

ASSOCIATE IN ARTS GENERAL EDUCATION 2025-2026

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

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

Complete a minimum of 24 units distributed among the following. One course may not be used to meet two separate requirements.

Area 1: English Language Communication and Analytical Thinking

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

1A. Composition

Course	Title	Units
ENGL A100	Academic Reading and Writing ¹	4
ESL A100	ESL College Composition ¹	3

¹ With a grade of "C" or better.

1B. Communication and Analytical Thinking

Course	Title	Units
BUS A139	Business Communication	3
CMST A100	Interpersonal Communication	3
CMST A120	Reader's Theater and Oral Interpretation	3
CMST A180	Introduction to Mass Communications	3
CMST A220	Essentials of Argumentation	3
CMST A240	Media Literacy	3
COMM A110	Introduction to Public Speaking	3
CS A262	Discrete Structures	3
DMAD A181	Introduction to Computer Graphics	3
ENGL A101	Critical Reasoning: Fiction	4
or ENGL A101H	Critical Reasoning: Fiction Honors	
ENGL A102	Critical Thinking and Writing	4
or ENGL A102H	Critical Thinking and Writing - Honors	
ENGL A109	Critical Reasoning and Writing for Science and Technology	4
FBM A220	Food and Beverage Cost Control	4
MACH A121	Computations for Machinists	3
MATH A100	Liberal Arts Mathematics	3
MATH A104	Mathematics for Elementary Teachers	3
MATH A115	College Algebra	4
MATH A120	Trigonometry	3
MATH A140	Business Calculus	5
MATH A155	Finite Mathematics with Applications	4

Course	Title	Units
MATH A170	Precalculus	5
MATH A180	Calculus 1	5
or MATH A180H	Calculus 1 Honors	
MATH A182H	Calculus 1 and 2 Honors	5
MATH A185	Calculus 2	5
or MATH A185H	Calculus 2 Honors	
MATH A230	Introduction to Discrete Mathematics	5
MATH A235	Applied Linear Algebra	3
MATH A280	Calculus 3	5
or MATH A280H	Calculus 3 Honors	
MATH A285	Introduction to Linear Algebra and Differential Equations	5
or MATH A285H	Introduction to Linear Algebra and Differential Equations Honors	
MATH A290H	Introduction to Tensors and Calculus on Manifolds Honors	5
PHIL A150	Critical Reasoning & Writing	3
PHIL A155	Introduction to Logic	3
PHIL/MATH A220	Introduction to Symbolic Logic	3
PSYC A160	Statistics for the Behavioral Sciences	4
PSYC A270	Psychology of Learning	3
PUBH A213	Social Determinants of Health, Disparities and Equities	3
PUBH A214	Public Health Statistics	4

Area 2: Mathematical Concepts and Quantitative Reasoning

Students will develop and demonstrate mathematical problem-solving skills by using critical thinking and logical reasoning. Three semester units (or four quarter units).

Course	Title	Units
CS A262	Discrete Structures	3
FBM A220	Food and Beverage Cost Control	4
MACH A121	Computations for Machinists	3
MATH A100	Liberal Arts Mathematics	3
MATH A104	Mathematics for Elementary Teachers	3
MATH A115	College Algebra	4
MATH A120	Trigonometry	3
MATH A140	Business Calculus	5
MATH A155	Finite Mathematics with Applications	4
MATH A170	Precalculus	5
MATH A180	Calculus 1	5
or MATH A180H	Calculus 1 Honors	
MATH A182H	Calculus 1 and 2 Honors	5
MATH A185	Calculus 2	5
or MATH A185H	Calculus 2 Honors	
MATH A230	Introduction to Discrete Mathematics	5
MATH A235	Applied Linear Algebra	3
MATH A280	Calculus 3	5
or MATH A280H	Calculus 3 Honors	

Course	Title	Units
MATH A285	Introduction to Linear Algebra and Differential Equations	5
or MATH A285H	Introduction to Linear Algebra and Differential Equations Honors	
MATH A290H	Introduction to Tensors and Calculus on Manifolds Honors	5
PHIL A150	Critical Reasoning & Writing	3
PHIL A155	Introduction to Logic	3
PHIL/MATH A220	Introduction to Symbolic Logic	3
PSYC A160	Statistics for the Behavioral Sciences	4
STAT A160	Introduction to Statistics	4

Area 3: Arts and Humanities

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

3A. Theory

Course	Title	Units
ANTH A190	Introduction to Linguistic Anthropology	3
ARCH A105	Architectural Drawing and Design Visualization 1	2
ARCH A115	Architectural Design and Theory 1	4
ARCH A171	Design Fabrication 1	2
ARCH A205	Architectural Drawing and Design Visualization 2	3
ARCH A290	History of Architecture 1	3
or ARCH A290H	History of Architecture 1 Honors	
ARCH A296	History of Architecture 2	3
or ARCH A296H	History of Architecture 2 Honors	
ART A100	Survey of Western Art from Prehistory Through Gothic	3
or ART A100H	Honors Survey of Western Art from Prehistory Through Gothic	
ART A101	Survey of Western Art from Renaissance to Modern	3
or ART A101H	Honors Survey of Western Art from Renaissance to Modern	
ART A102	Survey of Modern and Contemporary Art History	3
ART A103	Survey of Asian Art	3
ART A107	Introduction To Art	3
ART A108	Women in Art	3
ART A109	Ancient Greek Art and Architecture	3
or ART A109H	Ancient Greek Art and Architecture Honors	
ART A114	Art of the Ancient Americas	3
ART A115	Art of Africa, Oceania, and Indigenous North America	3
CMST A120	Reader's Theater and Oral Interpretation	3
CMST A155	Intercultural Communications	3
CMST A180	Introduction to Mass Communications	3

Course	Title	Units
DANC A160	Dance Composition/Choreography I	3
DANC A170	Music for Dancers	2
DANC A200	Appreciation Of Dance	3
DANC A230	World Dance and Culture	3
DMAD A151	History of Graphic Design	3
ENGL A101	Critical Reasoning: Fiction	4
or ENGL A101H	Critical Reasoning: Fiction Honors	
ENGL A102	Critical Thinking and Writing	4
or ENGL A102H	Critical Thinking and Writing - Honors	
ENGL A119	Introduction to Creative Writing	4
Any literature course A140 through A285		
ETHS A100	Contemporary Ethnic America	3
ESL A162	Advanced Academic Reading & Writing 2	4.5
ESL A192	Advanced Academic Reading, Research, & Writing in the Humanities	4.5
ETHS A150	Ethnic Groups in the United States: Their Histories	3
FILM A100	History and Appreciation of the Cinema	3
or FILM A100H	History and Appreciation of the Cinema Honors	
FILM A107	History of Video Games	3
or FILM A107H	History of Video Games Honors	
FILM A109	Science Fiction Film	3
or FILM A109H	Science Fiction Film Honors	
FILM A150	History of Radio & Television	3
Foreign Language - any course numbered A160 through A285H		
GNDR A187	Women in History	3
HIST A101	Afro-American History	3
HIST A145	History of Mexico	3
HIST A150	Ethnic Groups of the United States: Their Histories	3
HIST A151	History of the Middle East to 1500	3
HIST A152	History of the Middle East Since 1500	3
HIST A161	World History 1	3
or HIST A161H	World History 1 Honors	
HIST A162	World History 2	3
or HIST A162H	World History 2 Honors	
HIST A170	History of the United States to 1876	3
or HIST A170H	History of the United States to 1876 Honors	
HIST A175	History of the United States Since 1876	3
or HIST A175H	History of the United States Since 1876 Honors	
HIST A176	Women In U.S. History	3
HIST A180	Western Civilization 1	3
or HIST A180H	Western Civilization 1 Honors	
HIST A185	Western Civilization 2	3
or HIST A185H	Western Civilization 2 Honors	
HIST A187	Women in History	3
HIST A195	History of England and Greater Britain	3
HUM A100	Introduction to the Humanities	3
HUM A101H	Themes in Humanities Honors	3
ID A180	History of Interior Architecture and Furnishings 1	3
ID A190	Hist Arch/Furnishings 2	3

Course	Title	Units	Course	Title	Units
MATH A220	Introduction to Symbolic Logic	3	DANC A101	Modern Dance 1	0.5-2
MUS A100	History and Appreciation of Western Classical Music	3	DANC A102	Modern 2	0.5-2
MUS A105	Music from Bach Up to Rock	3	DANC A106	Strength and Stretch	1-2
MUS A139	History of Rock Music	3	DANC A107	Conditioning for Dance	0.5-2
MUS A143	History of Jazz	3	DANC A108	Pilates Mat Work	1-2
MUS A180	Theory 1	3	DANC A110	Ballet 1	0.5-2
PHIL A100	Introduction to Philosophy	3	DANC A111	Ballet 2	0.5-2
PHIL A100H	Introduction to Philosophy Honors	3	DANC A115	Yoga For Dancers	1-2
PHIL A115	Philosophy of Religion	3	DANC A116	Latin Dance Styles I	0.5-2
PHIL A118	Aesthetics/Philosophy of Art	3	DANC A117	American Social Dance Styles	0.5-2
PHIL A120	Ethics	3	DANC A118	Movement for Longevity	1-2
PHIL A125	History of Ancient Philosophy	3	DANC A120	Jazz Dance 1	0.5-2
PHIL A140	History of Modern Philosophy	3	DANC A121	Jazz Dance 2	0.5-2
PHIL A150	Critical Reasoning & Writing	3	DANC A125	Tap 1	0.5-2
PHIL A165	The Theory of Knowledge	3	DANC A126	Tap 2	0.5-2
PHIL A185	Contemporary Philosophy	3	DANC A130	Mid-Eastern Dance 1	0.5-2
PHIL A220	Introduction to Symbolic Logic	3	DANC A135	Flamenco Dance 1	0.5-2
PHOT A100	Basic Digital Photography	2	DANC A138	African Dance and Drumming I	0.5-2
PHOT A101	Photography and Society	3	DANC A139	Gyrokinesis	0.5-2
PHOT A130	History and Appreciation of Photography	3	DANC A143	Jazz Dance III	2
PHOT A230	Photography Since 1945	3	DANC A144	Ballet III	2
RLST A100	Introduction to Religious Studies	3	DANC A145	Modern Dance III	2
RLST A110	World Religion	3	DANC A146	Tap III	1
RLST A115	Philosophy of Religion	3	DANC A147	Flamenco Dance 2	0.5-2
RLST A135	Religion, Spirituality and Society	3	DANC A148	Mid-Eastern Dance 2	0.5-2
RLST A150	Philosophy of the East	3	DANC A149	Hip-Hop Dance I	0.5-2
RLST A151	Early and Western Religions	3	DANC A150	Dance Improvisation I	1
THEA A100	Introduction to Theatre	3	DANC A152	Pilates Apparatus 1	1-2
THEA A101	Introduction to History and Literature of the Theatre	3	DANC A153	Pilates Apparatus 2	1-2
THEA A105	Drama and Acting	3	DANC A155	Latin Dance Styles II	1
			DANC A158	African Dance and Drumming II	1
			DANC A159	Hip-Hop Dance II	1
			DANC A160	Dance Composition/Choreography I	3
			DANC A171	Modern Dance Basics	2
			DANC A172	Ballet Dance Basics	2
			DANC A173	Jazz Dance Basics	2
			DANC A174	Tap Dance Basics	1
			DANC A203	Performing Dance Ensemble I	3
			DANC A211	Repertoire I	1-4
			DANC A212	Repertoire II	1-4
			DANC A223	Performing Dance Ensemble II	3
			DANC A243	Jazz IV	2
			DANC A244	Ballet IV	2
			DANC A245	Modern IV	2
			DANC A246	Tap IV	1
			DANC A250	Dance Improvisation II	1
			DANC A253	Preparation for Audition - Jazz	2
			DANC A254	Preparation for Audition - Ballet	2
			DANC A255	Preparation for Audition - Modern	2
			DANC A256	Preparation for Audition - Tap	1
			DMAD A181	Introduction to Computer Graphics	3

3B. Active Participation

Course	Title	Units
ART A110	Color and Design: Two-Dimensional	3
ART A111	Color and Design: Three-Dimensional	3
ART A116	Furniture Making and Design	4
ART A120	Beginning Drawing	3
or ART A120H	Beginning Drawing Honors	
ART A125	Perspective Drawing	3
ART A141	Sculpture 1	3
ART A142	Life Sculpture 1	3
ART A145	Exhibition Design 1	3
ART A147	Jewelry 1	3
ART A150	Ceramics 1	3
ART A263	Watercolor 1	3
ART A269	Cartooning 1	3
COMM A110	Introduction to Public Speaking	3
CMST A120	Reader's Theater and Oral Interpretation	3
CMST A150	Forensics Workshop	1-4
CNST A116	Furniture Making and Design	4

Course	Title	Units
ENGL A117	Feature Writing	3
ENGL A119	Introduction to Creative Writing	4
ENGL A121	Short Story Writing I	3
ENGL A122	Novel Writing I	4
ENGL A126	Poetry Writing	3
ENGL A127	Scriptwriting I	4
FASH A175	Applied Color and Design Theory	3
FILM A110	Film Production I	3
ID A175	Applied Color and Design Theory	3
MUS A115	Fundamentals of Music	3
MUS A116	Basic Guitar	2
MUS A120	College Choir	1
MUS A129	Guitar Ensemble	1
MUS A132	Wind Ensemble	1
MUS A133	Orchestra	1
MUS A140	Beginning Instruments	2
MUS A141	Piano I	1
MUS A144	Popular Vocal Techniques	1.5
MUS A150	Intermediate Band/Orchestra	2
MUS A161	Voice I	1
MUS A230	Jazz Improvisation	1
MUS A233	Symphonic Chamber Orchestra	1
MUS A234	Studio Jazz Ensemble	1
PHOT A110	Photography with a Smartphone: Theory and Practice	3
PHOT A120	Introduction to Photography	3
or PHOT A120H	Introduction to Photography Honors	
PHOT A123	Introduction to Digital Photography	3
THEA A106	Acting Fundamentals	3
THEA A110	Theatre Laboratory Level 1	2

Area 4: Social and Behavioral Sciences

Students will use the theoretical and methodological principles of the social and behavioral sciences to explain and evaluate institutions, groups, and individuals across social, economic, and global contexts of historical periods. A minimum of 3 semester units (or 4-5 quarter units) to include one course from any Group.

4A. U.S. History and Constitution and American Ideals

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

4B. Social and Economic Institutions

Course	Title	Units
ANTH A100	Cultural Anthropology	3
or ANTH A100H	Cultural Anthropology Honors	

Course	Title	Units
ANTH A102	Native American	3
ANTH A105	Anthropology of Nonverbal Behavior	3
ANTH A190	Introduction to Linguistic Anthropology	3
ANTH A220	Magic, Witchcraft, and Religion	3
ANTH A280	Introduction to Archaeology	3
CDE A126	Teaching in a Diverse Society	3
CMST A155	Intercultural Communications	3
CMST A165	Gender Communication	3
CMST A260	Organizational Communication	3
COUN A107	Chicana/o & Latina/o Experience and Success in Higher Education	3
or COUN A107H	Chicana/o & Latina/o Experience and Success in Higher Education Honors	
ECON A100	Economics: General Concepts	3
ECON A110	Economics of Consumer Finance	3
ECON A170	Microeconomics	3
or ECON A170H	Microeconomics Honors	
ECON A175	Macroeconomics	3
or ECON A175H	Macroeconomics Honors	
ETHS A100	Contemporary Ethnic America	3
ETHS A150	Ethnic Groups in the United States: Their Histories	3
ETHS A190	The Ethnic Family	3
GNDR A100	Introduction to Gender Studies	3
GNDR A130	Women, Politics, and Inequality	3
GNDR A165	Gender Communication	3
GNDR A187	Women in History	3
GEOG A100	World Regional Geography	3
or GEOG A100H	World Regional Geography Honors	
GEOG A150	California Geography	3
GEOG A185	Cultural Geography	3
GLST A101	Introduction to Global Studies	3
GLST A102	Global Issues	3
HIST A101	Afro-American History	3
HIST A140	The California Experience	3
HIST A145	History of Mexico	3
HIST A150	Ethnic Groups of the United States: Their Histories	3
HIST A151	History of the Middle East to 1500	3
HIST A152	History of the Middle East Since 1500	3
HIST A161	World History 1	3
or HIST A161H	World History 1 Honors	
HIST A162	World History 2	3
or HIST A162H	World History 2 Honors	
HIST A176	Women In U.S. History	3
HIST A180	Western Civilization 1	3
or HIST A180H	Western Civilization 1 Honors	
HIST A185	Western Civilization 2	3
or HIST A185H	Western Civilization 2 Honors	
HIST A187	Women in History	3
HIST A195	History of England and Greater Britain	3
HIST A198	The World at War	3

Course	Title	Units
HTT A125	Destination the Americas	3
HTT A127	Destination Eastern Europe	3
HTT A128	Destination Africa/Pacific	3
HTT A130	Cultural Tourism	3
PSCI A101	Survey of Current Issues	3
PSCI A110	International Relations	3
PSCI A185	Comparative Politics	3
PSCI A188	Introduction to Political Theory	3
PSCI A190	Introduction to American Legal System	3
PSCI A200	Introduction to Political Science	3
PSYC A165	Principles of Human Sexuality 1	3
PSYC A185	Principles of Psychology	3
PSYC A255	Abnormal Psychology	3
PUBH A202	Drugs, Health, and Society	3
PUBH A203	Health and Social Justice	3
SJS A101	Introduction to Race and Ethnicity	3
SJS A102	Social Justice and Activism	3
SOC A100	Introduction to Sociology	3
or SOC A100H	Introduction to Sociology Honors	
SOC A110	Introduction to Dating, Relationships, and Marriage	3
SOC A150	Introduction to Race and Ethnicity	3
SOC A185	Analysis of Social Problems	3
or SOC A185H	Analysis of Social Problems Honors	
SOC A200	Introduction to Research Methods	3

4C. Behavioral Science

Course	Title	Units
ANTH A187	Introduction to Primate Studies	3
CDE A180	Child, Growth and Development	3
CDE A190	Family, School and Community Partnerships	3
PSYC A100	Introduction to Psychology	3
or PSYC A100H	Introduction to Psychology Honors	
PSYC A110	Psychology of Adjustment	3
PSYC A130	Life Span Developmental Psychology	3
PSYC A190	Cross-Cultural Psychology	3
or PSYC A190H	Cross-Cultural Psychology Honors	
PSYC A220	Psychology of Personality	3
PSYC A255	Abnormal Psychology	3
PSYC A260	Social Psychology	3
PSYC A270	Psychology of Learning	3
PSYC A280	Introduction to Experimental Methods	4
PUBH A200	Introduction to Public Health	3
or PUBH A200H	Introduction to Public Health Honors	

Area 5: Physical and Biological Sciences, Scientific Inquiry, Life Science

Students will apply critical thinking skills concerning the causes and effects of natural phenomena and will become familiar with the rational

approach that researchers use to analyze data and formulate logical conclusions. A minimum of three semester units (or 4-5 quarter units).

Course	Title	Units
ANTH A185	Introduction to Biological Anthropology	3
or ANTH A185H	Introduction to Biological Anthropology Honors	
ANTH A185 & A185L	Introduction to Biological Anthropology and Biological Anthropology Laboratory ²	4
ANTH A185H & ANTH A185L	Introduction to Biological Anthropology Honors and Biological Anthropology Laboratory ²	4
ANTH A188	Introduction to Forensic Anthropology	3
ASTR A100	Introduction to Astronomy	3
or ASTR A100H	Introduction to Astronomy Honors	
ASTR A100 & A100L	Introduction to Astronomy and Introduction to Astronomy Laboratory ²	3
or ASTR A100M	Introduction to Astronomy Laboratory Honors	
ASTR A100H & ASTR A100L	Introduction to Astronomy Honors and Introduction to Astronomy Laboratory ²	3
or ASTR A100M	Introduction to Astronomy Laboratory Honors	
ASTR A101	Planetary Astronomy	3
ASTR A102	Stellar Astronomy	3
ASTR A103	Cosmology	3
ASTR A104	Galactic Astronomy	3
ASTR A200	Introduction to Astrophysics	4
or ASTR A200H	Introduction to Astrophysics Honors	
BIOL A100	Principles of Biology ²	4
or BIOL A100H	Principles of Biology Honors	
BIOL A114	Basic Microbiology	2
BIOL A125	Human Biology	3
BIOL A180	Introduction to Biology for Majors 1: Cell and Molecular Biology ²	4
BIOL A182	Zoology	3
or BIOL A182H	Zoology Honors	
BIOL A182 & A182L	Zoology and Zoology Lab ²	4
BIOL A182H & BIOL A182L	Zoology Honors and Zoology Lab ²	4
BIOL A183	Botany	3
BIOL A183 & A183L	Botany and Botany Lab ²	4
BIOL A185	Introduction to Biology for Majors 2: Ecology, Evolution, Diversity, and Physiology ²	5
BIOL A210	General Microbiology ²	5
BIOL A220	Human Anatomy ²	5
BIOL A221	Anatomy-Physiology ²	4
BIOL A225	Human Physiology ²	5
BIOL A283	Genetics	4
CHEM A100	Principles of Chemistry	3
CHEM A110	Introduction to Chemistry ²	5
CHEM A130	Preparation for General Chemistry ²	4
CHEM A180	General Chemistry A ²	5

Course	Title	Units
CHEM A185	General Chemistry B ²	5
CHEM A220 & A220L	Organic Chemistry A and Organic Chemistry A Lab ²	5
CHEM A225 & A225L	Organic Chemistry B and Organic Chemistry B Laboratory ²	5
ESEC A100	Introduction to Environmental Science	3
or ESEC A100H	Introduction to Environmental Science Honors	
ENGR A110	Introduction to Engineering and Design	3
or ENGR A110H	Introduction to Engineering and Design Honors	
FN A195	Food Science ²	4
GEOG A130	Introduction to Weather & Climate	3
GEOG A180	Physical Geography	3
or GEOG A180H	Physical Geography Honors	
GEOG A180 & A180L	Physical Geography and Physical Geography Lab ²	4
GEOG A180H & GEOG A180L	Physical Geography Honors and Physical Geography Lab ²	4
GEOL A101	Age of the Dinosaurs	4
GEOL A105	General Geology	3
or GEOL A105H	General Geology Honors	
GEOL A105 & A105L	General Geology and General Geology Laboratory ²	4
GEOL A105 & A105M	General Geology and General Geology Laboratory Honors ²	4
GEOL A105H & GEOL A105L	General Geology Honors and General Geology Laboratory ²	4
GEOL A105H & GEOL A105M	General Geology Honors and General Geology Laboratory Honors ²	4
GEOL A106	Earth Science for Teachers	4
GEOL A110	Physical Geology	4
GEOL A115	California Geology	3
GEOL A131	Weather and Climate	3
GEOL A160	Environmental Geology ²	4
GEOL A185	Evolution of the Earth	3
or GEOL A185H	Evolution of the Earth Honors	
GEOL A185 & A185L	Evolution of the Earth and Evolution of the Earth Lab ²	4
or GEOL A185M	Evolution of the Earth Lab Honors	
GEOL A185H & GEOL A185L	Evolution of the Earth Honors and Evolution of the Earth Lab ²	4
or GEOL A185M	Evolution of the Earth Lab Honors	
HORT A100	Horticultural Science	3
KIN A272	Movement Analysis	3
KIN A282	Introduction to Exercise Physiology	3
KIN A282H	Introduction to Exercise Physiology Honors	3
MRSC A100	Oceanography	3
or MRSC A100H	Oceanography Honors	
MRSC A100 & A100L	Oceanography and Oceanography Laboratory ²	4
or MRSC A100M	Oceanography Laboratory Honors	
MRSC A100H & MRSC A100M	Oceanography Honors and Oceanography Laboratory Honors ²	4
or MRSC A100L	Oceanography Laboratory	

Course	Title	Units
MRSC A180	Marine Biology	3
MRSC A180 & A180L	Marine Biology and Marine Biology Lab ²	4
MRSC A185	Coastal Oceanography	3
MRSC A185 & A185L	Coastal Oceanography and Coastal Oceanography Lab ²	4
MRSC A187	Marine Mammals	3
NS A115	Science and Technology in Music	3
PHYS A110	Conceptual Physics	3
PHYS A110 & PHYS A111	Conceptual Physics and Introductory Physics Laboratory ²	4
PHYS A112	Survey of Chemistry and Physics with Lab	4
PHYS A120	Algebra-Based Physics 1: Mechanics with Lab ²	4
PHYS A125	Algebra-Based Physics 2: Electricity/ Magnetism with Lab	4
PHYS A130	University Physics 1: Mechanics with Lab ²	4
PHYS A135	University Physics 2: Electricity/Magnetism with Lab	4
PHYS A185	Calculus-Based Physics: Mechanics with Lab ²	5
or PHYS A185H	Calculus-Based Physics: Mechanics with Lab Honors	
PHYS A280	Calculus-Based Physics: Electricity/ Magnetism with Lab ²	5
PHYS A285	Calculus-Based Physics: Modern with Lab ²	5
PSYC A250	Psychobiology	3

² Lab course

Area 6: Ethic Studies

Students will demonstrate the ability to analyze race, ethnicity, culture, nationality, and related power dynamics, understand historical contexts, and critically examine social issues, fostering cultural competency and civic engagement. Three semester units (or four quarter units).

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

Area 7: Life Skills, Lifelong Learning, and Self-Development

Students will develop and demonstrate the life skills of interpersonal relationships, self-understanding and management, and decision making for professional success and personal well-being. A minimum of three

semester units to include one course from Group One and one course from Group Two.

7A. Theory/ Non-activity

Course	Title	Units
ACCT A100	Accounting for Small Business	3
ALH A130	Applied Pharmacology	3
ANTH A105	Anthropology of Nonverbal Behavior	3
BUS A100	Introduction to Business	3
or BUS A100H	Introduction to Business Honors	
BUS A120	Personal Financial Success	3
CDE A126	Teaching in a Diverse Society	3
CDE A180	Child, Growth and Development	3
CDE A190	Family, School and Community Partnerships	3
CMST A100	Interpersonal Communication	3
CMST A155	Intercultural Communications	3
CMST A170	Nonverbal Communication	3
CHT A100	Computer Use in Technology	3
CIS A100	Introduction to Computer Applications	3
CIS A111	Introduction to Computer Information Systems	3
COS A180	Life Management	3
COUN A100	Introduction To College	1
COUN A101	New Horizons for Adults Returning to College	1
COUN A104	Career & Life Planning: A Holistic Approach	3
COUN A105	Strategies for College Success	3
COUN A107	Chicana/o & Latina/o Experience and Success in Higher Education	3
or COUN A107H	Chicana/o & Latina/o Experience and Success in Higher Education Honors	
COUN A109	Developing and Understanding Happiness	3
COUN A110	Applied Stress Management	2
COUN A120	Career Decision Making/Accelerated	2
COUN A135	Principles of Effective Parenting	3
COUN A170	College Major Search	1
ECON A110	Economics of Consumer Finance	3
EMS A100	Emergency Medical Responder	4
FASH A170	Culture, Dress & Selection	3
FN A136	Nutrition, Fitness and Performance	3
FN A140	Introduction to Nutrition Concepts	2
FN A170	Nutrition	3
FN A185	Cultural Foods	2
HTT A185	Interviewing and Professional Development	3
ID A100	Fundamentals of Interior Design	3
KIN A202	Introduction to Kinesiology	3
KIN A203	First Aid and CPR	2
KIN A270	Fitness and Health	3
KIN A271	Drugs & Sports	3
KIN A282	Introduction to Exercise Physiology	3
KIN A289	Sport and Exercise Psychology	3
LEAD A180	Personal Leadership	3

Course	Title	Units
LEAD A200	Organizational Leadership	3
LIBR A100	Library Research and Information Competency	3
or LIBR A100H	Library Research and Information Competency Honors	
LIBR A103	College Research Skills	1
MKTG A100	Introduction to Marketing	3
MKTG A110	Professional Selling	3
PHIL A120	Ethics	3
PSYC A130	Life Span Developmental Psychology	3
PSYC A165	Principles of Human Sexuality 1	3
PSYC A200	Positive Psychology	3
PUBH A100	Personal Health	3
PUBH A202	Drugs, Health, and Society	3
SOC A110	Introduction to Dating, Relationships, and Marriage	3

7B. Activity

Course	Title	Units
ATHL A109	Sports Conditioning	0.5-2.5
ATHL A119	Athletic Team Training	0.5-5
ATHL A129	Fitness for Performance	0.5-2.5
ATHL A222	Pep Squad	3
ATHL A235	Basketball Team - Women's	3
ATHL A236	Cross Country Team - Women's	3
ATHL A238	Crew Team - Women's	3
ATHL A239	Golf Team - Women's	3
ATHL A240	Soccer Team - Women's	3
ATHL A241	Fastpitch Team	3
ATHL A242	Swimming Team - Women's	3
ATHL A243	Tennis Team - Women's	3
ATHL A244	Track and Field Team - Women's	3
ATHL A245	Volleyball Team - Women's	3
ATHL A246	Water Polo Team - Women's	3
ATHL A247	Sand Volleyball Team-Women's	3
ATHL A250	Baseball Team	3
ATHL A251	Basketball Team - Men's	3
ATHL A252	Crew Team - Men's	3
ATHL A253	Cross Country Team - Men's	3
ATHL A254	Football Team	3
ATHL A255	Golf Team - Men's	3
ATHL A257	Soccer Team - Men's	3
ATHL A258	Swimming Team - Men's	3
ATHL A259	Tennis Team - Men's	3
ATHL A260	Track and Field Team - Men's	3
ATHL A261	Volleyball Team - Men's	3
ATHL A263	Water Polo Team - Men's	3
DANC A101	Modern Dance 1	0.5-2
DANC A102	Modern 2	0.5-2
DANC A106	Strength and Stretch	1-2
DANC A107	Conditioning for Dance	0.5-2
DANC A108	Pilates Mat Work	1-2

Course	Title	Units
DANC A110	Ballet 1	0.5-2
DANC A111	Ballet 2	0.5-2
DANC A115	Yoga For Dancers	1-2
DANC A116	Latin Dance Styles I	0.5-2
DANC A117	American Social Dance Styles	0.5-2
DANC A118	Movement for Longevity	1-2
DANC A120	Jazz Dance 1	0.5-2
DANC A121	Jazz Dance 2	0.5-2
DANC A125	Tap 1	0.5-2
DANC A126	Tap 2	0.5-2
DANC A129	Pilates Methodology 1	1-2
DANC A130	Mid-Eastern Dance 1	0.5-2
DANC A135	Flamenco Dance 1	0.5-2
DANC A138	African Dance and Drumming I	0.5-2
DANC A139	Gyrokinesis	0.5-2
DANC A143	Jazz Dance III	2
DANC A144	Ballet III	2
DANC A145	Modern Dance III	2
DANC A146	Tap III	1
DANC A148	Mid-Eastern Dance 2	0.5-2
DANC A149	Hip-Hop Dance I	0.5-2
DANC A150	Dance Improvisation I	1
DANC A152	Pilates Apparatus 1	1-2
DANC A153	Pilates Apparatus 2	1-2
DANC A155	Latin Dance Styles II	1
DANC A158	African Dance and Drumming II	1
DANC A159	Hip-Hop Dance II	1
DANC A162	Dance Composition/Choreography II	3
DANC A165	Latin Dance Styles III	1
DANC A168	African Dance and Drumming III	1
DANC A169	Hip-Hop Dance III	1
DANC A171	Modern Dance Basics	2
DANC A172	Ballet Dance Basics	2
DANC A173	Jazz Dance Basics	2
DANC A174	Tap Dance Basics	1
DANC A199	Current Dance Topics	1-3
DANC A201	Rehearsal and Performance I	1
DANC A202	Rehearsal and Performance II	1
DANC A203	Performing Dance Ensemble I	3
DANC A204	Rehearsal and Performance III	1
DANC A207	Rehearsal and Performance IV	1
DANC A208	Pilates 3-4	1-2
DANC A211	Repertoire I	1-4
DANC A212	Repertoire II	1-4
DANC A213	Repertoire III	1-4
DANC A214	Repertoire IV	1-4
DANC A223	Performing Dance Ensemble II	3
DANC A243	Jazz IV	2
DANC A244	Ballet IV	2
DANC A245	Modern IV	2
DANC A246	Tap IV	1

Course	Title	Units
DANC A247	Flamenco Dance 3	1-2
DANC A250	Dance Improvisation II	1
DANC A253	Preparation for Audition - Jazz	2
DANC A254	Preparation for Audition - Ballet	2
DANC A255	Preparation for Audition - Modern	2
DANC A256	Preparation for Audition - Tap	1
DANC A262	Dance Composition/Choreography III	3
KIN A105	Cardiovascular Fitness	0.5-2.5
KIN A106	Weight Training Level 1	1-2
KIN A107	Fitness Programs I	0.5-3
KIN A108	Strength and Conditioning	0.5-3
KIN A109	Cardiovascular Training and Strength Development Level 1	0.5-3
KIN A110	Walking for Fitness Level 1	1-2
KIN A111	Step Cardio & Core Level 1	1-2
KIN A112	Body Sculpting Level 1	1-1.5
KIN A114	Cardio-Kick Boxing Level 1	1-2
KIN A115	Cross Training Level 1	1-2
KIN A118	Strength and Conditioning Level 2	0.5-3
KIN A119	Cardiovascular Training and Strength Development Level 2	0.5-3
KIN A125	Self Defense for Women	1-2
KIN A126	Aikido	0.5-1.5
KIN A127	Karate	0.5-1.5
KIN A128	Hatha Yoga - Level I	0.5-1.5
KIN A129	T'ai Chi Chih	0.5-2
KIN A130	Aqua Fitness	0.5-1.5
KIN A131	Swimming for Fitness Level 1	1-2
KIN A132	Swimming Level 1	1-2
KIN A136	Introduction to Sailing	1
KIN A137	Introduction to Keel Boats	1
KIN A138	Introduction to Ocean Sailing	1
KIN A141	Surfing and Ocean Safety Level 1	2
KIN A145	Badminton Level 1	0.5,1
KIN A146	Tennis Level 1	1-1.5
KIN A147	Table Tennis Level 1	1-2
KIN A150	Basketball	0.5-1.5
KIN A151	Futsal/Indoor Soccer Level 1	1-2
KIN A152	Soccer Level 1	1-2
KIN A153	Golf Level 1	1-2
KIN A154	Volleyball Level 1	1-1.5
KIN A156	Rock Climbing Level 1	0.5-2
KIN A157	Sand Volleyball	1-2
KIN A158	Flag Football Level 1	1-2
KIN A159	Lacrosse Level 1	1-2
KIN A170	Adapted Strength Training	0.5-1.5
KIN A172	Adapted Aquatics	0.5-1.5
KIN A173	Adapted Strength and Balance	0.5-1.5
KIN A174	Adapted Cardiovascular Fitness	0.5-1.5
KIN A175	Adapted Aerobic Exercise	0.5-1.5
KIN A176	Adapted Stretching	0.5-1.5

Course	Title	Units
KIN A177	Adapted Yoga	0.5-1.5
KIN A204	Techniques and Theory of Coaching Athletes	3
KIN A205	Coaching Internship	2-4
KIN A206	Weight Training Level 2	1-2
KIN A208	Strength and Conditioning Level 3	0.5-3
KIN A210	Walking for Fitness Level 2	1-2
KIN A214	Cardio Kickboxing Level 2	1-2
KIN A215	Cross Training Level 2	1-2
KIN A218	Strength and Conditioning Level 4	0.5-3
KIN A225	Self Defense for Women Level 2	1-2
KIN A228	Hatha Yoga Level II	0.5-1.5
KIN A231	Swimming for Fitness - Level 2	1-2
KIN A232	Swimming Level 2	1-2
KIN A241	Surfing and Ocean Safety Level 2	2
KIN A245	Badminton Level 2	1-2
KIN A246	Tennis Level 2	1-1.5
KIN A247	Table Tennis - Level 2	1-2
KIN A251	Futsal/Indoor Soccer Level 2	1-2
KIN A252	Soccer Level 2	1-2
KIN A253	Golf Level 2	1-2
KIN A254	Volleyball Level 2	1-1.5
KIN A256	Rock Climbing Level 2	1-2
KIN A257	Surfing and Ocean Safety Level 3	2
KIN A258	Flag Football Level 2	1-2
KIN A259	Lacrosse Level 2	1-2
MARA A136	Introduction to Sailing	1
MARA A137	Intermediate Sailing - Intro to Keel Boats	1
MARA A138	Introduction to Ocean Sailing	1