

CERRITOS GENERAL EDUCATION CURRICULUM (CGEC)

CGEC Overview

- The Cerritos General Education Curriculum (CGEC) is designed primarily for students interested in completing a local Cerritos College associate degree to prepare for a vocational career upon graduation.
- To earn a local associate degree, a minimum of 60 degree-applicable units must be completed with a 2.0 GPA, comprised of specific courses for a major, general education (GE), and electives as needed. CGEC, which is 24-28 units, is intended to meet the GE requirements.
- Students pursuing local associate degrees requiring 32 or more units for the major are exempt from Areas 8 and 9 below, including Biology, Microbiology, Engineering, and Engineering: Electrical Specialty, which meet the unit threshold due to required prerequisite courses.
- Courses in Areas 1A and 2 must be completed with a grade of "C" or higher or "Pass."
- CGEC may be used by students who wish to transfer in the future; however, some courses listed on CGEC are not transferable to four-year institutions. Students following CGEC should see a counselor for guidance on selecting the GE plan that will best suit their goals.
- Students planning to transfer to California State University (CSU) or University of California (UC) need additional GE units beyond the 24-28 units required for CGEC, which should be selected from the California General Education Transfer Curriculum (Cal-GETC). These students are advised to check that the courses they select for CGEC are also approved for Cal-GETC.
- Students may use Cal-GETC in lieu of CGEC to meet GE requirements for local degrees.

Area 1 - English Composition

2 courses (6 semester or 8 quarter units) - One course from each: 1A and 1B

Code Number	Course Title	Units
A. English Composition - 1 course (3 semester units)		
ENGL C1000	Academic Reading and Writing	4.0
ENGL C1000E	Academic Reading and Writing	4.5
ESL 180	College Composition for Multilingual Students	5.0

Code Number	Course Title	Units
B. Critical Thinking and Composition - 1 course (3 semester units)		
BCOT 148	Effective Business Presentations ³	3.0
COMM 100	Introduction to Communications Studies	3.0
COMM 103	Argumentation, Persuasion, and Critical Thinking	3.0
COMM 120	Interpersonal Communication ³	3.0
COMM 125	Organizational Communication ³	3.0
COMM 132	Small Group Communication ³	3.0

COMM C1000	Introduction to Public Speaking	3.0
CIS 101	Introduction to Computer Information Systems ³	3.0
CIS 102	Introduction To Microcomputer Hardware and Applications Software ³	3.5
CIS 103	Computer Programming Logic ³	3.5
ENGL 110	Critical Thinking Through Literature	4.0
ENGL C1001	Critical Thinking and Writing	4.0
ENGT 131	Design Fundamentals Including 3D Modeling ³	3.0
PHIL 103	Philosophical Reasoning: Critical Thinking in Philosophy	3.0
PHIL 106	Introduction to Logic and Argument ³	3.0
PHIL 160	Symbolic Logic ³	3.0
PSYC 103	Critical Thinking In Psychology	3.0
READ 103	Critical Thinking and Academic Literacy	3.0

Area 2 - Mathematical Concepts and Quantitative Reasoning

1 course (3 semester units)

Code Number	Course Title	Units
BA 130	Business Statistics ²	3.0
ECON 210	Applied Introductory Statistics for Economics	4.0
MATH 104	Survey of Mathematics ³	4.0
MATH 110A	Mathematics for Elementary Teachers ³	3.0
MATH 110B	Mathematics for Elementary Teachers ³	3.0
MATH 112S	Enhanced Elementary Statistics	4.5
MATH 114	College Algebra	4.0
MATH 115	Finite Mathematics	4.0
MATH 116	Calculus for Managerial, Biological and Social Sciences	4.0
MATH 130	Business Statistics ²	3.0
MATH 140	Trigonometry ³	3.0
MATH 155	Precalculus	5.0
MATH 155S	Enhanced Precalculus	5.5
MATH 160	Discrete Mathematics	4.0
MATH 170	Analytic Geometry and Calculus I	4.0
MATH 190	Analytic Geometry and Calculus II	4.0
MATH 225	Calculus III	5.0
MATH 250	Linear Algebra and Differential Equations	5.0
PSYC 210	Elementary Statistics	4.0
STAT C1000	Introduction to Statistics	4.0

Area 3 - Arts and Humanities

1 course (3 semester units)

Code Number	Course Title	Units
AFRS 111	The Rhetoric of Black Resistance ³	3.0
AFRS 215	Hip-Hop as Cultural Expression ¹	3.0
AFRS 222	African Spirituality ¹	3.0
AFRS 230	Black Characters in Japanese Anime and Manga ¹	3.0

ARCH 110	Introduction to Architecture and Environmental Design ³	3.0	ENGL 106	Introduction to Linguistics	3.0
ARCH 112	History of Architecture	3.0	ENGL 221A	Literature in the Bible: Hebrew Scriptures	3.0
ART 100	Introduction to World Art	3.0	ENGL 221B	Literature in the Bible: Christian Scriptures	3.0
ART 101	Art History I: Prehistory to Gothic	3.0	ENGL 222	Children's Literature	3.0
ART 102	Art History II: Renaissance to Rococo	3.0	ENGL 223	Chicana/Chicano Literature	3.0
ART 103	Art History III: Neoclassical to Present	3.0	ENGL 224	Native American Literature	3.0
ART 104	African Art History	3.0	ENGL 225	Mexican Literature in Translation	3.0
ART 105A	The Arts of Latin America and the Caribbean: Pre-Columbian	3.0	ENGL 226	African-American Literature	3.0
ART 105B	The Arts of Latin America and the Caribbean: Colonial to the Present	3.0	ENGL 227	Modern and Contemporary Literature	3.0
ART 106	Mexican Art	3.0	ENGL 228	Shakespeare's Plays	3.0
ART 107	Asian Art History	3.0	ENGL 230A	Introduction to American Literature	3.0
ART 108	Black Images in Popular Culture ²	3.0	ENGL 230B	Introduction to American Literature	3.0
ART 109	Gender and Sexuality In Art ²	3.0	ENGL 231	Literature and Film	3.0
ART 110	Freehand Drawing ³	3.0	ENGL 232	Readings In Poetry	3.0
ART 110A	Drawing In and Out of History	3.0	ENGL 233	Readings in the Novel	3.0
ART 113	Art, Science, and Technology	3.0	ENGL 234	Readings in Short Fiction	3.0
ART 116	Beginning Printmaking ³	3.0	ENGL 235	Readings in the Drama	3.0
ART 118	History of Women in Visual Arts ^{2,3}	3.0	ENGL 236	Studies in Women's Literature	3.0
ART 119A	Introduction to Museum Studies ³	3.0	ENGL 237	Asian American Literature	3.0
ART 120	Two-Dimensional Design ³	3.0	ENGL 239	Literature of India	3.0
ART 123	African Cinema	3.0	ENGL 242	Writing Poetry ³	3.0
ART 124	Introduction to Media Studies	3.0	ENGL 243	Playwriting ³	3.0
ART 125	Introduction to Visual and Cultural Studies ²	3.0	ENGL 244	Writing Short Fiction ³	3.0
ART 126	History of Furniture Design ²	3.0	ENGL 245	World Mythology as Literature	3.0
ART 130A	Fundamentals of Painting ³	3.0	ENGL 246A	Survey of British Literature A: Anglo-Saxon to 18th Century	3.0
ART 150	Introduction to Ceramics ³	3.0	ENGL 246B	Survey of English Literature B: Romantics to the Present	3.0
ART 159	Ceramics - History, Themes and Practice ³	3.0	ENGL 247	Writing Creative Nonfiction ³	3.0
ART 186	Computer Graphics with Adobe Illustrator ³	3.0	ENGL 248A	Masterpieces of World Literature	3.0
ART 192	Photoshop/Digital Imaging ³	3.0	ENGL 248B	Masterpieces of World Literature	3.0
ART 193	Motion Picture Editing ³	3.0	ENGL 249	LGBT Literature	3.0
ART 193A	The Art and History of Motion Picture Editing	3.0	ENGL 257	Readings in Creative Nonfiction	3.0
ART 200	Special Topics in Visual and Cultural Studies ^{2,3}	3.0	FILM 159	World Film	3.0
ART 207	Women and Media ²	3.0	FREN 101	Elementary French ³	5.0
ASL 110	American Sign Language I ³	4.0	FREN 102	Elementary French ³	5.0
ASL 111	American Sign Language II	4.0	FREN 201	Intermediate French	5.0
ASL 210	American Sign Language III ³	4.0	FREN 202	Intermediate French	4.0
ASL 211	American Sign Language IV ³	4.0	FREN 203	Intermediate French Advanced Level I ³	4.0
ASL 220	Deaf Culture	3.0	FREN 281	Beginning Conversational French	3.0
CHIN 101	Elementary Chinese I ³	5.0	FREN 282	Intermediate Conversational French	3.0
CHIN 102	Elementary Chinese II	5.0	FREN 283	Advanced Conversational French	3.0
CHIN 201	Intermediate Chinese I	5.0	FREN 285	Romance Linguistics ²	3.0
CHIN 202	Intermediate Chinese II	5.0	GERM 101	Elementary German ³	5.0
CHIN 260	Chinese Culture and Society	3.0	GERM 102	Elementary German	5.0
COMM 140	Oral Interpretation of Literature ³	3.0	GERM 201	Intermediate German	4.0
COMM 148	Readers' Theatre ³	3.0	GERM 202	Intermediate German	4.0
DANC 100	Dance Appreciation	3.0	HUM 100	The Art of Being Human	3.0
DANC 101	History of Dance	3.0	HUM 102	The Arab, The Muslim, and The West	3.0
ENGL 102	Introduction to Literature	3.0	HUM 108	Black Images in Popular Culture ²	3.0
			HUM 109	Gender and Sexuality In Art ²	3.0
			HUM 125	Introduction to Visual and Cultural Studies ²	3.0

JAMS 151	Motion Pictures, Radio, and Television ³	3.0
JAMS 152	Introduction to Broadcasting ³	3.0
JAPN 101	Elementary Japanese ³	5.0
JAPN 102	Elementary Japanese	5.0
JAPN 201	Intermediate Japanese ³	5.0
JAPN 202	Intermediate Japanese ³	4.0
KOR 101	Elementary Korean I ³	5.0
KOR 102	Elementary Korean II ³	5.0
MUS 100	Music Appreciation	3.0
MUS 101	Introduction to World Music	3.0
MUS 104B	History of Rock Music	3.0
MUS 105	Music Fundamentals	3.0
MUS 180	Music Theory/Musicianship I	4.0
NAIS 120	Introduction to Native American Music	3.0
PHIL 100	Introduction to Philosophy	3.0
PHIL 102	Introduction to Ethics	3.0
PHIL 104	Philosophy of Cultural Diversity: Challenge and Change	3.0
PHIL 105	Philosophy of Art and Beauty	3.0
PHIL 107	Philosophy of Science and Technology	3.0
PHIL 108	Philosophy of the Americas	3.0
PHIL 109	Philosophy of the Body, Feminism, and Gender ²	3.0
PHIL 130	History of Ancient Philosophy	3.0
PHIL 140	History of Modern Philosophy	3.0
PHIL 200	World Religions	3.0
PHIL 201	Contemporary Philosophy	3.0
PHIL 203	Philosophy of Religion	3.0
PHIL 204	Philosophy of the Bible I (Hebrew Scriptures)	3.0
PHIL 205	Introduction to Bioethics	3.0
PHIL 206	Philosophy of the Bible II (Christian Scriptures)	3.0
PHIL 215	Philosophy of Education ²	3.0
PHOT 100	Introductory Photography ³	3.0
PHOT 150	Photography and Society	3.0
PHOT 160	History of Photography	3.0
POL 240	Introduction to Political Theory	3.0
SPAN 101	Elementary Spanish ³	5.0
SPAN 102	Elementary Spanish	5.0
SPAN 111	Elementary Spanish for Spanish Speakers ³	5.0
SPAN 112	Elementary Spanish for Spanish Speakers	5.0
SPAN 201	Intermediate Spanish	5.0
SPAN 202	Intermediate Spanish	4.0
SPAN 210	Highlights of Hispanic Culture	3.0
SPAN 245	Introduction to Chicano/Mexican American Culture	3.0
SPAN 260	Frida Kahlo And Mexican Muralists	3.0
SPAN 285	Romance Linguistics ²	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	3.5
TH 150	Appreciation and History of the Motion Picture	3.0
WGS 102	Women and Religion	3.0
WGS 109	Philosophy of the Body, Feminism, and Gender ²	3.0
WGS 118	History of Women in Visual Arts ²	3.0
WGS 207	Women and Media ²	3.0
WMT 126	History of Furniture Design ²	3.0

Area 4 - Social and Behavioral Sciences

1 course (3 semester units)

Code Number	Course Title	Units
AFRS 100	Introduction to Black/Africana Studies ¹	3.0
AFRS 101	Theories and Methods in Black/Africana Studies	3.0
AFRS 103	The History of the Black World I: From Ancient Africa to 1888	3.0
AFRS 104	The History of the Black World II: From 1888 to the Present	3.0
AFRS 106	Africana Political Thought ¹	3.0
AFRS 107	Black Womanist & Feminist Thought	3.0
AFRS 108	Black Politics: Social and Racial Justice Movements ¹	3.0
AFRS 113	Introduction to Ethnic Studies	3.0
AFRS 220	African Gender Systems ¹	3.0
AFRS 225	African American Ebonics	3.0
AJ 101	Introduction to Administration of Justice ³	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 ^{1, 2}	3.0
ANTH 206	The Anthropology of Death and Dying	3.0
ASL 220	Deaf Culture ¹	3.0
BA 100	Fundamentals of Business ³	3.0
BA 101	International Business ³	3.0
BA 208	Leadership for Women in Business ^{2, 3}	3.0
CD 110	Child Development ¹	3.0
CDEC 111	Principles and Practices in Early Childhood Education ³	3.0
COMM 110	Intercultural Communication	3.0
COMM 115	Gender, Communication, and the Digital Revolution ²	3.0
COUN 150	Dynamics of Leadership ³	3.0
COUN 200	Success in College and Career ^{1, 3}	3.0
COUN 205	Valuing Identity and Cultural Diversity ³	3.0
CS 100	Introduction to Chicano/a Studies	3.0
CS 101	Introduction to Social Justice	3.0

CS 102	La Chicana ³	3.0	NAIS 100	Introduction to Native American and Indigenous Studies	3.0
CS 108	History of Mexican and Latino Americans in the United States ^{1,2}	3.0	NAIS 101	Engaging with Native American Communities I ¹	3.0
ECON 101	Economic Issues and Policy	3.0	NAIS 201	Engaging With Native American Communities II ¹	3.0
ECON 102	Women in the Global Economy ²	3.0	POL 110	California State and Local Government ³	3.0
ECON 201M	Principles of Macroeconomics	3.0	POL 210	International Relations	3.0
ECON 202M	Principles of Microeconomics	3.0	POL 220	Comparative Government	3.0
EDEL 210	Special Education, Disability, Equity and American Education ³	3.0	POL 230	Contemporary Political Issues: Middle East	3.0
EDEL 215	Philosophy of Education ²	3.0	POL 250	Understanding the United Nations: Theory and Practice	3.0
ENVS 200	Environmental Policy	3.0	POL 255	Global Citizenship	3.0
FIN 125	Personal Finance ³	3.0	POL 260	Public Policy and the Supreme Court ³	3.0
ETHN 105	Gender Studies and the Chicana/Latina Experience	3.0	POL 280	Race, Gender and Sexual Identity in American Politics ^{1,2}	3.0
ETHN 135	Ethnic Studies, Place, and Social Justice	3.0	POL 281	Race, Ethnicity, and Latinx Politics in the U.S. ^{1,2}	3.0
ETHN 210	Race and Ethnic Relations in the U.S.	3.0	POL 282	Race, Ethnicity, and Black Politics in the U.S. ^{1,2}	3.0
ETHN 262	The Psychology of Oppression	3.0	PSYC C1000	Introduction to Psychology	3.0
ETHN 280	Race, Gender and Sexual Identity in American Politics	3.0	PSYC 150	Personal and Social Adjustment	3.0
ETHN 281	Race, Ethnicity, and Latinx Politics in the U.S.	3.0	PSYC 251	Developmental Psychology	3.0
ETHN 282	Race, Ethnicity, and Black Politics in the U.S.	3.0	PSYC 261	Social Psychology	3.0
GEOG 102	Cultural Geography	3.0	PSYC 262	The Psychology of Oppression ^{1,2}	3.0
GEOG 105	World Regional Geography	3.0	PSYC 265	Psychology of Gender	3.0
GEOG 135	Ethnic Studies, Places, and Social Justice ^{1,2}	3.0	PSYC 271	Abnormal Psychology	3.0
GEOG 140	California Geography	3.0	PSYC 275	Cultural Psychology	3.0
HED 103	Women, Their Bodies and Health ^{1,2,3}	3.0	PSYC 276	Forensic Psychology ³	3.0
HIST 110	African-American History	3.0	PSYC 278	Psychology of Wellness ^{1,3}	3.0
HIST 120	History of California	3.0	READ 101	Literacy and Learning Strategies for College Success ^{1,3}	3.0
HIST 204	Women in American History	3.0	SLP 105	Speech and Language Development ³	3.0
HIST 210	History of the United States in the Post World War II Era	3.0	SOC 101	Introductory Sociology Principles	3.0
HIST 220	History of the Americas ³	3.0	SOC 110	Marriage and the Family ¹	3.0
HIST 221	History of the Americas ³	3.0	SOC 120	Introduction to Human Sexuality ¹	3.0
HIST 230	History of Mexico	3.0	SOC 201	Social Problems	3.0
HIST 235	History of Latin America	3.0	SOC 202	Gender and Society ²	3.0
HIST 241	Western Civilization	3.0	SOC 205	Introduction to Social Research Methods	3.0
HIST 242	Western Civilization	3.0	SOC 210	Race and Ethnic Relations in the U.S. ^{1,2}	3.0
HIST 245	World Civilization from Antiquity to 1500	3.0	SOC 215	Sociology of Cultural Diversity: Challenge and Change	3.0
HIST 246	World Civilization from 1500 to Present	3.0	SOC 230	Juvenile Delinquency ³	3.0
HIST 250	History of England, Great Britain and the Commonwealth	3.0	WGS 101	Introduction to Women's and Gender Studies	3.0
HIST 255	History of Russia and the Soviet Union	3.0	WGS 103	Women, their Bodies and Health ^{1,2,3}	3.0
HIST 260	Survey of the History of Asia	3.0	WGS 105	Gender Studies and the Chicana/Latina Experience ^{1,2}	3.0
HIST 265	Selected Problems in Contemporary Asian History	3.0	WGS 107	Men and Masculinities: Constructing Manhood in America ²	3.0
HIST 270	Special Topics In History ³	3.0	WGS 108	Women in Sports ^{1,2}	3.0
HIST 275	Global Studies	3.0	WGS 115	Gender, Communication, and the Digital Revolution ²	3.0
HUM 107	Men and Masculinities: Constructing Manhood in America ²	3.0	WGS 140	Introduction to LGBT Studies	3.0
JAMS 100	Mass Communications and Society ³	3.0			
KIN 108	Women in Sports ^{1,2}	3.0			
KIN 211	Sport Management ³	3.0			

WGS 202	Gender and Society ²	3.0
WGS 204	Women in American History ²	3.0
WGS 205	The Anthropology of Sexuality and Gender ^{1, 2}	3.0
WGS 206	Women in the Global Economy ²	3.0
WGS 208	Leadership for Women in Business ^{2, 3}	3.0
WGS 209	Gender and Science	3.0
WGS 250	Foundations of Feminist, Gender, and Queer Theories	3.0

Area 5 - Natural Sciences

1 course (3 semester units)

Code Number	Course Title	Units
A&P 120	Introduction to Human Anatomy and Physiology	4.0
A&P 150	Introduction to Human Anatomy	4.0
A&P 151	Introduction to Human Physiology	4.0
A&P 200	Human Anatomy	5.0
A&P 201	Human Physiology	5.0
ANTH 110	Introduction to Forensic Anthropology ³	3.0
ANTH 115	Physical Anthropology	3.0
ANTH 115L	Introduction to Physical Anthropology Lab	1.0
ASTR 102	Introductory Astronomy: Stars and the Universe	3.0
ASTR 103	Introductory Astronomy: The Solar System	3.0
ASTR 104	Life in the Universe	3.0
ASTR 105L	Observational Astronomy	1.0
ASTR 106	History of Astronomy	3.0
BIOL 105	Humans and the Environment	3.0
BIOL 110	California Animals and Plants ³	3.0
BIOL 115	Marine Biology	3.0
BIOL 120	Introduction To Biological Science	4.0
BIOL 200	Principles of Biology	5.0
BIOL 201	Principles of Biology	5.0
BOT 120	Introduction To Plant Science	4.0
BTEC 120	Introduction to Biotechnology	4.0
CHEM 100	Introductory Chemistry	4.0
CHEM 101	Chemistry in Society	3.0
CHEM 101L	Chemistry in Society Lab	1.0
CHEM 110	Elementary Chemistry	4.0
CHEM 111	General Chemistry	5.0
CHEM 112	General Chemistry	5.0
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
ESCI 110	Introduction To Earth Science	4.0
GEOG 101	Physical Geography	3.0
GEOG 101L	Physical Geography Laboratory	1.0
GEOG 103	Environmental Geography	3.0
GEOG 115	Physical Geography with Laboratory	4.0
GEOL 101	Physical Geology	4.0
GEOL 102	Physical Geology Lecture	3.0

GEOL 102L	Physical Geology Laboratory	1.0
GEOL 103	Environmental Geology Lecture	3.0
GEOL 103L	Environmental Geology Laboratory	1.0
GEOL 104	Environmental Geology	4.0
GEOL 105L	Introduction to Geoscience Field Methods ³	1.0
GEOL 106	Geology of the Solar System: Planets and Moons	3.0
GEOL 201	Earth History	4.0
GEOL 207	Paleontology, Life of the Past	4.0
GEOL 208	The Age of the Dinosaurs	3.0
GEOL 209	Natural Disasters	3.0
MICR 200	Principles and Applications of Microbiology	5.0
PHYS 100	Elementary Physics	4.0
PHYS 101	General Physics	4.0
PHYS 102	General Physics	4.0
PHYS 201	Engineering Physics	4.0
PHYS 202	Engineering Physics	4.0
PHYS 203	Engineering Physics	4.0
PS 100	Physical Science Of Modern Technology	3.0
PS 112	Physical Science for Elementary School Teachers ³	3.0
PSYC 241	Introduction to Psychobiology	3.0
ZOOL 120	Introduction to Animal Biology	4.0

Area 6 - Ethnic Studies

1 course (3 semester units)

Code Number	Course Title	Units
AFRS 100	Introduction to Black/Africana Studies ¹	3.0
AFRS 104	The History of the Black World II: From 1888 to the Present ¹	3.0
AFRS 106	Africana Political Thought ¹	3.0
AFRS 108	Black Politics: Social and Racial Justice Movements ¹	3.0
AFRS 215	Hip-Hop as Cultural Expression ¹	3.0
AFRS 220	African Gender Systems ¹	3.0
AFRS 222	African Spirituality ¹	3.0
AFRS 230	Black Characters in Japanese Anime and Manga ¹	3.0
ASAM 100	Introduction to Asian American Studies: Not Your Model Minority ³	3.0
ASAM 110	Expanding America: Asian American History and Experience in the U.S. ³	3.0
ETHN 105	Gender Studies and the Chicana/Latina Experience ^{1, 2}	3.0
ETHN 135	Ethnic Studies, Place, and Social Justice ^{1, 2}	3.0
ETHN 210	Race and Ethnic Relations in the U.S. ^{1, 2}	3.0
ETHN 262	The Psychology of Oppression ^{1, 2}	3.0
ETHN 280	Race, Gender and Sexual Identity in American Politics ^{1, 2}	3.0
ETHN 281	Race, Ethnicity, and Latinx Politics in the U.S. ^{1, 2}	3.0
ETHN 282	Race, Ethnicity, and Black Politics in the U.S. ^{1, 2}	3.0

GEOG 135	Ethnic Studies, Places, and Social Justice ^{1, 2}	3.0
NAIS 101	Engaging with Native American Communities I	3.0
POL 280	Race, Gender and Sexual Identity in American Politics ^{1, 2}	3.0
POL 281	Race, Ethnicity, and Latinx Politics in the U.S. ^{1, 2}	3.0
POL 282	Race, Ethnicity, and Black Politics in the U.S. ^{1, 2}	3.0
PSYC 262	The Psychology of Oppression ^{1, 2}	3.0
SOC 210	Race and Ethnic Relations in the U.S. ^{1, 2}	3.0
WGS 105	Gender Studies and the Chicana/Latina Experience ^{1, 2}	3.0

Area 7 - American Institutions

1 course (3 semester units)

Code Number	Course Title	Units
CS 108	History of Mexican and Latino Americans in the United States ^{1, 2}	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 ²	3.0
POLS C1000	American Government and Politics	3.0
POL 201	Introduction to Political Science and American Government	3.0

Area 8 - Self-Development

1 course (3 semester units)

Exempt for majors requiring 32 or more units

Code Number	Course Title	Units
ANTH 205	The Anthropology of Sexuality and Gender ^{1, 2}	3.0
CD 110	Child Development ¹	3.0
COUN 200	Success in College and Career ^{1, 3}	3.0
HED 100	Contemporary Health Problems ³	3.0
HED 101	Stress Management ³	3.0
HED 103	Women, Their Bodies and Health ^{1, 2, 3}	3.0
HED 105	Mind, Body, and Health ³	3.0
HO 100	Health of Underserved Communities ³	3.0
HO 152	Normal and Therapeutic Nutrition ³	3.0
HO 245	Drugs and Behavior ^{2, 3}	3.0
KIN 100	Introduction to Kinesiology ³	3.0
KIN 102	Introduction to Athletic Training ³	3.0
KIN 104	Fitness and Wellness ³	3.0
KIN 106	Sport in Society ³	3.0
KIN 108	Women in Sports ^{1, 2, 3}	3.0
KIN 120	Sports Officiating for Football ³	1.0
KIN 121	Sports Officiating for Men's and Women's Basketball ³	1.0

KIN 122	Sports Officiating for Baseball ³	1.0
KIN 123	Sports Officiating for Men's and Women's Track and Field ³	1.0
KIN 130	Theory of Coaching ³	3.0
KIN 131	Theory of Coaching Baseball ³	2.0
KIN 132	Theory of Coaching Softball ³	2.0
KIN 133	Theory of Track and Field ³	2.0
KIN 134	Theory of Football ³	2.0
KIN 200	Sports Psychology ³	3.0
KIN 201	Nutrition for Health, Fitness and Wellness ³	3.0
KIN 202	Measurement and Interpretation of Fitness ³	3.0
KIN 203	Programs and Principles of Conditioning ³	3.0
KIN 206A	Lower Extremity Injury Assessment and Reconditioning ³	2.0
KIN 206B	Upper Extremity Injury Assessment and Reconditioning ³	2.0
KIN 207	Athletic Injury Taping, Bandaging and Immobilization ³	1.0
PSYC 150	Personal and Social Adjustment ¹	3.0
PSYC 245	Drugs and Behavior ^{2, 3}	3.0
PSYC 278	Psychology of Wellness ^{1, 3}	3.0
READ 101	Literacy and Learning Strategies for College Success ^{1, 3}	3.0
SOC 110	Marriage and the Family ¹	3.0
SOC 120	Introduction to Human Sexuality ¹	3.0
WGS 103	Women, their Bodies and Health ^{1, 2, 3}	3.0
WGS 108	Women in Sports ^{1, 2}	3.0
WGS 205	The Anthropology of Sexuality and Gender ^{1, 2}	3.0

Area 9 - Physical Activity

1 course (3 semester units)

Exempt for majors requiring 32 or more units

Code Number	Course Title	Units
ATH 200L	Baseball, Men ³	3.0
ATH 201LA	Baseball, Men, Off Season Intercollegiate ³	1.0
ATH 201LB	Baseball, Men, Off Season Intercollegiate ³	2.0
ATH 201LC	Baseball, Men, Off Season Intercollegiate ³	3.0
ATH 202L	Basketball, Men ³	3.0
ATH 203LA	Basketball, Men Off Season Intercollegiate ³	1.0
ATH 203LB	Basketball, Men, Off Season Intercollegiate ³	2.0
ATH 203LC	Basketball, Men, Off Season Intercollegiate ³	3.0
ATH 204L	Basketball, Women ³	1.5
ATH 205LA	Basketball, Women, Off Season Intercollegiate ³	1.0
ATH 205LB	Basketball, Women, Off Season Intercollegiate ³	2.0
ATH 205LC	Basketball, Women, Off Season Intercollegiate ³	3.0
ATH 205LD	Basketball, Women, Off Season Intercollegiate ³	0.5
ATH 205LE	Basketball, Women, Off-Season, Intercollegiate ³	1.5

ATH 206L	Cross Country, Men ³	3.0	ATH 225LA	Tennis, Women, Off Season Intercollegiate ³	1.0
ATH 207LA	Cross Country, Men, Off Season Intercollegiate ³	1.0	ATH 225LB	Tennis, Women, Off Season Intercollegiate ³	2.0
ATH 207LB	Cross Country, Men, Off Season Intercollegiate ³	2.0	ATH 225LC	Tennis, Women, Off Season Intercollegiate ³	3.0
ATH 207LC	Cross Country, Men, Off Season Intercollegiate ³	3.0	ATH 225LD	Tennis, Women, Off Season Intercollegiate ³	0.5
ATH 208L	Cross Country, Women ³	3.0	ATH 226L	Track and Field, Men ³	3.0
ATH 209LA	Cross Country, Women, Off Season Intercollegiate ³	1.0	ATH 227LA	Track and Field, Men, Off Season Intercollegiate ³	1.0
ATH 209LB	Cross Country, Women, Off Season Intercollegiate ³	2.0	ATH 227LB	Track and Field, Men, Off Season Intercollegiate ³	2.0
ATH 209LC	Cross Country, Women, Off Season Intercollegiate ³	3.0	ATH 227LC	Track and Field, Men, Off Season Intercollegiate ³	3.0
ATH 210L	Football, Men ³	3.0	ATH 228L	Track and Field, Women ³	3.0
ATH 211LA	Football, Men, Off Season Intercollegiate ³	1.0	ATH 229LA	Track and Field, Women Off Season Intercollegiate ³	1.0
ATH 211LB	Football, Men, Off Season Intercollegiate ³	2.0	ATH 229LB	Track and Field, Women, Off Season Intercollegiate ³	2.0
ATH 211LC	Football, Men, Off Season Intercollegiate ³	3.0	ATH 229LC	Track and Field, Women, Off Season Intercollegiate ³	3.0
ATH 212L	Soccer, Men ³	3.0	ATH 230L	Volleyball, Women ³	3.0
ATH 213LA	Soccer, Men, Off Season Intercollegiate ³	1.0	ATH 231LA	Volleyball, Women, Off Season Intercollegiate ³	1.0
ATH 213LB	Soccer, Men, Off Season Intercollegiate ³	2.0	ATH 231LB	Volleyball, Women, Off Season Intercollegiate ³	2.0
ATH 213LC	Soccer, Men, Off Season Intercollegiate ³	3.0	ATH 231LC	Volleyball, Women, Off Season Intercollegiate ³	3.0
ATH 214L	Soccer, Women ³	3.0	ATH 232L	Water Polo, Men ³	3.0
ATH 215LA	Soccer, Women, Off Season Intercollegiate ³	1.0	ATH 233LA	Water Polo, Men Off Season Intercollegiate ³	1.0
ATH 215LB	Soccer, Women, Off Season Intercollegiate ³	2.0	ATH 233LB	Water Polo, Men, Off Season Intercollegiate ³	2.0
ATH 215LC	Soccer, Women, Off Season Intercollegiate ³	3.0	ATH 233LC	Water Polo, Men, Off Season Intercollegiate ³	3.0
ATH 216L	Softball, Women ³	3.0	ATH 234L	Water Polo, Women ³	3.0
ATH 217LA	Softball, Women, Off Season Intercollegiate ³	1.0	ATH 235LA	Water Polo, Women, Off Season Intercollegiate ³	1.0
ATH 217LB	Softball, Women, Off Season Intercollegiate ³	2.0	ATH 235LB	Water Polo, Women, Off Season Intercollegiate ³	2.0
ATH 217LC	Softball, Women, Off Season Intercollegiate ³	3.0	ATH 235LC	Water Polo, Women, Off Season Intercollegiate ³	3.0
ATH 218L	Swimming, Men ³	3.0	ATH 235LD	Water Polo, Women, Off Season Intercollegiate ³	0.5
ATH 219LA	Swimming, Men, Off Season Intercollegiate ³	1.0	ATH 236L	Wrestling ³	3.0
ATH 219LB	Swimming, Men Off Season Intercollegiate ³	2.0	ATH 237LA	Wrestling, Off Season Intercollegiate ³	1.0
ATH 219LC	Swimming, Men, Off Season Intercollegiate ³	3.0	ATH 237LB	Wrestling, Off Season Intercollegiate ³	2.0
ATH 220L	Swimming, Women ³	3.0	ATH 237LC	Wrestling, Off Season Intercollegiate ³	3.0
ATH 221LA	Swimming, Women, Off Season Intercollegiate ³	1.0	ATH 240	Cheerleading ³	3.0
ATH 221LB	Swimming, Women, Off Season Intercollegiate ³	2.0	ATH 241	Cheerleading, Off-Season ³	2.0
ATH 221LC	Swimming, Women, Off Season Intercollegiate ³	3.0	ATH 242	Cheerleading Competition ³	2.0
ATH 221LD	Swimming, Women, Off Season Intercollegiate ³	0.5	ATH 244	Beach Volleyball ³	3.0
ATH 222L	Tennis, Men	3.0	DANC 50	Individualized Dance Development ³	1.0
ATH 223LA	Tennis, Men, Off Season Intercollegiate ³	1.0	DANC 102	Introduction to Adaptive Dance ³	1.0
ATH 223LB	Tennis, Men, Off Season Intercollegiate ³	2.0	DANC 103	Dance Conditioning and Alignment ³	1.0
ATH 223LC	Tennis, Men, Off Season Intercollegiate ³	3.0	DANC 104	Cardio Barre Conditioning ³	1.0
ATH 223LD	Tennis, Men, Off Season Intercollegiate ³	0.5	DANC 105	Introduction to Dance Movement ³	3.0
ATH 224L	Tennis, Women ³	3.0	DANC 106A	Beginning Ballet ³	2.0

DANC 106B	Intermediate Ballet ³	2.0	PEX 112	Step Aerobics ³	1.5
DANC 106C	Advanced Ballet ³	2.0	PEX 113	Zumba ³	1.0
DANC 107	Ballet Variations ³	2.0	PEX 116	Water Aerobics ³	1.0
DANC 108A	Dance, Modern, Beginning ³	2.0	PEX 117	Aqua Zumba ³	1.0
DANC 108B	Dance, Modern, Intermediate ³	2.0	PEX 118	Triathlon Basics ³	1.0
DANC 108C	Dance, Modern Advanced ³	2.0	PEX 119	Basic Training and Physical Conditioning ³	1.0
DANC 109	Introduction to Dance Cultures of the World ³	2.0	PEX 120	Cardio Kickboxing ³	1.5
DANC 110	Commercial Dance Foundations ³	2.0	PEX 121	High-Intensity Interval Training ³	1.0
DANC 112	Contemporary Dance ³	2.0	PEX 122	Cross Training and Fitness Conditioning ³	1.5
DANC 115	Liturgical Dance ³	2.0	PEX 124	Personal Fitness Program ³	1.0
DANC 120	Partnering for Dance ³	2.0	PEX 126	Physical Fitness Training ³	1.5
DANC 121	Latin Social Dance ³	2.0	PEX 130	Weight Management ³	1.0
DANC 122	Middle Eastern Dance ³	2.0	PEX 132	Indoor Cycling ³	1.0
DANC 123	African Dance ³	2.0	PEX 134	Body Sculpting ³	1.0
DANC 124	Hip Hop Dance I ³	2.0	PEX 135	Ropes, Bands, and Suspension Training ³	1.5
DANC 125	Introduction to Ballroom Dance ³	2.0	PEX 136	Stretching and Relaxation ³	1.0
DANC 126	Hip Hop Dance II ³	2.0	PEX 137	Cardio Barre Conditioning ³	1.0
DANC 127	Ballet Folklorico ³	2.0	PEX 138	Walking for Fitness ³	1.0
DANC 128	Latin Dance Performance ³	2.0	PEX 139	Walking/Jogging for Fitness ³	1.0
DANC 129	Heels Dance Class ³	2.0	PEX 140	Jogging, Basics ³	1.0
DANC 130	Dance Improvisation ³	2.0	PEX 141	Jogging for Fitness, Beginning ³	1.0
DANC 130A	Beginning Choreography ³	2.0	PEX 142	Group Treadmill and Cardio Machine Training ³	1.0
DANC 130B	Intermediate Choreography ³	2.0	PEX 145	Circuit Weight Training, Beginning ³	1.0
DANC 133	Dance Production ³	3.0	PEX 147	Personal Self Defense ³	1.0
DANC 134	Dance Performance ³	2.0	PEX 148	Brazilian Jiu Jitsu ³	1.0
DANC 135	Dance Workshop ³	2.0	PEX 148C	Brazilian Jiu Jitsu, Conditioning ³	1.5
DANC 136	Dance Repertory ³	2.0	PEX 149	Tae Kwon Do, Beginning ³	1.0
DANC 140	Beginning Jazz Dance ³	2.0	PEX 150	Mixed Martial Arts ³	1.5
DANC 141	Intermediate Jazz Dance ³	2.0	PEX 151	Yoga ³	1.0
DANC 142	Beginning Tap Dance ³	2.0	PEX 152	Gentle Yoga ³	1.0
DANC 143	Intermediate Tap Dance ³	2.0	PEX 153	Meditative – Yoga and Stress Reduction ³	1.0
DANC 144	Dance for Musical Theatre ³	2.0	PEX 155	PiYo Introduction to Pilates and Yoga ³	1.0
DANC 150	Rehearsal For Formal Dance Concerts ³	2.0	PEX 156	Pilates Conditioning ³	1.0
DANC 151	Rehearsal For Informal Dance Showcases ³	2.0	PEX 157	Dance Conditioning and Alignment ³	1.0
PEX 100	Fitness for Student's with Disabilities ³	1.0	PEX 161	Badminton, Beginning ³	1.0
PEX 100A	Adapted Independent Exercise ³	1.0	PEX 162	Badminton Fitness and Technique Training ³	1.5
PEX 101	Wheelchair Activities ³	1.0	PEX 163	Baseball, Beginning ³	1.0
PEX 102	Adapted Cardiovascular Exercises ³	1.0	PEX 165	Basketball, Novice ³	1.0
PEX 103	Adapted Strength Training ³	1.0	PEX 166	Basketball, Beginning ³	1.0
PEX 103A	Adapted Circuit Weight Training ³	1.0	PEX 167	Bowling, Beginning ³	1.0
PEX 104	Adapted Stretching and Relaxation ³	1.0	PEX 169	Song Unit ³	2.0
PEX 104D	Introduction to Adaptive Dance ³	1.0	PEX 170	Pep Unit ³	2.0
PEX 105	Adapted Swimming ³	1.0	PEX 171	Cheerleading ³	2.0
PEX 106	Adapted Aquatic Exercise ³	1.0	PEX 172	Flag Football ³	1.0
PEX 106A	Adapted Aquatic Group Fitness ³	1.0	PEX 176	Golf, Beginning ³	1.0
PEX 107	Adapted Team Sports ³	1.0	PEX 177	Futsal-Indoor Soccer ³	1.0
PEX 107A	Adapted Soccer ³	1.0	PEX 178	Soccer, Beginning ³	1.0
PEX 108	Adapted Individual Sports ³	1.0	PEX 179	Soccer, Fitness and Technique ³	1.0
PEX 109	Adapted Group Fitness ³	1.0	PEX 181	Softball, Beginning ³	1.0
PEX 110	Aerobic Activities ³	1.5	PEX 184	Swimming, Novice ³	1.0
PEX 111	Low Impact Aerobics ³	1.5	PEX 185	Swimming, Beginning ³	1.0

PEX 186	Water Polo ³	2.0
PEX 187A	Pickleball, Beginning	1.0
PEX 188	Tennis, Introduction ³	1.0
PEX 189	Tennis, Beginning ³	1.0
PEX 191	Volleyball, Introduction ³	1.0
PEX 192	Volleyball, Beginning ³	1.0
PEX 194	Wrestling, Beginning ³	1.0
PEX 240	Jogging for Fitness, Intermediate ³	2.0
PEX 245	Circuit Weight Training, Intermediate/ Advanced ³	2.0
PEX 246	Olympic Weights-Power Lifting ³	2.0
PEX 248	Brazilian Jiu Jitsu, Intermediate ³	2.0
PEX 249	Tae Kwon Do, Intermediate/Advanced ³	2.0
PEX 261	Badminton, Intermediate/Advanced ³	2.0
PEX 263	Baseball, Intermediate/Advanced ³	2.0
PEX 265	Basketball, Intermediate ³	2.0
PEX 266	Basketball, Advanced ³	2.0
PEX 267	Bowling, Intermediate/Advanced ³	2.0
PEX 271	Stunting, Acrobatics, and Tumbling	2.0
PEX 272	Football, Intermediate/Advanced ³	2.0
PEX 274	Football, Training and Techniques ³	2.0
PEX 276	Golf, Intermediate/Advanced ³	2.0
PEX 278	Soccer, Intermediate/Advanced ³	2.0
PEX 281	Softball, Intermediate/Advanced ³	2.0
PEX 282	Competitive Slow Pitch Softball ³	1.0
PEX 284	Swimming, Intermediate ³	2.0
PEX 285	Swimming, Advanced ³	2.0
PEX 288	Tennis, Intermediate ³	2.0
PEX 289	Tennis, Advanced ³	2.0
PEX 291	Volleyball, Intermediate ³	2.0
PEX 292	Volleyball, Advanced ³	2.0

¹ Although listed in more than one category, may be used to satisfy only one category

² Course is cross-listed with another course. When courses are cross-listed, you may only receive credit for one of the courses.

³ Not approved for Cal-GETC