

GENERAL EDUCATION

General Education Requirements

Option 1 - AA/AS Local Degree

This option is designed for students pursuing a degree and who may or may not be planning to transfer to a four-year institution. Most of the coursework in this option is applicable towards transfer. Other colleges and universities may accept this degree for transfer. It is important to contact a Coastline counselor or your transfer institution for guidance in preparing your educational plan. In addition to the General Education requirements below, students must complete additional requirements for the Associate Degree listed in the catalog under Associate Degree Requirements.

Complete at least 18 units in the specific courses listed in Groups A-E. Students may select courses from any sub-area under each specific group. One course may not be used to satisfy more than one general education requirement; however, the same course may be used to satisfy both a general education requirement and a requirement for the major or area of emphasis. Complete at least 2.5 units from the Global and Multicultural Studies courses. View the Global and Multicultural Studies (<https://catalog.cccd.edu/coastline/graduation-requirements/#globalandmulticulturalstudies>) course list. This requirement may double count with a course completed as a part of a student's Program of Study or General Education.

COURSE LISTS

Group A – Basic Subjects

One course from each area: A

Course	Title	Units
A1 - Communications		
CMST C100	Interpersonal Communication	3
CMST C101	Fundamentals of Human Communication	3
CMST C110	Public Speaking	3
CMST C140	Small Group Communication	3
CMST C150	Intercultural Communication	3
CMST C220	Essentials of Argumentation	3
MCOM C100	Introduction to Mass Communications	3
A2 - English Competency		
ENGL C100	Freshman Composition ¹	4
ENGL C109	Essay Writing ¹	3
ENGL C135	Business Writing ¹	3
A3 - Math Competency		

Math Competency: completion of two years of high school algebra (Algebra 1 and 2) with a grade of C or better, or obtaining a grade of C or better in an Intermediate Algebra course or higher, or in a mathematics course with a prerequisite of Intermediate Algebra.²

¹ Passing with a grade of C or better.

² MATH C030 Intermediate Algebra, MATH C045 Combined Elementary and Intermediate Algebra, or MATH C046 Statistics Pathway can be used to meet the Math competency requirements. These courses count toward the 60 units required for the Associate degree under Option 1 only. They do not count toward the required general education units for Options 2 or 3.

Group B – Natural Sciences

Any three units from B1 or B2

Course	Title	Units
B1 - Physical Science		
ASTR C100	Introduction to Astronomy	3
ASTR C100L	Astronomy Laboratory ¹	1
ASTR C102	Stellar Astronomy	3
ASTR C103	Cosmology	3
CHEM C100	Principles of Chemistry	3
CHEM C110	Introduction to Chemistry ¹	5
CHEM C130	Preparation for General Chemistry ¹	4
CHEM C140	Survey of Chemistry and Physics ¹	4
CHEM C180	General Chemistry A	4
CHEM C180L	General Chemistry A Lab ¹	1
CHEM C185	General Chemistry B	4
CHEM C185L	General Chemistry B Lab ¹	1
CHEM C220	Organic Chemistry A	3
CHEM C220L	Organic Chemistry A Lab ¹	2
CHEM C225	Organic Chemistry B	3
CHEM C225L	Organic Chemistry B Lab ¹	2
GEOG C180	Physical Geography	3
GEOG C180L	Physical Geography Lab ¹	1
GEOL C105	General Geology	3
GEOL C105L	Geology Lab ¹	1
GEOL C106	Earth Sciences for Teachers	4
GEOL C115	California Geology	3
GEOL C121	Environmental Geology	3
GEOL C185	Historical Geology	3
GEOL C185L	Historical Geology Lab ¹	1
PHYS C110	Conceptual Physics	3
PHYS C110L	Conceptual Physics Lab ¹	1
PHYS C120	Algebra Based Physics: Mechanics ¹	4
PHYS C125	Algebra Based Physics: Electricity and Magnetism ¹	4
PHYS C140	Survey of Chemistry and Physics ¹	4
PHYS C185	Calculus Based Physics: Mechanics ¹	4
PHYS C280	Calculus Based Physics: Electricity and Magnetism ¹	4
PHYS C285	General Physics: Light and Modern Physics ¹	4
B2 - Life Science		
ANTH C185	Physical Anthropology	3
BIOL C100	Introduction to Biology	3
BIOL C100C	Introduction to Biology Lecture/Lab ¹	4
BIOL C100L	Introduction to Biology Lab ¹	1
BIOL C102	Introduction to the Concepts of Anatomy and Physiology	3
BIOL C106	Human Ecology	3
BIOL C120	Biology of Aging	3
BIOL C122	Bioethics	3
BIOL C180	Cell and Molecular Biology ¹	4
BIOL C185	Diversity of Organisms ¹	5
BIOL C210	General Microbiology ¹	5

Course	Title	Units	Course	Title	Units
BIOL C220	Human Anatomy ¹	5	DANC C200	Dance Appreciation	3
BIOL C221	Introduction to Anatomy and Physiology ¹	4	MUS C100	History and Appreciation of Music	3
BIOL C225	Human Physiology ¹	4	MUS C103	World Music	3
BIOL C281	Biochemistry	4	MUS C130	Beginning Guitar	2
BIOL C283	Genetics	4	MUS C131	Intermediate Guitar	2
ECOL C100	Human Ecology	3	MUS C139	History of Rock Music	3
MRSC C100	Introduction to Marine Science	3	MUS C143	History of Jazz	3
MRSC C100L	Marine Sciences Lab ¹	1	THEA C100	Introduction to Theater	3
PHIL C122	Bioethics	3	THEA C101	Introduction to History and Literature of Theater	3

¹ Course has Laboratory Activity.

Group C – Arts and Humanities

Any three units from C1 or C2

Course	Title	Units	Course	Title	Units
C1 - Arts			C2 - Humanities		
ART C100	Survey of Art: Prehistory through Late Gothic	3	SIGN C180	American Sign Language 1	4
ART C101	Survey of Art: Renaissance to Contemporary	3	SIGN C185	American Sign Language 2	4
ART C102	Contemporary Art History	3	ARAB C180	Elementary Arabic 1	5
ART C103	History of Asian Art	3	ARAB C180A	Elementary Arabic 1A	2.5
ART C104	The History of Impressionist and Post-Impressionist Art	3	ARAB C180B	Elementary Arabic 1B	2.5
ART C105	Introduction to Art	3	ARAB C182	Conversational Arabic	3
ART C109	The History and Appreciation of Italian Renaissance Art	3	ARAB C185	Elementary Arabic 2	5
ART C110	Color and Design: 2-D	3	ARAB C185A	Elementary Arabic 2A	2.5
ART C120	Drawing 1	3	ARAB C185B	Elementary Arabic 2B	2.5
ART C121	Life Drawing 1	3	ARAB C280A	Intermediate Arabic 1A	2
ART C122	Painting 1	3	ARAB C280B	Intermediate Arabic 1B	2
ART C131	Chinese Brush Painting Teaching Techniques I	2	CHIN C180	Elementary Chinese 1	5
ART C133	Chinese Landscape Painting 1	2	CHIN C185	Elementary Chinese 2	5
ART C135	Survey of Chinese Brush Painting	2	ENGL C102	Critical Reasoning, Reading, and Writing	3
ART C137	History and Appreciation of Chinese Art and Culture	2	ENGL C140	Appreciation of Literature	3
ART C140	Advanced Drawing	3	ENGL C143	Children's Literature	3
ART C142	Painting 2	3	ENGL C144	The International Short Story	3
ART C150	Ceramics 1	3	ENGL C145	American Literature: The Short Story	3
ART C151	Ceramics 2	3	ENGL C146	Introduction to 20th Century Military Fiction	3
ART C183	Introduction to Digital Art and Media	3	ENGL C150	American Literature through the Civil War	3
or DGA C100	Introduction to Digital Art and Media	3	ENGL C155	American Literature 1865 to Present	3
ART C190	Multimedia With Painter 6.0	3	ENGL C181	Shakespeare	3
ART C205	Contemporary Illustration and Design	3	ENGL C270	British Literature to 1800	3
ART C212	Creative Photoshop For Digital Photographs	3	ENGL C275	British Literature since 1800	3
ART C221	Life Drawing 2	3	ENGL C296	Gothic Victorian Literature	3
ART C222B	Painting 4	1.5	ENGL C297	American Gothic Literature	3
ART C230	Landscape Painting 1	1.5	FREN C180	Elementary French 1	5
ART C231	Landscape Painting 2	1.5	FREN C185	Elementary French 2	5
ART C232	Plein Air Painting	1.5	FREN C280	Intermediate French 1	4
ART C263	Watercolor 1	3	FREN C285	Intermediate French 2	4
			HIST C115	Latin American History and Culture	3
			HIST C121	History of American Women	3
			HIST C122	Chicano History	3
			HIST C132	History of Britain and Ireland 1	3
			HIST C135	History of Britain and Ireland 2	3
			HIST C146	History of Mexico	3

Course	Title	Units	Course	Title	Units
HIST C150	History of California	3	GERO C170	Psychology of Aging ¹	3
HIST C155	The American West	3	HIST C115	Latin American History and Culture	3
HIST C161	World History 1	3	HIST C121	History of American Women	3
HIST C162	World History 2	3	HIST C122	Chicano History	3
HIST C170	United States History to 1876	3	HIST C123	History of Ethnic Minorities in the United States	3
HIST C175	United States History since 1876	3	HIST C132	History of Britain and Ireland 1	3
HIST C180	Western Civilization 1	3	HIST C135	History of Britain and Ireland 2	3
HIST C185	Western Civilization 2	3	HIST C146	History of Mexico	3
HUM C100	Introduction to the Humanities	3	HIST C150	History of California	3
HUM C110	Humanities through the Arts	3	HIST C155	The American West	3
HUM C135	History and Appreciation of the Cinema	3	HIST C161	World History 1	3
ITAL C180	Elementary Italian 1	5	HIST C162	World History 2	3
ITAL C185	Elementary Italian 2	5	HIST C170	United States History to 1876	3
JAPN C180	Elementary Japanese 1	5	HIST C175	United States History since 1876	3
JAPN C185	Elementary Japanese 2	5	HIST C180	Western Civilization 1	3
PHIL C100	Introduction to Philosophy	3	HIST C185	Western Civilization 2	3
PHIL C102	History of Ancient Philosophy	3	MCOM C100	Introduction to Mass Communications	3
PHIL C113	Environmental Ethics: Philosophical Approaches to Sustainability	3	MCOM C150	Introduction to Radio, TV, Film	3
PHIL C115	Logic and Critical Thinking	3	PSCI C101	Survey of Current Issues	3
PHIL C120	Ethics	3	PSCI C160	Law and Democracy	3
PHIL C140	Business and Organizational Ethics	3	PSCI C180	American Government	3
SPAN C180	Elementary Spanish 1	5	PSCI C185	Comparative Government and Politics	3
SPAN C180A	Elementary Spanish 1A	2.5	PSYC C100	Introduction to Psychology	3
SPAN C180B	Elementary Spanish 1B	2.5	PSYC C116	Child Growth and Development	3
SPAN C185	Elementary Spanish 2	5	PSYC C118	Life Span Developmental Psychology	3
SPAN C280	Intermediate Spanish 1	4	PSYC C165	Principles of Human Sexuality 1	3
SPAN C285	Intermediate Spanish 2	4	PSYC C170	Psychology of Aging ¹	3
THEA C101	Introduction to History and Literature of Theater ¹	3	PSYC C250	Psychobiology	3
VIET C160	Vietnamese For Vietnamese Speakers	5	PSYC C255	Abnormal Psychology	3
VIET C180	Elementary Vietnamese 1	5	PSYC C260	Social Psychology	3
VIET C185	Elementary Vietnamese 2	5	PSYC C280	Introduction to Research Methods in Psychology	4
VIET C280	Intermediate Vietnamese 1	4	SOC C100	Introduction to Sociology	3
VIET C285	Intermediate Vietnamese 2	4	SOC C110	Dating, Relationships, and Marriage	3

Group D – Social Sciences

Complete 3 units

Course	Title	Units
ANTH C100	Cultural Anthropology	3
ANTH C120	Introduction to Archaeology	3
ANTH C150	World Cultures	3
ANTH C185	Physical Anthropology	3
CMST C150	Intercultural Communication	3
CJ C140	Introduction to Criminal Justice	3
ECON C110	Economic Issues and Policy	3
ECON C170	Principles of Microeconomics	3
ECON C175	Principles of Macroeconomics	3
ETHS C123	History of Ethnic Minorities in the United States	3
GEOG C100	World Regional Geography	3
GEOG C185	Cultural Geography	3

¹ GERO C170 and PSYC C170 are cross-listed courses, credit for only one course

Group E – Self-Development

Must complete 3 units

Course	Title	Units
BUS C120	Personal Finance	3
COUN C104	Career and Life Planning	3
COUN C105	Strategies for College Success	3
FN C170	Nutrition	3
FN C225	Nutrition through the Lifecycle	3

Course	Title	Units
GERO C220	Controversies and Ethical Issues in Aging	3
GERO C223	Healthy Aging	3
GERO C225	Nutrition through the Lifecycle	3
GERO C240	Aging in a Multicultural Society	3
HLTH C100	Personal Health	3
HLTH C120	Introduction to Wellness Coaching	3
HLTH C223	Healthy Aging	3
KIN C101	Personal Fitness and Wellness	1
KIN C190	Physiology of Exercise	3
KIN C201	Fitness for Life	3
KIN C289	Exercise Testing and Prescription	3
LIBR C110	Library Research and Information Competency	2
PE C102	Lifetime Fitness	0.5-1
PE C115	Tai Chi Beginning	0.5-1
PE C116	Tai Chi Intermediate	0.5-1
PE C118A	Introduction to Yoga 1	0.5-1.5
PE C118B	Introduction to Yoga 2	0.5-1.5
PE C119A	Hatha Yoga 1	0.5-1.5
PE C119B	Hatha Yoga 2	0.5-1.5
PE C121A	Power Yoga 1	0.5-1.5
PE C121B	Power Yoga 2	0.5-1.5
PE C126A	Relaxation Movements 1	0.5-1.5
PE C126B	Relaxation Movements 2	0.5-1.5
PE C169A	Self Defense Arts	0.5-1.5
PE C169B	Self Defense Arts 2	0.5-1.5
PE C201	Fitness for Life	3
PSYC C116	Child Growth and Development	3
PSYC C118	Life Span Developmental Psychology	3
PSYC C165	Principles of Human Sexuality 1	3
PSYC C170	Psychology of Aging	3

Option 2—Transfer CSU

Designed for students who are planning to transfer to a university in the CSU system. However, it may be appropriate for transfer to some independent colleges. In addition to the General Education requirements below, students must complete additional requirements for the Associate Degree listed in the catalog. Transfer students are strongly advised to contact a Coastline counselor for guidance in preparing an educational plan. In addition, for the most current articulation information, visit www.assist.org (<http://www.assist.org>).

Complete at least 39 units in the specific courses listed in Groups A-E. One course may not be used to satisfy more than one general education requirement; however, the same course may be used to satisfy both a general education requirement and a requirement for the major or Area of Emphasis. Students may also double-count courses for the Global and Multicultural Studies (<https://catalog.cccd.edu/coastline/graduation-requirements/#globalandmulticulturalstudies>) Requirement.

Certification of General Education for Transfer to CSU

Upon a student's request, Coastline will verify the completion of lower-division general education requirements for transfer to the California State University. Courses can only be certified if they were on the CSU approved list at the time they were taken by the student. Upon

transferring, the student will need to complete any upper-division general education requirements required by the university. Students who transfer without certification will have to meet both lower- and upper-division general education requirements of the specific CSU campus to which they are transferring. Meeting these requirements usually necessitates taking additional courses. Students may also request subject-area (partial) certification. To qualify a student must satisfactorily complete the courses required in one or more sub-areas. Coastline will provide a full-certification only once. Certification is not automatic and must be requested after the completion of the last term prior to transfer. This request should be made in the Admissions Office when final transcripts are requested to be sent to the transfer university.

Certificate of Achievement in CSU General Education

Upon completion of this General Education pattern, students receiving CSU GE certification will also automatically receive a Certificate of Achievement in CSU General Education.

COURSE LISTS

Area A – English Language, Communication and Critical Thinking

Must complete 9 units with a minimum of one course in A1, A2 and A3 (grade of C or better).

Course	Title	Units
A1 - Oral Communication		
CMST C100	Interpersonal Communication	3
CMST C101	Fundamentals of Human Communication	3
CMST C110	Public Speaking	3
CMST C140	Small Group Communication	3
A2 - Written Communication		
ENGL C100	Freshman Composition	4
A3 - Critical Thinking		
CMST C220	Essentials of Argumentation	3
ENGL C102	Critical Reasoning, Reading, and Writing	3
PHIL C115	Logic and Critical Thinking	3
PHIL C220	Introduction to Symbolic Logic	3
READ C102	Critical Reading	3

Area B – Scientific Inquiry and Quantitative Reasoning

Must complete 9 units with a minimum of one course each in B1, B2, and B4. One of the courses selected from B1 or B2 must have an embedded lab (ex: BIOL C220) or register for the associated lab course (ex: GEOL C105 and GEOL C105L) for B3 requirement to be satisfied.

Course	Title	Units
B1 - Physical Science		
ASTR C100	Introduction to Astronomy	3
ASTR C102	Stellar Astronomy	3
ASTR C103	Cosmology	3
CHEM C100	Principles of Chemistry	3
CHEM C110	Introduction to Chemistry	5
CHEM C130	Preparation for General Chemistry	4
CHEM C140	Survey of Chemistry and Physics	4
CHEM C180	General Chemistry A	4
CHEM C185	General Chemistry B	4
CHEM C220	Organic Chemistry A	3
CHEM C225	Organic Chemistry B	3

Course	Title	Units	Course	Title	Units
ENVS C100	Introduction to Environmental Science	3	GEOL C105L	Geology Lab	1
GEOG C180	Physical Geography	3	GEOL C106	Earth Sciences for Teachers	4
GEOL C105	General Geology	3	GEOL C185L	Historical Geology Lab	1
GEOL C106	Earth Sciences for Teachers	4	MRSC C100L	Marine Sciences Lab	1
GEOL C115	California Geology	3	PHYS C110L	Conceptual Physics Lab	1
GEOL C121	Environmental Geology	3	PHYS C120	Algebra Based Physics: Mechanics	4
GEOL C185	Historical Geology	3	PHYS C125	Algebra Based Physics: Electricity and Magnetism	4
PHYS C110	Conceptual Physics	3	PHYS C140	Survey of Chemistry and Physics ²	4
PHYS C120	Algebra Based Physics: Mechanics	4	PHYS C185	Calculus Based Physics: Mechanics	4
PHYS C125	Algebra Based Physics: Electricity and Magnetism	4	PHYS C280	Calculus Based Physics: Electricity and Magnetism	4
PHYS C140	Survey of Chemistry and Physics	4	PHYS C285	General Physics: Light and Modern Physics	4
PHYS C185	Calculus Based Physics: Mechanics	4	B4 - Mathematical/ Quantitative Reasoning Concepts		
PHYS C280	Calculus Based Physics: Electricity and Magnetism	4	Grade of C or better		
PHYS C285	General Physics: Light and Modern Physics	4	MATH C100	Liberal Arts Mathematics	3
B2 - Life Science			MATH C103	Statistics for Elementary Teachers	3
ANTH C185	Physical Anthropology	3	MATH C104	Mathematics for Elementary Teachers	3
BIOL C100	Introduction to Biology	3	MATH C106	Geometry for Elementary Teachers	3
BIOL C100C	Introduction to Biology Lecture/Lab	4	MATH C115	College Algebra	4
BIOL C102	Introduction to the Concepts of Anatomy and Physiology	3	MATH C120	Trigonometry	3
BIOL C103	Introduction to Marine Science	3	MATH C140	Business Calculus	4
BIOL C106	Human Ecology	3	MATH C150	Finite Mathematics With Applications	4
BIOL C120	Biology of Aging	3	MATH C160	Introduction to Statistics	4
BIOL C180	Cell and Molecular Biology	4	MATH C170	Precalculus	5
BIOL C185	Diversity of Organisms	5	MATH C180	Calculus 1	5
BIOL C210	General Microbiology	5	MATH C185	Calculus 2	5
BIOL C220	Human Anatomy	5	MATH C280	Calculus 3	5
BIOL C225	Human Physiology	4	MATH C285	Introduction to Linear Algebra and Differential Equations	5
BIOL C283	Genetics	4	1 ASTR C100 Introduction to Astronomy must be taken prior to or concurrently with ASTR C100L Astronomy Laboratory		
CHEM C281	Biochemistry	4	2 CHEM C140 Survey of Chemistry and Physics and PHYS C140 Survey of Chemistry and Physics are equivalent courses, only one course will meet B2		
ECOL C100	Human Ecology	3	Area C – Arts and Humanities		
GERO C122	Biology of Aging	3	<i>Must complete 9 units with a minimum of 3 units in C1 and 3 units in C2.</i>		
MRSC C100	Introduction to Marine Science	3	Course	Title	Units
PSYC C250	Psychobiology	3	C1 - Arts		
B3 - Laboratory Activity			ART C100	Survey of Art: Prehistory through Late Gothic	3
ASTR C100L	Astronomy Laboratory ¹	1	ART C101	Survey of Art: Renaissance to Contemporary	3
BIOL C100C	Introduction to Biology Lecture/Lab	4	ART C102	Contemporary Art History	3
BIOL C100L	Introduction to Biology Lab	1	ART C103	History of Asian Art	3
BIOL C180	Cell and Molecular Biology	4	ART C104	The History of Impressionist and Post-Impressionist Art	3
BIOL C185	Diversity of Organisms	5	ART C105	Introduction to Art	3
BIOL C210	General Microbiology	5	ART C109	The History and Appreciation of Italian Renaissance Art	3
BIOL C220	Human Anatomy	5	ART C120	Drawing 1	3
BIOL C221	Introduction to Anatomy and Physiology	4			
BIOL C225	Human Physiology	4			
CHEM C110	Introduction to Chemistry	5			
CHEM C130	Preparation for General Chemistry	4			
CHEM C140	Survey of Chemistry and Physics ²	4			
CHEM C180L	General Chemistry A Lab	1			
CHEM C185L	General Chemistry B Lab	1			
CHEM C220L	Organic Chemistry A Lab	2			

Course	Title	Units
ART C122	Painting 1	3
ART C135	Survey of Chinese Brush Painting	2
ART C137	History and Appreciation of Chinese Art and Culture	2
ART C140	Advanced Drawing	3
ART C142	Painting 2	3
ART C263	Watercolor 1	3
DANC C200	Dance Appreciation	3
HUM C135	History and Appreciation of the Cinema	3
MUS C100	History and Appreciation of Music	3
MUS C103	World Music	3
MUS C139	History of Rock Music	3
MUS C143	History of Jazz	3
THEA C100	Introduction to Theater	3
THEA C101	Introduction to History and Literature of Theater ¹	3
C2 - Humanities		
ARAB C180	Elementary Arabic 1	5
ARAB C180A	Elementary Arabic 1A	2.5
ARAB C180B	Elementary Arabic 1B	2.5
ARAB C182	Conversational Arabic	3
ARAB C185	Elementary Arabic 2	5
ARAB C185A	Elementary Arabic 2A	2.5
ARAB C185B	Elementary Arabic 2B	2.5
ARAB C280A	Intermediate Arabic 1A	2
ARAB C280B	Intermediate Arabic 1B	2
ARAB C285A	Intermediate Arabic 2A	2
ARAB C285B	Intermediate Arabic 2B	2
BIOL C122	Bioethics ¹	3
CHIN C180	Elementary Chinese 1	5
CHIN C185	Elementary Chinese 2	5
CMST C150	Intercultural Communication	3
ENGL C102	Critical Reasoning, Reading, and Writing	3
ENGL C140	Appreciation of Literature	3
ENGL C143	Children's Literature	3
ENGL C144	The International Short Story	3
ENGL C145	American Literature: The Short Story	3
ENGL C146	Introduction to 20th Century Military Fiction	3
ENGL C150	American Literature through the Civil War	3
ENGL C155	American Literature 1865 to Present	3
ENGL C181	Shakespeare	3
ENGL C270	British Literature to 1800	3
ENGL C275	British Literature since 1800	3
ENGL C296	Gothic Victorian Literature	3
ENGL C297	American Gothic Literature	3
FREN C180	Elementary French 1	5
FREN C185	Elementary French 2	5
FREN C280	Intermediate French 1	4
FREN C285	Intermediate French 2	4
HIST C121	History of American Women	3
HIST C132	History of Britain and Ireland 1	3

Course	Title	Units
HIST C135	History of Britain and Ireland 2	3
HIST C150	History of California	3
HIST C155	The American West	3
HIST C161	World History 1	3
HIST C162	World History 2	3
HIST C170	United States History to 1876	3
HIST C175	United States History since 1876	3
HIST C180	Western Civilization 1	3
HIST C185	Western Civilization 2	3
HUM C100	Introduction to the Humanities	3
HUM C110	Humanities through the Arts	3
ITAL C180	Elementary Italian 1	5
ITAL C185	Elementary Italian 2	5
JAPN C180	Elementary Japanese 1	5
JAPN C185	Elementary Japanese 2	5
PHIL C100	Introduction to Philosophy	3
PHIL C102	History of Ancient Philosophy	3
PHIL C113	Environmental Ethics: Philosophical Approaches to Sustainability	3
PHIL C120	Ethics	3
PHIL C122	Bioethics ¹	3
SIGN C185	American Sign Language 2	4
SPAN C180	Elementary Spanish 1	5
SPAN C180A	Elementary Spanish 1A	2.5
SPAN C180B	Elementary Spanish 1B	2.5
SPAN C185	Elementary Spanish 2	5
SPAN C280	Intermediate Spanish 1	4
SPAN C285	Intermediate Spanish 2	4
THEA C101	Introduction to History and Literature of Theater	3
VIET C160	Vietnamese For Vietnamese Speakers	5
VIET C180	Elementary Vietnamese 1	5
VIET C185	Elementary Vietnamese 2	5
VIET C280	Intermediate Vietnamese 1	4
VIET C285	Intermediate Vietnamese 2	4

¹ BIOL C122 and PHIL C122 are cross-listed courses, credit for only one course.

Area D – Social Sciences

Choose two courses from any discipline(s) for a minimum of 6 semester units.

Course	Title	Units
ANTH C100	Cultural Anthropology	3
ANTH C120	Introduction to Archaeology	3
ANTH C150	World Cultures	3
ANTH C175	Global Perspectives of Food and Culture	3
CMST C150	Intercultural Communication	3
CJ C140	Introduction to Criminal Justice	3
ECON C110	Economic Issues and Policy	3
ECON C170	Principles of Microeconomics	3
ECON C175	Principles of Macroeconomics	3

Course	Title	Units
ETHS C106	Cultural Diversity in Human Services	3
ETHS C122	Chicano History ¹	3
ETHS C123	History of Ethnic Minorities in the United States ²	3
ETHS C233	Racial and Ethnic Relations in America	3
GEOG C100	World Regional Geography	3
GEOG C150	California Geography	3
GEOG C185	Cultural Geography	3
GERO C170	Psychology of Aging ³	3
HIST C115	Latin American History and Culture	3
HIST C121	History of American Women	3
HIST C122	Chicano History ¹	3
HIST C123	History of Ethnic Minorities in the United States ²	3
HIST C132	History of Britain and Ireland 1	3
HIST C135	History of Britain and Ireland 2	3
HIST C146	History of Mexico	3
HIST C150	History of California	3
HIST C155	The American West	3
HIST C161	World History 1	3
HIST C162	World History 2	3
HIST C170	United States History to 1876 ⁴	3
HIST C175	United States History since 1876 ⁴	3
HIST C180	Western Civilization 1	3
HIST C185	Western Civilization 2	3
HSVC C106	Cultural Diversity in Human Services	3
MCOM C100	Introduction to Mass Communications	3
PSCI C101	Survey of Current Issues	3
PSCI C160	Law and Democracy	3
PSCI C180	American Government ⁴	3
PSCI C185	Comparative Government and Politics	3
PSYC C100	Introduction to Psychology	3
PSYC C116	Child Growth and Development	3
PSYC C118	Life Span Developmental Psychology	3
PSYC C165	Principles of Human Sexuality 1	3
PSYC C170	Psychology of Aging ³	3
PSYC C255	Abnormal Psychology	3
PSYC C260	Social Psychology	3
PSYC C280	Introduction to Research Methods in Psychology	4
SOC C100	Introduction to Sociology	3
SOC C110	Dating, Relationships, and Marriage	3
SOC C120	Introduction to Gerontology	3
SOC C130	Globalization and Social Change	3
SOC C185	Analysis of Social Problems	3
SOC C233	Racial and Ethnic Relations in America	3
SOC C245	Perspectives of Sex and Gender	3

¹ ETHS C122 and HIST C122 are cross-listed courses, credit for only one course

² ETHS C123 and HIST C123 are cross-listed courses, credit for only one course

³ GERO C170 and PSYC C170 are cross-listed courses, credit for only one course

⁴ American Institutions Requirement—All CSU campuses require that a student demonstrate competence in the Constitution of the United States and in American History. This may be satisfied by taking PSCI C180 American Government and HIST C170 United States History to 1876 or HIST C175 United States History since 1876 at Coastline College or by taking a course at the CSU. These courses also count toward Area D requirements.

Area E – Lifelong Understanding and Self-Development

Must complete 3 units.

Course	Title	Units
COUN C104	Career and Life Planning	3
COUN C105	Strategies for College Success	3
FN C170	Nutrition	3
FN C225	Nutrition through the Lifecycle	3
GERO C220	Controversies and Ethical Issues in Aging	3
GERO C223	Healthy Aging	3
GERO C225	Nutrition through the Lifecycle	3
GERO C240	Aging in a Multicultural Society	3
HLTH C100	Personal Health	3
HLTH C223	Healthy Aging	3
KIN C101	Personal Fitness and Wellness	1
KIN C202	Introduction to Kinesiology	3
PSYC C116	Child Growth and Development	3
PSYC C118	Life Span Developmental Psychology	3
PSYC C165	Principles of Human Sexuality 1	3
SOC C120	Introduction to Gerontology	3

A maximum of one unit may be counted from the following activity courses:

PE C102	Lifetime Fitness	0.5-1
PE C115	Tai Chi Beginning	0.5-1
PE C116	Tai Chi Intermediate	0.5-1
PE C118A	Introduction to Yoga 1	0.5-1.5
PE C118B	Introduction to Yoga 2	0.5-1.5
PE C119A	Hatha Yoga 1	0.5-1.5
PE C119B	Hatha Yoga 2	0.5-1.5
PE C121A	Power Yoga 1	0.5-1.5
PE C121B	Power Yoga 2	0.5-1.5
PE C126A	Relaxation Movements 1	0.5-1.5
PE C126B	Relaxation Movements 2	0.5-1.5
PE C169A	Self Defense Arts	0.5-1.5
PE C169B	Self Defense Arts 2	0.5-1.5

Area F - Ethnic Studies

Must complete 3 units

Course	Title	Units
ETHS C123	History of Ethnic Minorities in the United States	3
ETHS C233	Racial and Ethnic Relations in America	3