychology	3.0
PSYC 281	Careers in Psychology	3.0
READ 101	Literacy and Learning Strategies for College Success	3.0
SOC 101	Introductory Sociology Principles	3.0
SOC 110	Marriage and the Family	3.0
SOC 120	Introduction to Human Sexuality	3.0
SOC 202 or WGS 202	Gender and Society	3.0
SOC 201	Social Problems	3.0
SOC 205	Introduction to Social Research Methods	3.0
SPAN 245	Introduction to Chicano/Mexican American Culture	3.0
TH 108	Improvisation for the Theatre	3.5
TH 110	Fundamentals of Acting	3.5
WGS 101	Introduction to Women's and Gender Studies	3.0
WGS 105	Gender Studies and the Chicana/Latina Experience	3.0
WGS 209	Gender and Science	3.0
WGS 250	Foundations of Feminist, Gender, and Queer Theories	3.0

Section 2 - Student Development and Application

Select at least 3 units from the following courses:	3.0	
COUN 100	Counselor Aide in the Community College	2.0
COUN 150	Dynamics of Leadership	3.0
COUN 200	Success in College and Career	3.0
COUN 210	Job Search Strategies	1.0
COUN 220	Transition to Universities	3.0
LIBR 100	Introduction to Library Research	1.0
READ 101	Literacy and Learning Strategies for College Success	3.0

Section 3 - Student Vitality

Select at least 3 units from the following courses:	3.0	
HED 100	Contemporary Health Problems	3.0
HED 101	Stress Management	3.0
HED 103 or WGS 103	Women, Their Bodies and Health	3.0
HED 105	Mind, Body, and Health	3.0
HED 200	Nutrition for Health, Fitness and Wellness	3.0
HO 152	Normal and Therapeutic Nutrition	3.0

KIN 104	Fitness and Wellness	3.0
KIN 202	Measurement and Interpretation of Fitness	3.0
PEX 124	Personal Fitness Program	1.0
PEX 130	Weight Management	1.0
PEX 136	Stretching and Relaxation	1.0
PEX 138	Walking for Fitness	1.0
PEX 141	Jogging for Fitness, Beginning	1.0
PEX 145	Circuit Weight Training, Beginning	1.0
PEX 147	Personal Self Defense	1.0
PEX 151	Yoga	1.0
PEX 156	Pilates Conditioning	1.0
PEX 240	Jogging for Fitness, Intermediate	2.0
PEX 245	Circuit Weight Training, Intermediate/Advanced	2.0

Total Units for Self-Development and Social Behavior Area of Emphasis: 18 Units

Social and Behavioral Sciences

The following area of study allows students to take courses that will prepare them for possible majors within the field of social and behavioral science. Courses in the social and behavioral sciences focus on the human and social conditions of society. Courses explain how people behave within their societies and social institutions, including interactions between subcultures, creating an appreciation of human interaction and perceptions of reality. Using critical analysis, students will develop an awareness of social science research methods and theories in the social and behavioral sciences.

This area of emphasis will prepare students for possible baccalaureate degree majors in anthropology, economics, history, political science, and psychology, and sociology. Students pursuing these studies may seek careers in social work, counseling, probation and parole, politics, archiving, and business.

Code Number	Course Title	Units
Select 18 units from at least three different disciplines:		18.0
AFRS 100	Introduction to Black/Africana Studies	3.0
AFRS 108	Black Politics: Social and Racial Justice Movements	3.0
AJ 101	Introduction to Administration of Justice	3.0
ASL 220	Deaf Culture	3.0
ANTH 100	Cultural Anthropology	3.0
ANTH 120	Introduction to Archaeology	3.0
ANTH 170	Introduction to Language and Culture	3.0
ANTH 200	Native Peoples of North America	3.0
ANTH 202	The Maya, Inca and Aztecs: Ancient Civilizations of the Americas	3.0
ANTH 203	The Anthropology of Magic, Witchcraft, and Religion	3.0
ANTH 205	The Anthropology of Sexuality and Gender	3.0
ANTH 206 or WGS 205	The Anthropology of Death and Dying The Anthropology of Sexuality and Gender	3.0
CD 110	Child Development	3.0
COMM 110	Intercultural Communication	3.0
COMM 115	Gender, Communication, and the Digital Revolution	3.0

or WGS 115	Gender, Communication, and the Digital Revolution		JAMS 100	Mass Communications and Society	3.0
COUN 200	Success in College and Career	3.0	KIN 108	Women in Sports	3.0
COUN 205	Valuing Identity and Cultural Diversity	3.0	or WGS 108	Women in Sports	
CS 100	Introduction to Ethnic Studies: Chicano/a Studies	3.0	KIN 211	Sport Management	3.0
CS 101	Introduction to Social Justice	3.0	POL 101	American Political Institutions	3.0
ECON 101	Economic Issues and Policy	3.0	POL 110	California State and Local Government	3.0
ECON 102	Women in the Global Economy	3.0	POL 201	Introduction to Political Science and American Government	3.0
or WGS 206	Women in the Global Economy		POL 210	International Relations	3.0
ECON 201M	Principles of Macroeconomics	3.0	POL 220	Comparative Government	3.0
ECON 202M	Principles of Microeconomics	3.0	POL 230	Contemporary Political Issues: Middle East	3.0
ECON 204	Money, Ethics, and Economic Justice	3.0	POL 240	Introduction to Political Theory	3.0
EDEL 205	Philosophy of Education: Multi-Ethnic Approaches	3.0	POL 250	Understanding the United Nations: Theory and Practice	3.0
or ETHN 205	Philosophy of Education: Multi-Ethnic Approaches		POL 255	Global Citizenship	3.0
ENVS 200	Environmental Policy	3.0	POL 260	Public Policy and the Supreme Court	3.0
GEOG 102	Cultural Geography	3.0	POL 280	Race, Gender and Sexual Identity in American Politics	3.0
GEOG 105	World Regional Geography	3.0	POL 281	Race, Ethnicity, and Latinx Politics in the U.S.	3.0
GEOG 135	Ethnic Studies, Places, and Social Justice	3.0	POL 282	Race, Ethnicity, and Black Politics in the U.S.	3.0
or ETHN 135	Ethnic Studies, Place, and Social Justice		or ETHN 282	Race, Ethnicity, and Black Politics in the U.S.	
HIST 101	American History and Constitution	3.0	PSYC 101	General Introductory Psychology	3.0
HIST 102	Political and Social History of the United States: 1500s to 1876		PSYC 150	Personal and Social Adjustment	3.0
HIST 103	Political and Social History of the United States: 1877 to Present	3.0	PSYC 245	Drugs and Behavior	3.0
HIST 108	History of Mexican and Latino Americans in the United States	3.0	or HO 245	Drugs and Behavior	
or CS 108	History of Mexican and Latino Americans in the United States		PSYC 251	Developmental Psychology	3.0
HIST 110	African/American History	3.0	PSYC 261	Social Psychology	3.0
HIST 120	History of California	3.0	or ETHN 262	The Psychology of Oppression	
HIST 204	Women in American History	3.0	PSYC 265	Psychology of Gender	3.0
or WGS 204	Women in American History		PSYC 271	Abnormal Psychology	3.0
HIST 210	History of the United States in the Post World War II Era	3.0	PSYC 275	Cultural Psychology	3.0
HIST 220	History of the Americas	3.0	PSYC 276	Forensic Psychology	3.0
HIST 221	History of the Americas	3.0	PSYC 278	Psychology of Wellness	3.0
HIST 230	History of Mexico	3.0	SOC 101	Introductory Sociology Principles	3.0
HIST 235	History of Latin America	3.0	SOC 110	Marriage and the Family	3.0
HIST 241	Western Civilization	3.0	SOC 120	Introduction to Human Sexuality	3.0
HIST 242	Western Civilization	3.0	SOC 201	Social Problems	3.0
HIST 245	World Civilization from Antiquity to 1500	3.0	SOC 202	Gender and Society	3.0
HIST 246	World Civilization from 1500 to Present	3.0	or WGS 202	Gender and Society	
HIST 250	History of England, Great Britain and the Commonwealth	3.0	SOC 205	Introduction to Social Research Methods	3.0
HIST 255	History of Russia and the Soviet Union	3.0	SOC 210	Race and Ethnic Relations in the U.S.	3.0
HIST 260	Survey of the History of Asia	3.0	or ETHN 210	Race and Ethnic Relations in the U.S.	
HIST 265	Selected Problems in Contemporary Asian History	3.0	SOC 215	Sociology of Cultural Diversity: Challenge and Change	3.0
HIST 275	Global Studies	3.0	SOC 220	Introduction to Human Services	3.0
HUM 107	Men and Masculinities: Constructing Manhood in America	3.0	SOC 230	Juvenile Delinquency	3.0
or WGS 107	Men and Masculinities: Constructing Manhood in America		WGS 101	Introduction to Women's and Gender Studies	3.0
			WGS 102	Women and Religion	3.0
			WGS 105	Gender Studies and the Chicana/Latina Experience	3.0
			WGS 202	Gender and Society	3.0

WGS 209	Gender and Science	3.0
WGS 250	Foundations of Feminist, Gender, and Queer Theories	3.0

**Total Units for Social and Behavioral Sciences Area of Emphasis:
18 units**

Visual Communication

This area of emphasis will focus on the power of images and serves as an introduction to techniques for improved visual communication. It starts with a study of images in culture, progresses to visual communication exploration, and culminates with learning hands-on skill development. This area of emphasis will prepare students for possible baccalaureate degree majors in art, graphic arts, graphic design, desktop publishing, communication, theatre, and photography. Students pursuing these studies may seek careers in film and entertainment, mass communications, media, publishing, photography, education, museum work, web design, theatre stage design, and journalism.

Code Number	Course Title	Units
Section 1 - Critical Analysis of Images		
Select 3 units from the following courses:		3.0
ART 108 or HUM 108	Black Images in Popular Culture	3.0
ART 109 or HUM 109	Gender and Sexuality In Art	3.0
ART 113	Art, Science, and Technology	3.0
ART 118 or WGS 118	History of Women in Visual Arts	3.0
ART 125 or HUM 125	Introduction to Visual and Cultural Studies	3.0
PHOT 160	History of Photography	3.0
Section 2 - Theories of Visual Communicaiton		
Select 6 units from the following courses:		6.0
ART 188	Design for Digital Publishing	3.0
PHOT 100	Introductory Photography	3.0
JAMS 121	Multimedia Reporting	3.0
JAMS 130 or PHOT 130	Photo Journalism	3.0
PHOT 110	Introduction to Digital Photography	3.0
Section 3 - Applied Techniques of Communication		
Select 9 units from the following courses:		9.0
ART 110	Freehand Drawing	3.0
ART 114	Storyboarding and Animation Principles for Film	3.0
ART 116	Beginning Printmaking	3.0
ART 120	Two-Dimensional Design	3.0
ART 130A	Fundamentals of Painting	3.0
ART 150	Introduction to Ceramics	3.0
ART 182A	Lettering and Typography	3.0
ART 184	Graphic Design I	3.0
FILM 101	Motion Picture Production	3.0
FILM 102	Television Production	3.0
Total Units Visual Communication Area of Emphasis: 18 Units		