

PLAN A: DEGREE &/OR CAREER OPTION

A total of 60 degree applicable units including the following requirements must be completed to qualify for the A.A. degree:

1. Major Program Requirements:

Complete all requirements for the chosen major programs under "Major Requirements" in the Cerritos College Catalog.

2. Mathematics Proficiency Requirement

This requirement can be met by one of the following options:

- Pass intermediate algebra college courses or Math courses numbered 100 or above, PSYC 210, ECON 210 or equivalents with a grade of "C" or higher or "Pass"
- Receive a score of 3 or better on a Math AP exam (AP Statistics, AP Calculus AB, AP Calculus BC).
- Receive credit by exam in MATH 80.

3. Reading Proficiency Requirement:

This requirement can be met by one of the following options:

- Completion of READ 100, READ 101, or READ 103, or equivalent with a grade of "C" or higher or Pass.
- Completion of any Plan B Area A3 course or any Plan C Area 1B course or equivalent with a grade of "C" or higher or Pass.
- Receive a score of 3 or better on the English Language & Composition or English Literature and Composition AP Exam.
- Receive a credit by exam in READ 101 at Cerritos College.

4. Writing Proficiency Requirement:

- Completion of ENGL 100 or ENGL 100s or equivalent with a grade of "C" or higher or "Pass"
- Completion of ESL 180 or equivalent with a grade of "C" or higher or "Pass"

5. Health & Wellness Proficiency Requirement:

This requirement can be met by one of the following options:

- Completion with a grade of Pass, or "C", or higher of at least one unit of a course from the approved department list below:

Code Number	Course Title	Credits
Athletics		
ATH 200L	Baseball, Men	3.0
ATH 201LA	Baseball, Men, Off Season Intercollegiate	1.0
ATH 201LB	Baseball, Men, Off Season Intercollegiate	2.0
ATH 201LC	Baseball, Men, Off Season Intercollegiate	3.0
ATH 202L	Basketball, Men	3.0
ATH 203LA	Basketball, Men Off Season Intercollegiate	1.0
ATH 203LB	Basketball, Men, Off Season Intercollegiate	2.0
ATH 203LC	Basketball, Men, Off Season Intercollegiate	3.0
ATH 204L	Basketball, Women	1.5
ATH 205LA	Basketball, Women, Off Season Intercollegiate	1.0
ATH 205LB	Basketball, Women, Off Season Intercollegiate	2.0

ATH 205LC	Basketball, Women, Off Season Intercollegiate	3.0
ATH 205LD	Basketball, Women, Off Season Intercollegiate	0.5
ATH 205LE	Basketball, Women, Off-Season, Intercollegiate	1.5
ATH 206L	Cross Country, Men	3.0
ATH 207LA	Cross Country, Men, Off Season Intercollegiate	1.0
ATH 207LB	Cross Country, Men, Off Season Intercollegiate	2.0
ATH 207LC	Cross Country, Men, Off Season Intercollegiate	3.0
ATH 208L	Cross Country, Women	3.0
ATH 209LA	Cross Country, Women, Off Season Intercollegiate	1.0
ATH 209LB	Cross Country, Women, Off Season Intercollegiate	2.0
ATH 209LC	Cross Country, Women, Off Season Intercollegiate	3.0
ATH 210L	Football, Men	3.0
ATH 211LA	Football, Men, Off Season Intercollegiate	1.0
ATH 211LB	Football, Men, Off Season Intercollegiate	2.0
ATH 211LC	Football, Men, Off Season Intercollegiate	3.0
ATH 212L	Soccer, Men	3.0
ATH 213LA	Soccer, Men, Off Season Intercollegiate	1.0
ATH 213LB	Soccer, Men, Off Season Intercollegiate	2.0
ATH 213LC	Soccer, Men, Off Season Intercollegiate	3.0
ATH 214L	Soccer, Women	3.0
ATH 215LA	Soccer, Women, Off Season Intercollegiate	1.0
ATH 215LB	Soccer, Women, Off Season Intercollegiate	2.0
ATH 215LC	Soccer, Women, Off Season Intercollegiate	3.0
ATH 216L	Softball, Women	3.0
ATH 217LA	Softball, Women, Off Season Intercollegiate	1.0
ATH 217LB	Softball, Women, Off Season Intercollegiate	2.0
ATH 217LC	Softball, Women, Off Season Intercollegiate	3.0
ATH 218L	Swimming, Men	3.0
ATH 219LA	Swimming, Men, Off Season Intercollegiate	1.0
ATH 219LB	Swimming, Men Off Season Intercollegiate	2.0
ATH 219LC	Swimming, Men, Off Season Intercollegiate	3.0
ATH 220L	Swimming, Women	3.0
ATH 221LA	Swimming, Women, Off Season Intercollegiate	1.0

ATH 221LB	Swimming, Women, Off Season Intercollegiate	2.0	ATH 235LD	Water Polo, Women, Off Season Intercollegiate	0.5
ATH 221LC	Swimming, Women, Off Season Intercollegiate	3.0	ATH 236L	Wrestling	3.0
ATH 221LD	Swimming, Women, Off Season Intercollegiate	0.5	ATH 237LA	Wrestling, Off Season Intercollegiate	1.0
ATH 222L	Tennis, Men	3.0	ATH 237LB	Wrestling, Off Season Intercollegiate	2.0
ATH 223LA	Tennis, Men, Off Season Intercollegiate	1.0	ATH 237LC	Wrestling, Off Season Intercollegiate	3.0
ATH 223LB	Tennis, Men, Off Season Intercollegiate	2.0	ATH 240	Cheerleading	3.0
ATH 223LC	Tennis, Men, Off Season Intercollegiate	3.0	ATH 241	Cheerleading, Off-Season	2.0
ATH 223LD	Tennis, Men, Off Season Intercollegiate	0.5	ATH 242	Cheerleading Competition	2.0
ATH 224L	Tennis, Women	3.0	ATH 244	Beach Volleyball	3.0
ATH 225LA	Tennis, Women, Off Season Intercollegiate	1.0	Kinesiology		
ATH 225LB	Tennis, Women, Off Season Intercollegiate	2.0	KIN 100	Introduction to Kinesiology	3.0
ATH 225LC	Tennis, Women, Off Season Intercollegiate	3.0	KIN 102	Introduction to Athletic Training	3.0
ATH 225LD	Tennis, Women, Off Season Intercollegiate	0.5	KIN 104	Fitness and Wellness	3.0
ATH 226L	Track and Field, Men	3.0	KIN 106	Student Athletes in Society	2.0
ATH 227LA	Track and Field, Men, Off Season Intercollegiate	1.0	KIN 120	Sports Officiating for Football	1.0
ATH 227LB	Track and Field, Men, Off Season Intercollegiate	2.0	KIN 121	Sports Officiating for Men's and Women's Basketball	1.0
ATH 227LC	Track and Field, Men, Off Season Intercollegiate	3.0	KIN 122	Sports Officiating for Baseball	1.0
ATH 228L	Track and Field, Women	3.0	KIN 123	Sports Officiating for Men's and Women's Track and Field	1.0
ATH 229LA	Track and Field, Women Off Season Intercollegiate	1.0	KIN 130	Theory of Coaching	3.0
ATH 229LB	Track and Field, Women, Off Season Intercollegiate	2.0	KIN 131	Theory of Coaching Baseball	2.0
ATH 229LC	Track and Field, Women, Off Season Intercollegiate	3.0	KIN 132	Theory of Coaching Softball	2.0
ATH 230L	Volleyball, Women	3.0	KIN 133	Theory of Track and Field	2.0
ATH 231LA	Volleyball, Women, Off Season Intercollegiate	1.0	KIN 134	Theory of Football	2.0
ATH 231LB	Volleyball, Women, Off Season Intercollegiate	2.0	KIN 200	Sports Psychology	3.0
ATH 231LC	Volleyball, Women, Off Season Intercollegiate	3.0	KIN 202	Measurement and Interpretation of Fitness	3.0
ATH 232L	Water Polo, Men	3.0	KIN 203	Programs and Principles of Conditioning	3.0
ATH 233LA	Water Polo, Men Off Season Intercollegiate	1.0	KIN 207	Athletic Injury Taping, Bandaging and Immobilization	1.0
ATH 233LB	Water Polo, Men, Off Season Intercollegiate	2.0	Physical Education		
ATH 233LC	Water Polo, Men, Off Season Intercollegiate	3.0	PEX 100	Fitness for Student's with Disabilities	1.0
ATH 234L	Water Polo, Women	3.0	PEX 100A	Adapted Independent Exercise	1.0
ATH 235LA	Water Polo, Women, Off Season Intercollegiate	1.0	PEX 101	Wheelchair Activities	1.0
ATH 235LB	Water Polo, Women, Off Season Intercollegiate	2.0	PEX 102	Adapted Cardiovascular Exercises	1.0
ATH 235LC	Water Polo, Women, Off Season Intercollegiate	3.0	PEX 103	Adapted Strength Training	1.0
			PEX 103A	Adapted Circuit Weight Training	1.0
			PEX 104	Adapted Stretching and Relaxation	1.0
			PEX 104D	Introduction to Adaptive Dance	1.0
			PEX 105	Adapted Swimming	1.0
			PEX 106	Adapted Aquatic Exercise	1.0
			PEX 106A	Adapted Aquatic Group Fitness	1.0
			PEX 107	Adapted Team Sports	1.0
			PEX 107A	Adapted Soccer	1.0
			PEX 108	Adapted Individual Sports	1.0
			PEX 109	Adapted Group Fitness	1.0
			PEX 110	Aerobic Activities	1.5
			PEX 111	Low Impact Aerobics	1.5
			PEX 112	Step Aerobics	1.5
			PEX 113	Zumba	1.0

PEX 116	Water Aerobics	1.0	PEX 185	Swimming, Beginning	1.0
PEX 117	Aqua Zumba	1.0	PEX 186	Water Polo	2.0
PEX 118	Triathlon Basics	1.0	PEX 188	Tennis, Introduction	1.0
PEX 119	Basic Training and Physical Conditioning	1.0	PEX 189	Tennis, Beginning	1.0
PEX 120	Cardio Kickboxing	1.5	PEX 191	Volleyball, Introduction	1.0
PEX 121	High-Intensity Interval Training	1.0	PEX 192	Volleyball, Beginning	1.0
PEX 122	Cross Training and Fitness Conditioning	1.5	PEX 194	Wrestling, Beginning	1.0
PEX 124	Personal Fitness Program	1.0	PEX 240	Jogging for Fitness, Intermediate	2.0
PEX 126	Physical Fitness Training	1.5	PEX 245	Circuit Weight Training, Intermediate/Advanced	2.0
PEX 130	Weight Management	1.0	PEX 246	Olympic Weights-Power Lifting	2.0
PEX 132	Indoor Cycling	1.0	PEX 248	Brazilian Jiu Jitsu, Intermediate	2.0
PEX 134	Body Sculpting	1.0	PEX 249	Tae Kwon Do, Intermediate/Advanced	2.0
PEX 135	Ropes, Bands, and Suspension Training	1.5	PEX 261	Badminton, Intermediate/Advanced	2.0
PEX 136	Stretching and Relaxation	1.0	PEX 263	Baseball, Intermediate/Advanced	2.0
PEX 137	Cardio Barre Conditioning	1.0	PEX 265	Basketball, Intermediate	2.0
PEX 138	Walking for Fitness	1.0	PEX 266	Basketball, Advanced	2.0
PEX 139	Walking/Jogging for Fitness	1.0	PEX 267	Bowling, Intermediate/Advanced	2.0
PEX 140	Jogging, Basics	1.0	PEX 271	Stunting, Acrobatics, and Tumbling	2.0
PEX 141	Jogging for Fitness, Beginning	1.0	PEX 272	Football, Intermediate/Advanced	2.0
PEX 142	Group Treadmill and Cardio Machine Training	1.0	PEX 274	Football, Training and Techniques	2.0
PEX 145	Circuit Weight Training, Beginning	1.0	PEX 276	Golf, Intermediate/Advanced	2.0
PEX 147	Personal Self Defense	1.0	PEX 278	Soccer, Intermediate/Advanced	2.0
PEX 148	Brazilian Jiu Jitsu	1.0	PEX 281	Softball, Intermediate/Advanced	2.0
PEX 148C	Brazilian Jiu Jitsu, Conditioning	1.5	PEX 282	Competitive Slow Pitch Softball	1.0
PEX 149	Tae Kwon Do, Beginning	1.0	PEX 284	Swimming, Intermediate	2.0
PEX 150	Mixed Martial Arts	1.5	PEX 285	Swimming, Advanced	2.0
PEX 151	Yoga	1.0	PEX 288	Tennis, Intermediate	2.0
PEX 152	Gentle Yoga	1.0	PEX 289	Tennis, Advanced	2.0
PEX 153	Meditative – Yoga and Stress Reduction	1.0	PEX 291	Volleyball, Intermediate	2.0
PEX 155	PiYo Introduction to Pilates and Yoga	1.0	PEX 292	Volleyball, Advanced	2.0
PEX 156	Pilates Conditioning	1.0	Other courses that will meet the requirement include:		
PEX 157	Dance Conditioning and Alignment	1.0	DANC 50	Individualized Dance Development	1.0
PEX 161	Badminton, Beginning	1.0	DANC 102	Introduction to Adaptive Dance	1.0
PEX 162	Badminton Fitness and Technique Training	1.5	DANC 103	Dance Conditioning and Alignment	1.0
PEX 163	Baseball, Beginning	1.0	DANC 104	Cardio Barre Conditioning	1.0
PEX 165	Basketball, Novice	1.0	DANC 105	Introduction to Dance Movement	3.0
PEX 166	Basketball, Beginning	1.0	DANC 106A	Beginning Ballet	2.0
PEX 167	Bowling, Beginning	1.0	DANC 106B	Intermediate Ballet	2.0
PEX 169	Song Unit	2.0	DANC 106C	Advanced Ballet	2.0
PEX 170	Pep Unit	2.0	DANC 107	Ballet Variations	2.0
PEX 171	Cheerleading	2.0	DANC 108A	Dance, Modern, Beginning	2.0
PEX 172	Flag Football	1.0	DANC 108B	Dance, Modern, Intermediate	2.0
PEX 176	Golf, Beginning	1.0	DANC 108C	Dance, Modern Advanced	2.0
PEX 177	Futsal-Indoor Soccer	1.0	DANC 109	Introduction to Dance Cultures of the World	2.0
PEX 178	Soccer, Beginning	1.0	DANC 110	Commercial Dance Foundations	2.0
PEX 179	Soccer, Fitness and Technique	1.0	DANC 112	Contemporary Dance	2.0
PEX 181	Softball, Beginning	1.0	DANC 115	Liturgical Dance	2.0
PEX 184	Swimming, Novice	1.0	DANC 120	Partnering for Dance	2.0
			DANC 121	Latin Social Dance	2.0
			DANC 122	Middle Eastern Dance	2.0

DANC 123	African Dance	2.0
DANC 124	Hip Hop Dance I	2.0
DANC 125	Introduction to Ballroom Dance	2.0
DANC 126	Hip Hop Dance II	2.0
DANC 127	Ballet Folklorico	2.0
DANC 128	Latin Dance Performance	2.0
DANC 129	Heels Dance Class	2.0
DANC 130	Dance Improvisation	2.0
DANC 130A	Beginning Choreography	2.0
DANC 130B	Intermediate Choreography	2.0
DANC 133	Dance Production	2.0
DANC 134	Dance Performance	2.0
DANC 135	Dance Workshop	2.0
DANC 136	Dance Repertory	2.0
DANC 140	Beginning Jazz Dance	2.0
DANC 141	Intermediate Jazz Dance	2.0
DANC 142	Beginning Tap Dance	2.0
DANC 143	Intermediate Tap Dance	2.0
DANC 144	Dance for Musical Theatre	2.0
DANC 150	Rehearsal For Formal Dance Concerts	2.0
DANC 151	Rehearsal For Informal Dance Showcases	2.0

- b. Completion of HED 100 Contemporary Health Problems, HED 101 Stress Management, HED 103 Women, Their Bodies and Health, HED 105 Mind, Body, and Health, or HED 200 Nutrition for Health, Fitness and Wellness; HO 100 Health of Underserved Communities or HO 152 Normal and Therapeutic Nutrition; CDEC 161 Health, Safety, and Nutrition; or WGS 103 Women, their Bodies and Health.
- c. Completion of Allied Health program (DA, DH, RN, PTA, PHARM TECH, MA).
- d. For other options, see your counselor

A. Natural Sciences

Select at least three units from either Physical Sciences or Biological Sciences:

1. Physical Sciences

Code Number	Course Title	Credits
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 (lab)	1.0
ASTR 106	History of Astronomy	3.0
CHEM 100	Introductory Chemistry (lab)	4.0
CHEM 101L	Chemistry in Society Lab ²	1.0
CHEM 110	Elementary Chemistry (lab)	4.0
CHEM 111	General Chemistry (lab)	5.0
CHEM 112	General Chemistry (lab)	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 (lab)	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 (lab)	4.0
GEOL 101	Physical Geology (lab)	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 (lab)	4.0
GEOL 105L	Introduction to Geoscience Field Methods (lab) ¹	1.0
GEOL 106	Geology of the Solar System: Planets and Moons	3.0
GEOL 201	Earth History (lab)	4.0
GEOL 204	Geology of the Western National Parks and Monuments	3.0
GEOL 207	Paleontology, Life of the Past (lab)	4.0
GEOL 208	The Age of the Dinosaurs	3.0
GEOL 209	Natural Disasters	3.0
PS 100	Physical Science Of Modern Technology	3.0
PS 112	Physical Science for Elementary School Teachers (lab)	3.0
PHYS 100	Elementary Physics (lab)	4.0
PHYS 101	General Physics (lab)	4.0
PHYS 102	General Physics (lab)	4.0
PHYS 201	Engineering Physics (lab)	4.0
PHYS 202	Engineering Physics (lab)	4.0
PHYS 203	Engineering Physics (lab)	4.0

2. Biological Sciences

Code Number	Course Title	Credits
A&P 120	Introduction to Human Anatomy and Physiology (lab)	4.0
A&P 150	Introduction to Human Anatomy (lab)	4.0
A&P 151	Introduction to Human Physiology (lab)	4.0
A&P 200	Human Anatomy (lab)	5.0
A&P 201	Human Physiology (lab)	5.0
ANTH 110	Introduction to Forensic Anthropology ¹	3.0
ANTH 115	Physical Anthropology	3.0
ANTH 115L	Introduction to Physical Anthropology Lab (lab)	1.0
BIOL 105	Humans and the Environment ²	3.0
BIOL 110	California Animals and Plants (lab) ²	3.0
BIOL 115	Marine Biology (lab)	3.0
BIOL 120	Introduction To Biological Science (lab)	4.0
BIOL 200	Principles of Biology (lab)	5.0

BIOL 201	Principles of Biology (lab)	5.0
BTEC 120	Introduction to Biotechnology (lab)	4.0
BOT 120	Introduction To Plant Science (lab)	4.0
MICR 200	Principles and Applications of Microbiology (lab)	5.0
PSYC 241	Introduction to Psychobiology	3.0
ZOOL 120	Introduction to Animal Biology (lab)	4.0

B. Social & Behavioral Sciences: 3 Units Minimum

Select at least three units from either American History or American Government. Courses listed under the Social and Behavioral Science category below may be selected to meet the 18-unit general education requirement.

NOTE: Completion of a U.S. history or government course which fulfills the California State University requirement taken at any accredited institution may be used in lieu of the course requirement.

1. American History

Code Number	Course Title	Credits
CS 108	History of Mexican and Latino Americans in the United States ³	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	3.0

2. American Government

Code Number	Course Title	Credits
POL 101	American Political Institutions	3.0
POL 201	Introduction to Political Science and American Government	3.0

3. Social & Behavioral Sciences

Code Number	Course Title	Credits
AFRS 100	Introduction to Black/Africana Studies	3.0
AFRS 101	Theories and Methods in Black/Africana Studies	3.0
AFRS 103	The History of the Black World: From Ancient Africa to 1865 ¹	3.0
AFRS 107	Black Womanist & Feminist Thought	3.0
AFRS 108	Black Politics: Social and Racial Justice Movements	3.0
AFRS 113	¹	0.0
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	3.0
ANTH 206	The Anthropology of Death and Dying	3.0
BA 100	Fundamentals of Business ²	3.0
BA 101	International Business ¹	3.0
BA 208	Leadership for Women in Business ^{1,3}	3.0
CS 100	Introduction to Ethnic Studies: Chicano/a Studies	3.0
CS 101	Introduction to Social Justice	3.0
CS 102	¹	3.0
CD 110	Child Development	3.0
CDEC 113	The Child, Family, and Community ¹	3.0
COMM 110	Intercultural Communication	3.0
COMM 115	Gender, Communication, and the Digital Revolution ³	3.0
COUN 150	Dynamics of Leadership ¹	3.0
COUN 200	Success in College and Career ²	3.0
COUN 205	Valuing Identity and Cultural Diversity ¹	3.0
ECON 101	Economic Issues and Policy	3.0
ECON 102	Women in the Global Economy ³	3.0
ECON 201M	Principles of Macroeconomics	3.0
ECON 202M	Principles of Microeconomics	3.0
ECON 204	Money, Ethics, and Economic Justice	3.0
ENVS 200	Environmental Policy	3.0
ETHN 105	Gender Studies and the Chicana/Latina Experience ³	3.0
ETHN 135	Ethnic Studies, Place, and Social Justice ³	3.0
ETHN 210	Race and Ethnic Relations in the U.S. ³	3.0
ETHN 262	The Psychology of Oppression ³	3.0
ETHN 280	Race, Gender and Sexual Identity in American Politics ³	3.0
ETHN 281	Race, Ethnicity, and Latinx Politics in the U.S. ¹	3.0
ETHN 282	Race, Ethnicity, and Black Politics in the U.S. ³	3.0
FIN 125	Personal Finance ¹	3.0
GEOG 102	Cultural Geography	3.0
GEOG 105	World Regional Geography	3.0
GEOG 135	Ethnic Studies, Places, and Social Justice ³	3.0
GEOG 140	California Geography	3.0
HED 103	Women, Their Bodies and Health ^{2,3}	3.0
HIST 110	African/American History	3.0
HIST 120	History of California	3.0
HIST 204	Women in American History ³	3.0
HIST 210	History of the United States in the Post World War II Era	3.0
HIST 220	History of the Americas ²	3.0
HIST 221	History of the Americas ²	3.0
HIST 230	History of Mexico	3.0

HIST 235	History of Latin America	3.0
HIST 241	Western Civilization	3.0
HIST 242	Western Civilization	3.0
HIST 245	World Civilization from Antiquity to 1500	3.0
HIST 246	World Civilization from 1500 to Present	3.0
HIST 250	History of England, Great Britain and the Commonwealth	3.0
HIST 255	History of Russia and the Soviet Union	3.0
HIST 260	Survey of the History of Asia	3.0
HIST 265	Selected Problems in Contemporary Asian History	3.0
HIST 270	Special Topics In History ¹	3.0
HIST 275	Global Studies	3.0
HUM 107	Men and Masculinities: Constructing Manhood in America ³	3.0
JAMS 100	Mass Communications and Society ²	3.0
KIN 108	Women in Sports ³	3.0
KIN 211	Sport Management ²	3.0
POL 110	California State and Local Government ²	3.0
POL 210	International Relations	3.0
POL 220	Comparative Government	3.0
POL 230	Contemporary Political Issues: Middle East	3.0
POL 240	Introduction to Political Theory	3.0
POL 250	Understanding the United Nations: Theory and Practice ²	3.0
POL 255	Global Citizenship ²	3.0
POL 260	Public Policy and the Supreme Court ²	3.0
POL 280	Race, Gender and Sexual Identity in American Politics ³	3.0
POL 281	Race, Ethnicity, and Latinx Politics in the U.S. ³	3.0
POL 282	Race, Ethnicity, and Black Politics in the U.S. ³	3.0
PSYC 101	General Introductory Psychology	3.0
PSYC 150	Personal and Social Adjustment	3.0
PSYC 251	Developmental Psychology	3.0
PSYC 261	Social Psychology	3.0
PSYC 262	The Psychology of Oppression ³	3.0
PSYC 271	Abnormal Psychology	3.0
PSYC 275	Cultural Psychology	3.0
PSYC 276	Forensic Psychology ¹	3.0
PSYC 278	Psychology of Wellness ²	3.0
READ 101	Literacy and Learning Strategies for College Success ²	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 201	Social Problems	3.0
SOC 202	Gender and Society ³	3.0

SOC 205	Introduction to Social Research Methods	3.0
SOC 210	Race and Ethnic Relations in the U.S. ³	3.0
SOC 215	Sociology of Cultural Diversity: Challenge and Change	3.0
SOC 230	Juvenile Delinquency ²	3.0
SLP 105	Speech and Language Development ¹	3.0
WGS 101	Introduction to Women's and Gender Studies	3.0
WGS 103	Women, their Bodies and Health ^{2,3}	3.0
WGS 105	Gender Studies and the Chicana/Latina Experience ³	3.0
WGS 107	Men and Masculinities: Constructing Manhood in America ³	3.0
WGS 108	Women in Sports ³	3.0
WGS 115	Gender, Communication, and the Digital Revolution ³	3.0
WGS 140	Introduction to LGBT Studies	3.0
WGS 202	Gender and Society ³	3.0
WGS 204	Women in American History ³	3.0
WGS 205	The Anthropology of Sexuality and Gender ³	3.0
WGS 206	Women in the Global Economy ³	3.0
WGS 208	Leadership for Women in Business ^{1,3}	3.0
WGS 209	Gender and Science	3.0
WGS 250	Foundations of Feminist, Gender, and Queer Theories	3.0

C. HUMANITIES:

Select at least three units from either the Fine Arts or Humanities

1. Fine Arts

Code Number	Course Title	Credits
ARCH 110	Introduction to Architecture and Environmental Design ¹	3.0
ARCH 112	History of Architecture	3.0
ART 100	Introduction to World Art	3.0
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
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 106	Mexican Art	3.0
ART 107	Asian Art History	3.0
ART 108	Black Images in Popular Culture ^{3,4}	3.0
ART 109	Gender and Sexuality In Art ^{3,4}	3.0
ART 110	Freehand Drawing ²	3.0
ART 110A	Drawing In and Out of History ¹	3.0
ART 113	Art, Science, and Technology	3.0
ART 116	Beginning Printmaking ²	3.0
ART 118	History of Women in Visual Arts ³	3.0

ART 119A	Introduction to Museum Studies ¹	3.0
ART 120	Two-Dimensional Design ²	3.0
ART 123	African Cinema ²	3.0
ART 126	History of Furniture Design ³	3.0
ART 130A	Fundamentals of Painting ²	3.0
ART 150	Introduction to Ceramics ²	3.0
ART 159	¹	3.0
ART 186	Computer Graphics with Adobe Illustrator ¹	3.0
ART 192	Photoshop/Digital Imaging ¹	3.0
ART 193	Motion Picture Editing ²	3.0
ART 193A	¹	3.0
ART 200	Special Topics in Visual and Cultural Studies ^{1,3}	3.0
COMM 148	Readers' Theatre ¹	3.0
DANC 100	Dance Appreciation	3.0
DANC 101	History of Dance	3.0
FILM 159	World Film	3.0
HUM 108	Black Images in Popular Culture ^{3,4}	3.0
HUM 109	Gender and Sexuality In Art ^{3,4}	3.0
HUM 200	Special Topics in Visual and Cultural Studies ^{1,3}	3.0
JAMS 151	Motion Pictures, Radio, and Television ²	3.0
JAMS 152	Introduction to Broadcasting ²	3.0
MUS 100	Music Appreciation	3.0
MUS 101	Introduction to World Music	3.0
MUS 103	Jazz In America	3.0
MUS 104	American Popular 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
PHOT 100	Introductory Photography ²	3.0
PHOT 160	History of Photography	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 ¹	3.5
TH 150	Appreciation and History of the Motion Picture	3.0
WGS 118	History of Women in Visual Arts ³	3.0
WMT 126	History of Furniture Design ³	3.0

2. Humanities

Code Number	Course Title	Credits
AFRS 111	¹	3.0
ASL 110	American Sign Language I ²	4.0
ASL 111	American Sign Language II	4.0
ASL 210	American Sign Language III ²	4.0
ASL 211	American Sign Language IV ²	4.0
ART 108	Black Images in Popular Culture ^{3,4}	3.0
ART 109	Gender and Sexuality In Art ^{3,4}	3.0

ART 124	Introduction to Media Studies	3.0
ART 125	Introduction to Visual and Cultural Studies ³	3.0
ART 207	Women and Media ³	3.0
CHIN 101	Elementary Chinese I ²	5.0
CHIN 102	Elementary Chinese II	5.0
CHIN 201	Intermediate Chinese I	5.0
CHIN 202	Intermediate Chinese II	5.0
CHIN 260	Chinese Culture and Society	3.0
COMM 140	Oral Interpretation of Literature ²	3.0
ENGL 102	Introduction to Literature	3.0
ENGL 106	Introduction to Linguistics	3.0
ENGL 221A	Literature in the Bible: Hebrew Scriptures	3.0
ENGL 221B	Literature in the Bible: Christian Scriptures	3.0
ENGL 222	Children's Literature	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 226	African-American Literature	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 231	Literature and Film	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 236	Studies in Women's Literature	3.0
ENGL 237	Asian American Literature	3.0
ENGL 239	Literature of India	3.0
ENGL 242	Writing Poetry ¹	3.0
ENGL 243	Playwriting ¹	3.0
ENGL 244	Writing Short Fiction ¹	3.0
ENGL 245	World Mythology as Literature	3.0
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 247	Writing Creative Nonfiction ¹	3.0
ENGL 248A	Masterpieces of World Literature	3.0
ENGL 248B	Masterpieces of World Literature	3.0
ENGL 249	LGBT Literature	3.0
ENGL 257	Readings in Creative Nonfiction	3.0
FREN 101	Elementary French ²	5.0
FREN 102	Elementary French ²	5.0
FREN 201	Intermediate French	5.0
FREN 202	Intermediate French	4.0
FREN 203	Intermediate French Advanced Level I ²	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	3.0
GERM 101	Elementary German ²	5.0
GERM 102	Elementary German	5.0
GERM 201	Intermediate German	4.0
GERM 202	Intermediate German	4.0
HUM 100	The Art of Being Human	3.0
HUM 102	The Arab, The Muslim, and The West	3.0
HUM 108	Black Images in Popular Culture ^{3,4}	3.0
HUM 109	Gender and Sexuality In Art ^{3,4}	3.0
HUM 125	Introduction to Visual and Cultural Studies ³	3.0
JAPN 101	Elementary Japanese ²	5.0
JAPN 102	Elementary Japanese	5.0
JAPN 201	Intermediate Japanese ²	5.0
JAPN 202	Intermediate Japanese ²	4.0
KOR 101	Elementary Korean I ²	5.0
KOR 102	Elementary Korean II ²	5.0
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 ³	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
PHOT 150	Photography and Society	3.0
SPAN 101	Elementary Spanish ²	5.0
SPAN 102	Elementary Spanish	5.0
SPAN 111	Elementary Spanish for Spanish Speakers ²	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 ³	3.0
WGS 102	Women and Religion	3.0

WGS 109	Philosophy of the Body, Feminism, and Gender ³	3.0
WGS 207	Women and Media ³	3.0

D. Language & Rationality: 6 Units Minimum

Select at least three units from Section d1 and three units from Section d2:

1. English Composition

Code Number	Course Title	Credits
ENGL 100	Freshman Composition	4.0
ENGL 100S	Enhanced Freshman Composition	4.5
ESL 180	College Composition for Multilingual Students	5.0

2. Communication & Analytical Thinking

Code Number	Course Title	Credits
BCOT 148	Effective Business Presentations ¹	3.0
COMM 60	Basics of Speech Communication ¹	3.0
COMM 100	Introduction to Communications Studies	3.0
COMM 103	Argumentation, Persuasion, and Critical Thinking	3.0
COMM 120	Interpersonal Communication	3.0
COMM 125	Organizational Communication ²	3.0
COMM 130	Public Speaking	3.0
COMM 132	Small Group Communication	3.0
CIS 101	Introduction to Computer Information Systems ¹	3.0
CIS 102	Introduction To Microcomputer Hardware and Applications Software ¹	3.5
CIS 103	Computer Programming Logic ¹	3.5
ECON 210	Applied Introductory Statistics for Economics ²	4.0
ENGT 131	Design Fundamentals Including 3D Modeling ¹	3.0
ENGL 103	Critical Thinking and Argumentative Writing	4.0
ENGL 110	Critical Thinking Through Literature	4.0
MATH 104	Survey of Mathematics ²	4.0
MATH 110A	Mathematics for Elementary Teachers ²	3.0
MATH 110B	Mathematics for Elementary Teachers ²	3.0
MATH 112	Elementary Statistics	4.0
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 140	Trigonometry ²	3.0
MATH 155	Precalculus	5.0
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
PHIL 103	Philosophical Reasoning: Critical Thinking in Philosophy	3.0
PHIL 106	Introduction to Logic ²	3.0
PHIL 160	Symbolic Logic ¹	3.0
PSYC 103	Critical Thinking In Psychology	3.0
PSYC 210	Elementary Statistics	4.0
READ 103	Critical Thinking and Academic Literacy	3.0

E. If needed, select an additional course from the general education course listed above from PLAN B or PLAN C so that the earned general education units total at least 18. NOTE: The proceeding graduation requirements apply to students who were in attendance during the 2024-2025 school year and thereafter. Students who enrolled prior to Fall 2024 and who have maintained continuous attendance at Cerritos College have the option of meeting the current requirements or those in effect at the time continuous attendance began.

¹ These courses do not meet the General Education Requirements for CSU or IGETC.

² These courses do not meet the General Education requirements for IGETC.

³ These courses are cross-listed with another course. Cross-listed courses may only receive credit once.

⁴ These courses appear in more than one category, but may only be counted once.