

The CSUGE-Breadth Pattern (Option 2)

The following information is based on the 2021–2022 agreement and is distributed as follows:

- () Colleges in parenthesis indicate where the course is approved for CSUGE-B Requirements.
 C—City College
 M—Mesa College
 MMR—Miramar College
- * Courses with asterisks are listed in more than one area but shall not be certified in more than one area.
- # Courses with the number sign are listed more than once in the same area, but will only be used for certification once.

Please note: Courses required in Oral Communication (Area A1), Written Communication (Area A2), Critical Thinking (Area A3), and Mathematics and Quantitative Reasoning (Area B4) must be completed with grades of "C" or better for admission to most CSU campuses and CSUGE-Breadth Certification. *For additional information, consult a counselor.*

Area A. English Language Communication and Critical Thinking:

No fewer than nine semester units (12–15 quarter units) including one course in A1, one course in A2, and one course in A3.

A1: Oral Communication

- COMS 103 Oral Communication (C,M,MMR)
- * COMS 135 Interpersonal Communication (C,M,MMR)
- COMS 170 Small Group Communication (C,M,MMR)

A2: Written Communication

- ENGL 101 Reading and Composition (C,M,MMR)
- ENGL 105 Composition and Literature (C,M,MMR)

A3: Critical Thinking

- COMS 160 Argumentation (C,M,MMR)

- ENGL 205 Critical Thinking and Intermediate Composition (C,M,MMR)
- HIST 205 Methodology and Practice in History (M)
- PHIL 100 Logic and Critical Thinking (C,M,MMR)
- * PHIL 103 Historical Introduction to Philosophy (M)
- PHIL 205 Critical Thinking and Writing in Philosophy (C,M,MMR)

Area B. Scientific Inquiry and Quantitative Reasoning:

No fewer than nine semester units (12–15 quarter units) including:

- One course in B1 (underlined courses include a lab component)
- One course in B2 (underlined courses include a lab component)
- One of the courses selected to fulfill the requirement for B1 or B2 must include a laboratory component or a separate course must be taken from B3. If a separate laboratory course is taken from B3, it must match one of the two lecture courses taken from B1 or B2.
- One course in B4

B1: Physical Science

- AGRI 125 Introduction to Soil Science (C)
- ASTR 101 Descriptive Astronomy (C,M,MMR)
- ASTR 102 Exploring The Solar System and Life Beyond The Earth (C,M,MMR)
- AVIA 115 Aviation Weather (MMR)
- CHEM 100 Fundamentals of Chemistry (C,M,MMR)
- CHEM 103 General, Organic, and Biological Chemistry (M,MMR)
- CHEM 111 Chemistry in Society (C,M,MMR)
- CHEM 130 Introduction to Organic & Biological Chemistry (C,M,MMR)
- CHEM 152 Introduction to General Chemistry (C,M,MMR)
- CHEM 160 Introductory Biochemistry (M,MMR)
- CHEM 200 General Chemistry I - Lecture (C,M,MMR)
- CHEM 201 General Chemistry II - Lecture (C,M,MMR)
- CHEM 231 Organic Chemistry I - Lecture (C,M,MMR)

CHEM 233	Organic Chemistry II - Lecture (C,M,MMR)
<u>CHEM 251</u>	Quantitative Analytical Chemistry (C,M,MMR)
GEOG 101	Physical Geography (C,M,MMR)
GEOL 100	Physical Geology (C,M,MMR)
<u>GEOL 111</u>	The Earth Through Time (C,M,MMR)
GEOL 104	Earth Science (C,M,MMR)
<u>GEOL 130</u>	Field Geology of San Diego County (C,M,MMR)
OCEA 101	The Oceans (M,MMR)
PHYN 100	Survey of Physical Science (C,M,MMR)
PHYN 105	Physical Science for Elementary Education (M)
PHYN 114	Weather and Climate (C,M,MMR)
<u>PHYS 100</u>	Introductory Physics (C,M,MMR)
<u>PHYS 125</u>	General Physics (C,M,MMR)
<u>PHYS 126</u>	General Physics II (C,M,MMR)
PHYS 180A	General Physics I (C,M,MMR)
PHYS 180B	General Physics II (C,M,MMR)
<u>PHYS 195</u>	Mechanics (C,M,MMR)
<u>PHYS 196</u>	Electricity and Magnetism (C,M,MMR)
<u>PHYS 197</u>	Waves, Light and Modern Physics (C,M,MMR)

B2: Life Science

AGRI 107	Introduction to Agricultural Plant Science (C)
ANTH 102	Introduction to Biological Anthropology (C,M,MMR)
<u>BIOL 100</u>	Natural History-Environmental Biology (M,MMR)
<u>BIOL 101</u>	Issues in Environmental Science & Sustainability (C)
<u>BIOL 107</u>	General Biology - Lecture and Laboratory (C,M,MMR)
BIOL 110	Introduction to Oceanography (C,M)
BIOL 111	Cancer Biology (C)
<u>BIOL 115</u>	Marine Biology (C,M,MMR)
BIOL 130	Human Heredity (C,M,MMR)
<u>BIOL 131</u>	Introduction to Biotechnology (MMR)
<u>BIOL 160</u>	Elements of Human Anatomy & Physiology (M,MMR)
BIOL 180	Plants and People (C,M,MMR)
<u>BIOL 205</u>	General Microbiology (C,M,MMR)
<u>BIOL 210A</u>	Introduction to the Biological Sciences I (C,M,MMR)

<u>BIOL 210B</u>	Introduction to the Biological Sciences II (C,M,MMR)
<u>BIOL 215</u>	Introduction to Zoology (M)
<u>BIOL 230</u>	Human Anatomy (C,M,MMR)
<u>BIOL 235</u>	Human Physiology (C,M,MMR)
<u>BIOL 250</u>	Introduction to Botany (M)
PSYC 260	Introduction to Physiological Psychology (C,M,MMR)

B3: Laboratory Activity

ANTH 104	Laboratory in Biological Anthropology (C,M,MMR)
ASTR 109	Practice in Observing (C,M,MMR)
ASTR 111	Astronomy Laboratory (C,M,MMR)
CHEM 100L	Fundamentals of Chemistry Laboratory (C,M,MMR)
CHEM 111L	Chemistry in Society Laboratory (C,M)
CHEM 130L	Introduction to Organic & Biological Chemistry Laboratory (C,M,MMR)
CHEM 152L	Introduction to General Chemistry Laboratory (C,M,MMR)
CHEM 200L	General Chemistry I - Laboratory (C,M,MMR)
CHEM 201L	General Chemistry II - Laboratory (C,M,MMR)
CHEM 231L	Organic Chemistry I - Laboratory (C,M,MMR)
CHEM 233L	Organic Chemistry II - Laboratory (C,M,MMR)
GEOG 101L	Physical Geography Laboratory (C,M,MMR)
GEOL 101	Physical Geology Laboratory (C,M,MMR)
GEOL 120	Earth Science Laboratory (C,M)
PHYN 101	Survey of Physical Science Laboratory (C,M)
<u>PHYS 100</u>	Introductory Physics (MMR)
PHYS 181A	General Physics Lab I (C,M,MMR)
PHYS 181B	General Physics Lab II (C,M,MMR)

B4: Mathematics/Quantitative Reasoning

BIOL 200	Biological Statistics (M)
BUSE 101	Business Mathematics (C,M,MMR)
BUSE 115	Statistics for Business (C,M,MMR)
CISC 246	Discrete Mathematics for Computer Science (M,MMR)
HEIT 256	Statistics for Healthcare (M)

MATH 104	Trigonometry (C,M,MMR)	ARTF 111	Art History: Renaissance to Modern (C,M,MMR)
MATH 107	Introduction to Scientific Programming (C)	ARTF 113	Arts of Africa, Oceania, and the Americas (M,MMR)
MATH 107L	Introduction to Scientific Programming Laboratory (C)	ARTF 115	African Art (C,M)
MATH 109	Explorations in Mathematical Analysis (C)	ARTF 120	Native American Art (M)
MATH 115	Gateway to Experimental Statistics (C)	ARTF 125	Art History: Arts of the Asian Continent (C,M,MMR)
MATH 116	College and Matrix Algebra (C,M,MMR)	ARTF 130	Pre-Columbian Art (M)
MATH 118	A Survey of Modern Mathematics (C,M,MMR)	* ARTF 188	Women and Gender in Photography (M)
MATH 119	Elementary Statistics (C,M,MMR)	ARTF 191	Cultural Influences on Photography (M)
MATH 121	Basic Techniques of Applied Calculus I (C,M,MMR)	ARTF 194	Critical Photography (M)
MATH 122	Basic Techniques of Calculus II (C,M,MMR)	ARTG 118	Graphic Design History (C)
MATH 141	Precalculus (C,M,MMR)	BLAS 110	African American Art (C,M)
MATH 150	Calculus with Analytic Geometry I (C,M,MMR)	BLAS 111	Cultural Influences on African Art (M)
MATH 151	Calculus with Analytic Geometry II (C,M,MMR)	BLAS 120	Black Music (C,M)
MATH 210A	Concepts of Elementary School Mathematics I (C,M)	CHIC 230	Chicano Art (C,M)
MATH 210B	Concepts of Elementary School Mathematics II (C,M)	DANC 181	History of Dance (C,M)
MATH 245	Discrete Mathematics (C,M,MMR)	DFLM 101	Introduction to Film (MMR)
MATH 252	Calculus with Analytic Geometry III (C,M,MMR)	DFLM 102	The American Cinema (MMR)
MATH 254	Introduction to Linear Algebra (C,M,MMR)	DRAM 105	Introduction to Dramatic Arts (C,M)
MATH 255	Differential Equations (C,M,MMR)	DRAM 107	Study of Filmed Plays (C)
POLI 201	Elementary Statistics for Political Science (C,M)	DRAM 109	Theatre and Social Issues (C,M)
PSYC 258	Behavioral Science Statistics (C,M,MMR)	DRAM 111	Chicana/o Theatre (C)
		DRAM 136	History of Canonized Theatre - Ancient Greece to the Restoration (C,M)
		DRAM 137	History of Canonized Western Theatre - Restoration to the Present (C,M)
		DRAM 150	Cinema as Art and Communication I (M)
		DRAM 151	Cinema as Art and Communication II (M)
		FASH 120	Fashion History and Trends (M)
		FASH 122	Ethnic Costume (M)
		INTE 125	History of Furniture and Interiors (M)
		MUSI 100	Introduction to Music (C,M,MMR)
		MUSI 101	Music History I: Middle Ages to Mid 18th Century (M)
		MUSI 102	Music History II: Mid 18th to Early 20th Century (M)
		MUSI 103	History of Rock Music (C,M,MMR)
		MUSI 109	World Music (C,M,MMR)
		MUSI 111	Jazz History (C,M,MMR)
		MUSI 117	Music in the United States (M)
		MUSI 118	Asian & Pacific Music (M)

Area C. Arts and Humanities:

Nine semester units (12–15 quarter units) with at least one course each in Arts and Humanities.

C1: Arts (Art, Cinema, Dance, Music, Theater)

ARTF 100	Art Orientation (C,M,MMR)	MUSI 102	Music History II: Mid 18th to Early 20th Century (M)
ARTF 106	Art of the United States: Colonial to Modern Period (M)	MUSI 103	History of Rock Music (C,M,MMR)
ARTF 107	Contemporary Art (M,MMR)	MUSI 109	World Music (C,M,MMR)
ARTF 108	Women in Art (M)	MUSI 111	Jazz History (C,M,MMR)
ARTF 109	Modern Art (C,M,MMR)	MUSI 117	Music in the United States (M)
ARTF 110	Art History: Prehistoric to Gothic (C,M,MMR)	MUSI 118	Asian & Pacific Music (M)

MUSI 119	Music in Latin America & North America (M)
MUSI 125	Music, the Arts, and Society (M)
PHOT 150	History of Photography (C)
RTVF 160	Introduction to Cinema (C)
RTVF 162	Women in Film (C)

C2: Humanities (Literature, Philosophy, Languages Other than English)

AMSL 120	American Sign Language Level I (C,M,MMR)	ENGL 211	American Literature II (C,M,MMR)
AMSL 121	American Sign Language Level II (C,M,MMR)	ENGL 215	English Literature I: 800–1799 (C,M,MMR)
* AMSL 150	Introduction to Deaf Culture (M)	ENGL 216	English Literature II: 1800–Present (C,M,MMR)
AMSL 220	American Sign Language Level III (C,M)	ENGL 220	Masterpieces of World Literature I: 1500 BCE–1600 CE (C,M,MMR)
AMSL 221	American Sign Language Level IV (C,M)	ENGL 221	Masterpieces of World Literature II: 1600–Present (C,M,MMR)
ARAB 101	First Course in Arabic (C)	ENGL 230	Asian American Literature (M,MMR)
ARAB 102	Second Course in Arabic (C)	ENGL 237	Women in Literature (C,M,MMR)
ARAB 201A	Third Course in Arabic (C)	ENGL 238	Evaluating Children's Literature (C)
ARTF 108	Women in Art (M)	ENGL 240	Shakespeare (C,M)
ARCH 126	History of Ancient World Architecture (M)	FREN 101	First Course in French (C,M)
ARCH 127	History of World Architecture: Renaissance Through Contemporary (M)	FREN 102	Second Course in French (C,M)
* ARTF 188	Women and Gender in Photography (M)	FREN 201	Third Course in French (C,M)
ARTF 191	Cultural Influences on Photography (M)	FREN 202	Fourth Course in French (C,M)
BLAS 150	Black Women in Literature, Film and the Media (C,M)	GERM 101	First Course in German (C,M)
BLAS 155	African American Literature (C,M)	GERM 102	Second Course in German (C,M)
CHIC 130	Mexican Literature in Translation (C,M)	GERM 201	Third Course in German (C,M)
CHIC 135	Chicana/o Literature (C,M)	* HIST 100	World History I (C,M,MMR)
CHIC 138	Literature of La Raza in Latin America in Translation (C,M)	* HIST 101	World History II (C,M,MMR)
CHIC 190	Chicano Images in Film (C,M)	* HIST 105	Introduction to Western Civilization I (C,M,MMR)
CHIC 210	Chicano Culture (C,M)	* HIST 106	Introduction to Western Civilization II (C,M,MMR)
CHIN 101	First Course in Mandarin Chinese (M)	* HIST 120	Introduction to Asian Civilizations (C,M,MMR)
CHIN 102	Second Course in Mandarin Chinese (M)	* HIST 121	Asian Civilizations in Modern Times (C,M,MMR)
CHIN 201	Third Course in Mandarin Chinese (M)	* HIST 131	Latin America Before Independence (M)
CHIN 202	Fourth Course in Mandarin Chinese (M)	* HIST 132	Latin America Since Independence (M)
ENGL 208	Introduction to Literature (C,M,MMR)	* HIST 154	Ancient Egypt (M)
ENGL 209	Literary Approaches to Film (C,M,MMR)	* HUMA 101	Introduction to the Humanities I (C,M,MMR)
ENGL 210	American Literature I (C,M,MMR)	HUMA 102	Introduction to the Humanities II (C,M,MMR)
		HUMA 103	Introduction to the New Testament (C,M)
		HUMA 104	Introduction to the Old Testament (M)
		HUMA 106	World Religions (C,M,MMR)
		HUMA 118	Eastern Humanities (M)
		HUMA 119	Western Humanities (M)
		HUMA 201	Mythology (C,M,MMR)
		HUMA 202	Mythology: Hero's Journey (C)
		HUMA 205	Exploring Human Values through Film (M)

HUMA 210	Women in Religion and Myth (M)	TAGA 201	Third Course in Tagalog (MMR)
ITAL 101	First Course in Italian (C,M)	VIET 101	First Course in Vietnamese (M)
ITAL 102	Second Course in Italian (C,M)	VIET 102	Second Course in Vietnamese (M)
ITAL 201	Third Course in Italian (C,M)	VIET 201	Third Course in Vietnamese (M)
JAPN 101	First Course in Japanese (M)		
JAPN 102	Second Course in Japanese (M)		
JAPN 201	Third Course in Japanese (M)		
JAPN 202	Fourth Course in Japanese (M)		
PHIL 102A	Introduction to Philosophy: Reality and Knowledge (C,M,MMR)	ADJU 101	Introduction to Administration of Justice (C,MMR)
PHIL 102B	Introduction to Philosophy: Values (C,M,MMR)	ADJU 106	Diversity and Community Relations (MMR)
* PHIL 103	Historical Introduction to Philosophy (M)	ADJU 230	Constitutional Law I (MMR)
PHIL 104A	History Of Western Philosophy: Ancient to Medieval (C,M,MMR)	AGRI 100	Principles of Sustainable Agriculture (C)
PHIL 104B	History of Western Philosophy: Modern to Contemporary (C,M)	* AMSL 150	Introduction to Deaf Culture (M)
PHIL 105	Contemporary Philosophy (C,M)	ANTH 103	Introduction to Cultural Anthropology (C,M,MMR)
PHIL 106	Asian Philosophy (C,M)	ANTH 106	World Prehistory (C,M)
PHIL 107	Reflections on Human Nature (C,M,MMR)	ANTH 107	Introduction to Archaeology (C,M,MMR)
PHIL 108	Perspectives on Human Nature and Society (C,M)	ANTH 110	Anthropology of Magic, Witchcraft, and Religion (C,M)
PHIL 110	Philosophy of Religion (M)	ANTH 117	Anthropology of Gender and Sexuality (M)
PHIL 111	Philosophy in Literature (C,M)	ANTH 140	Primatology (C)
PHIL 112	Philosophy of Science (M)	ANTH 200	Introduction to North American Indians (M)
PHIL 125	Philosophy of Women (C,M)	ANTH 205	Introduction to Medical Anthropology (M)
* PHIL 126	Introduction to Philosophy of Contemporary Gender Issues (C,M)	ANTH 210	Introduction to California Indians (C,M)
PHIL 130	Philosophy of Art and Music (C,M)	ANTH 215	Cultures of Latin America (C,M)
PHIL 131	Environmental Ethics (C,M)	ARTF 108	Women in Art (M)
RUSS 101	First Course in Russian (C,M)	BLAS 100	Introduction to Black Studies (C,M)
RUSS 102	Second Course in Russian (C,M)	BLAS 104	Black Psychology (C,M)
RUSS 201	Third Course in Russian (M)	BLAS 115	Sociology from a Black Perspective (C)
SPAN 101	First Course in Spanish (C,M,MMR)	BLAS 116	Contemporary Social Problems from a Black Perspective (C,M)
SPAN 102	Second Course in Spanish (C,M,MMR)	BLAS 125	Dynamics of the Black Community (M)
SPAN 201	Third Course in Spanish (C,M,MMR)	BLAS 130	The Black Family (C,M)
SPAN 202	Fourth Course in Spanish (C,M,MMR)	BLAS 135	Introduction to Black Politics (C)
SPAN 215	Spanish for Spanish Speakers I (C,M)	BLAS 140A	History of the U.S., Black Perspectives (C,M,MMR)
SPAN 216	Spanish for Spanish Speakers II (C,M)	BLAS 140B	History of the U.S., Black Perspectives (C,M,MMR)
SPAN 221	Hispanic Literature for Spanish Speakers (M)	BLAS 145A	Introduction to African History (C,M)
SPAN 222	Hispanic Culture and Civilization for Spanish Speakers (M)	BLAS 145B	Introduction to African History (C)
TAGA 101	First Course in Tagalog (MMR)		
TAGA 102	Second Course in Tagalog (MMR)		

Area D. Social Sciences:

Six Semester units (8 quarter units).

BLAS 175	Psycho-History of Racism and Sexism (M)	HIST 110	History of the United States II (C,M,MMR)
CHIC 110A	Introduction to Chicana and Chicano Studies (C,M)	HIST 115A	History of the Americas I (C,M,MMR)
CHIC 110B	Introduction to Chicano Studies (C,M)	HIST 115B	History of the Americas II (C,M,MMR)
CHIC 141A	United States History from a Chicano Perspective (C,M)	* HIST 120	Introduction to Asian Civilizations (C,M,MMR)
CHIC 141B	United States History from a Chicano Perspective (C,M)	* HIST 121	Asian Civilizations in Modern Times (C,M,MMR)
CHIC 150	History of Mexico (C,M)	HIST 123	U.S. History from the Asian Pacific American Perspective (C,M)
CHIC 170	La Chicana (C,M)	HIST 130	The Modern Middle East (M)
CHIC 201	The Indigenous Tradition of Mexico and Ancient Mesoamerica (C,M)	* HIST 131	Latin America Before Independence (M)
* CHIL 101	Human Growth and Development (C,M,MMR)	* HIST 132	Latin America Since Independence (M)
* CHIL 103	Lifespan Growth and Development (MMR)	HIST 141	Women in United States History I (M,MMR)
CHIL 141	The Child, Family and Community (C,M,MMR)	HIST 142	Women in United States History II (M,MMR)
* COMS 135	Interpersonal Communication (C,M,MMR)	HIST 150	Native Americans in United States History I (M)
COMS 201	Communication and Community (C,M,MMR)	HIST 151	Native Americans in United States History II (M)
CRES 101	Conflict Resolution and Mediation (C)	* HIST 154	Ancient Egypt (M)
DJRN 100	Mass Media in the Digital Age (C)	HIST 175	California History (M)
ECON 120	Principles of Macroeconomics (C,M,MMR)	* HUMS 101	Introduction to Human Aging (C)
ECON 121	Principles of Microeconomics (C,M,MMR)	JOUR 202	Introduction to Mass Communication (C,M,MMR)
ECON 220	Economics of the Environment (C,M)	LABR 100	American Labor Movement (C)
ENGL 202	Introduction to Linguistics (C,M)	* NUTR 153	Cultural Foods (M,MMR)
FILI 100	Filipino American Experience (MMR)	PADM 200	Introduction to Public Administration (C,MMR)
GDEV 101	Introduction to Global Development Studies (C)	PEAC 101	Introduction to Peace Studies (C)
GEND 101	Introduction to Gender Studies (C)	PHIL 109	Issues in Social Philosophy (M)
GEOG 102	Cultural Geography (C,M,MMR)	* PHIL 126	Introduction to Philosophy of Contemporary Gender Issues (C,M)
GEOG 104	World Regional Geography (C,M,MMR)	POLI 101	Introduction to Political Science (C,M,MMR)
GEOG 154	Introduction to Urban Geography (C,M)	POLI 102	Introduction to American Government (C,M,MMR)
HEAL 103	Introduction to Public Health (M)	POLI 103	Comparative Politics (C,M,MMR)
HEAL 104	Public Health and Social Justice (M)	POLI 121	American Political Development (C,M,MMR)
* HIST 100	World History I (C,M,MMR)	POLI 123	Gender and Politics (M)
* HIST 101	World History II (C,M,MMR)	POLI 124	Introduction to Political Theory: Power and Justice (C,M)
* HIST 105	Introduction to Western Civilization I (C,M,MMR)	POLI 140	Contemporary International Politics (C,M,MMR)
* HIST 106	Introduction to Western Civilization II (C,M,MMR)	PSYC 101	General Psychology (C,M,MMR)
HIST 109	History of the United States I (C,M,MMR)		

* PSYC 111	Psychological/Social Aspects of Aging, Death and Dying (C,M)	BUSE 120	Principles of Money Management (C,M,MMR)
PSYC 121	Introduction to Child Psychology (M)	BUSE 205	Leadership Theory and Practice (M,MMR)
PSYC 123	Adolescent Psychology (C,MMR)	* CHIL 101	Human Growth and Development (C,M,MMR)
PSYC 133	Psychology of Women (M,MMR)	* CHIL 103	Lifespan Growth and Development (MMR)
* PSYC 135	Marriage and Family Relations (C,M,MMR)	COMS 180	Intercultural Communication (C,M,MMR)
* PSYC 137	Human Sexual Behavior (C,M,MMR)	DANC 127	Movement for Wellness (C,M)
PSYC 155	Introduction to Personality (C,M,MMR)	HEAL 101	Health and Life Style (C,M,MMR)
PSYC 166	Introduction to Social Psychology (C,M,MMR)	HEAL 103	Introduction to Public Health (M)
PSYC 211	Learning (C,M,MMR)	HEAL 104	Public Health and Social Justice (M)
* PSYC 230	Psychology of Lifespan Development (C,M,MMR)	HEAL 107	Lifestyle Medicine for Health and Wellness (M)
PSYC 245	Abnormal Psychology (C,M,MMR)	* HUMS 101	Introduction to Human Aging (C)
PSYC 283	Introduction to Cognitive Psychology (C,M,MMR)	NUTR 150	Nutrition (C,M,MMR)
RTVF 101	Media Law and Ethics (C)	* NUTR 153	Cultural Foods (M,MMR)
RTVF 162	Women in Film (C)	PERG 120	College Success and Lifelong Learning (C,M,MMR)
SOCO 101	Principles of Sociology (C,M,MMR)	PERG 130	Career - Life Planning (C,M,MMR)
SOCO 110	Contemporary Social Problems (C,M,MMR)	PERG 140	Life Skills and Personal Adjustment (C,M,MMR)
SOCO 125	Sociology of the Family (C,M)	EXSC 125A	Aerobic Dance I (C,M,MMR)
* SOCO 145	Health and Society (C,MMR)	EXSC 125B	Aerobic Dance II (C,M,MMR)
SOCO 150	Sociology of Latinos/Latinas (C,M)	EXSC 125C	Aerobic Dance III (C,M,MMR)
SOCO 201	Advanced Principles of Sociology (C,M,MMR)	EXSC 125D	Aerobic Dance IV (C,M,MMR)
SOCO 220	Introduction to Research Methods in Sociology (C,MMR)	EXSC 126A	Cardio Conditioning I (C,M,MMR)
SOCO 223	Globalization and Social Change (C,M,MMR)	EXSC 126B	Cardio Conditioning II (C,M,MMR)
SPAN 222	Hispanic Culture and Civilization for Spanish Speakers (M)	EXSC 126C	Cardio Conditioning III (C,M,MMR)
SUST 101	Introduction to Sustainability (C,M,MMR)	EXSC 126D	Cardio Conditioning IV (C,M,MMR)
WMNS 101	Introduction to Gender and Women's Studies (M)	EXSC 134	Adapted Weight Training (C,M,MMR)
		EXSC 135A	Individual Conditioning I - Fundamentals (C,M,MMR)
		EXSC 135B	Individual Conditioning II - Beginning (C,M,MMR)
		EXSC 135C	Individual Conditioning III - Intermediate (C,M,MMR)
		EXSC 135D	Individual Conditioning IV - Advanced (C,M,MMR)
		EXSC 145A	Yoga I - Fundamentals of Yoga (C,M,MMR)
		EXSC 145B	Yoga II - Beginning Yoga (C,M,MMR)
		EXSC 145C	Yoga III - Intermediate (C,M,MMR)
		EXSC 145D	Yoga IV - Advanced Level (C,M,MMR)
		EXSC 294	Health and Wellness Coaching (C)

Area E. Lifelong Learning and Self-Development:

Three semester units (4–5 quarter units), not all in physical activity.

AVIA 133	Human Factors in Aviation (MMR)
BIOL 120	The Environment of Man (M)
BIOL 135	Biology of Human Nutrition (MMR)
BLAS 165	Sexuality and Black Culture (C,M)

- * PSYC 111 Psychological/Social Aspects of Aging, Death and Dying (C,M)
- PSYC 112 Interpersonal Relations (M)
- * PSYC 135 Marriage and Family Relations (C,M,MMR)
- * PSYC 137 Human Sexual Behavior (C,M,MMR)
- * PSYC 230 Psychology of Lifespan Development (C,M,MMR)
- * SOCO 145 Health and Society (C,MMR)

Note: Students who have completed at least 6 months of continuous active US military service have satisfied Area E. DD214 or military transcript must be on file.

Area F. Ethnic Studies

Three Semester Units (4 quarter units).

Refer to the 2021-2022 Catalog Addenda/Errata for the complete list of courses: <https://www.sdccd.edu/students/college-catalogs/index.aspx>