

# CSU GE-BREADTH, CERTIFICATE OF ACHIEVEMENT

It is recommended that students planning to transfer to a California State University (CSU) complete their lower-division general education before transfer by following the CSU GE-Breadth pattern. Counselors can help students select courses that fulfill lower-division major requirements as well as general education. After students complete the CSU GE-Breadth pattern, they must meet with a counselor in the Counseling Department to request certification. Certification is not automatic. Without this certification, students may have additional lower-division general education requirements to fulfill after transfer that vary from campus to campus in the CSU system. Students who fully complete the CSU GE-Breadth for Ventura College will also be eligible to apply for a Certificate of Achievement in California State University General Education-Breadth (CSU GE-Breadth). CSU GE-Breadth is not appropriate for every major/college within the CSU. Check on [www.assist.org](https://www.assist.org) (<https://www.assist.org>) or with your counselor or the University Transfer Center for updated information.

Courses on the CSU GE-Breadth are subject to change. Always check [assist.org](https://www.assist.org) (<https://www.assist.org>) to verify the latest CSU GE-Breadth approvals before taking a course to meet CSU GE-Breadth requirements.

**Certification**—After students complete the CSU GE-Breadth pattern, they must meet with a counselor in the Counseling Office to request certification. Without this certification, students may have additional lower-division general education requirements to fulfill after transfer that vary from campus to campus in the CSU. Associate Degrees for Transfer (ADTs) require full certification.

Certification of the CSU General Education Breadth requirements may include courses completed at Ventura College and previously completed courses from other regionally accredited institutions as well as external exams (AP/IB/CLEP).

Courses completed at other CSU campuses or California community colleges will be certified per their General Education patterns. It is the student's responsibility to provide an official transcript(s) from external institutions and/or official test scores for external exams.

Courses that have been completed at a regionally accredited institution other than a California community college or CSU will be included only under the following circumstances:

1. The student provides an official transcript, catalog description(s), and a course outline of record if required.
2. The course is determined to be comparable to a course in Ventura College's CSU General Education pattern through the pass-along process per California State University Executive Orders (EO), the Academic Senate of the California Community Colleges (ASCCC) Resolution on Reciprocity, and VCCCD AP 4100.

**Partial Certification**—It is possible to complete separately any of the Areas or sections (A–F) at Ventura College and receive partial certification in any or several of these areas; a student who is not fully certified will be required to complete the remaining areas (and perhaps

other areas) after transferring as defined by the catalog of the transfer school.

**Course Restrictions**—No course may be counted in more than one area.

**Scholarship**—A grade of “C” or better is required for each course completed in the oral communication (A1), written communication (A2), critical thinking (A3), and mathematics or quantitative reasoning (B4) groups of the CSU GE-Breadth pattern. A “pass” or “P” is allowed if the college's catalog states that it is equivalent to a C or better. Although a “P” is permissible, it is highly recommended that students complete each of these four (4) courses with a letter grade (“A,” “B,” or “C”). Note: While a “C–” can be used for CSU GE-Breadth Certification, students earning an Associate degree cannot use this grade to meet written competency (ENGL V01A) and mathematics requirements. The grade in these areas must be a “C” or better, or “P.”

**Major Courses**—Most campuses require a grade of “C” or better for each course required in preparation for a student's major; most do not allow a “P” (Pass) grade for major courses. Some CSU campuses allow applicants who submit full or partial certification to double count courses for general education and major requirements. Some majors are highly selective and require completion of some, or all, of the required major preparation coursework before transfer. Consult a counselor or [assist.org](https://www.assist.org) (<https://www.assist.org>) for more information.

**U.S. History, Constitution, and American Ideals Requirements**—All CSU campuses require students to complete college-level coursework in U.S. History, American Government, and California Government, in addition to GE requirements for graduation. Courses approved to satisfy this requirement are specified in appropriate areas. CSU campuses may permit double counting of courses taken to meet this requirement and GE-Breadth if the student is partially or fully certified.

**External Credits or Credit by Examination**—Advanced Placement (AP), International Baccalaureate (IB), and College Level Examination Program (CLEP) exams will be included in the CSU certification of general education requirements per the CSU Chancellor's Office policy. Students wishing to use units awarded for AP, IB, or CLEP should check with a counselor or refer to the Credit by Examination section of this catalog.

## Area A: English Language Communication and Critical Thinking

Complete three courses, one each from Groups A1, A2, and A3, for a total of 9 semester units or 12 quarter units. All courses in Area A must be completed with a grade of “C” or better. Note: While a “C–” can be used for CSU GE-Breadth Certification, students earning an Associate degree cannot use this grade to meet written competency (ENGL V01A) and mathematics quantitative reasoning requirements.

### A1: Oral Communication

Course ID	Title	Units/ Hours
COMM V01	Introduction to Speech Communication	3
COMM V03	Group Communication	3
COMM V10	Critical Thinking in Oral Communication: Argumentation and Debate	3
COMM V15	Interpersonal Communication	3

**A2: Written Communication**

Course ID	Title	Units/ Hours
ENGL V01A	English Composition	4

**A3: Critical Thinking**

Course ID	Title	Units/ Hours
COMM V10	Critical Thinking in Oral Communication: Argumentation and Debate	3
ENGL V01B	Critical Thinking and Composition Through Literature	4
ENGL V01C	Critical Thinking and Writing	3
PHIL V04	Introduction to Logic	3
PHIL V05	Critical Thinking and Analytical Writing	3

**Area B: Scientific Inquiry and Quantitative Reasoning**

Complete a minimum of 9 semester units or 12–15 quarter units, with at least one course from each of Groups B1, B2, B3, and B4, to include one laboratory activity course from Group B3 corresponding to a lecture course selected from Groups B1 or B2. Mathematics (Area B4) requires a grade of “C” or better. Note: While a “C–” can be used for CSU GE-Breadth Certification, students earning an Associate degree cannot use this grade to meet written competency (ENGL V01A) and mathematics quantitative reasoning requirements.

**B1: Physical Science**

Course ID	Title	Units/ Hours
AG V04	Introduction to Soil Science	3
AST V01	Elementary Astronomy	3
CHEM V01A	General Chemistry I	3
CHEM V01B	General Chemistry II	3
CHEM V12A	General Organic Chemistry I	3
CHEM V12B	General Organic Chemistry II	3
CHEM V20	Elementary Chemistry	4
CHEM V21	Introduction to Organic and Biochemistry	3
CHEM V30	Chemistry for Health Sciences	4
ESRM V02	Introduction to Environmental Science	3
GEOG V01	Elements of Physical Geography	3
GEOG V05	Introduction to Weather and Climate	3
GEOL V02	Physical Geology	3
GEOL V03	Historical Geology	3
GEOL V07	Geology of National Parks	3
GEOL V09	Earth Science with Laboratory	4
GEOL V11	Introduction to Oceanography	3
GEOL V21	Natural Disasters	3
PHSC V01	Concepts in Physical Science	4
PHYS V01	Elementary Physics	5
PHYS V02A	General Physics I: Algebra/Trigonometry-Based	4

PHYS V02B	General Physics II: Algebra/Trigonometry-Based	4
PHYS V03A	General Physics I: Calculus-Based	4
PHYS V03B	General Physics II: Calculus-Based	4
PHYS V04	Mechanics for Scientists and Engineers	4
PHYS V05	Electricity and Magnetism for Scientists and Engineers	4
PHYS V06	Optics, Heat, and Modern Physics: For Scientists and Engineers	4

**B2: Life Science**

Course ID	Title	Units/ Hours
AG V06	Introduction to Plant Science (with Laboratory)	3
AG V30	Plant Propagation and Production	3
AG V61	Introduction to Animal Science	3
AG V66	Anatomy and Physiology of Animals	4
ANPH V01	Introduction to Human Anatomy and Physiology	5
ANTH V01	Biological Anthropology	3
BIOL V01	Principles of Biology	3
BIOL V03	Evolution, Ecology, and Organismal Biology	5
BIOL V04	Cell and Molecular Biology	5
BIOL V10	Introduction to Environmental Issues	3
BIOL V12	Human Biology	3
BIOL V14	Field Biology	4
BIOL V18	Human Heredity	3
BIOL V23		4
BIOL V29	Marine Biology	3
ESRM V01	Introduction to Environmental Issues	3
ESRM V10	Environmental Ecology	3
ESRM V14	Conservation of Natural Resources	3
MICR V01	General Microbiology	4
PHSO V01	Human Physiology	4
PSY V03	Introduction to Biological Psychology	3

**B3: Laboratory Activity**

Course ID	Title	Units/ Hours
AG V04	Introduction to Soil Science	3
AG V06	Introduction to Plant Science (with Laboratory)	3
AG V30	Plant Propagation and Production	3
AG V66	Anatomy and Physiology of Animals	4
ANPH V01	Introduction to Human Anatomy and Physiology	5
ANTH V01L	Biological Anthropology Laboratory	1
AST V01L	Elementary Astronomy Laboratory	1
BIOL V01L	Principles of Biology Laboratory	1
BIOL V03	Evolution, Ecology, and Organismal Biology	5
BIOL V04	Cell and Molecular Biology	5

BIOL V14	Field Biology	4
BIOL V23		4
BIOL V29L	Marine Biology Laboratory	1
CHEM V01AL	General Chemistry I Laboratory	2
CHEM V01BL	General Chemistry II Laboratory	2
CHEM V12AL	General Organic Chemistry I Laboratory	2
CHEM V12BL	General Organic Chemistry II Laboratory	2
CHEM V20L	Elementary Chemistry Laboratory	1
CHEM V21L	Introduction to Organic and Biochemistry Laboratory	2
CHEM V30L	Chemistry for Health Sciences Laboratory	1
GEOG V01L	Elements of Physical Geography Laboratory	1
GEOL V02L	Physical Geology Laboratory	1
GEOL V03L	Historical Geology Laboratory	1
GEOL V09	Earth Science with Laboratory	4
MICR V01	General Microbiology	4
PHSC V01	Concepts in Physical Science	4
PHSO V01	Human Physiology	4
PHYS V01	Elementary Physics	5
PHYS V02AL	General Physics I Laboratory: Algebra/Trigonometry-Based	1
PHYS V02BL	General Physics II Laboratory: Algebra/Trigonometry-Based	1
PHYS V03AL	General Physics I Laboratory: Calculus-Based	1
PHYS V03BL	General Physics II Laboratory: Calculus-Based	1
PHYS V04L	Mechanics Laboratory for Scientists and Engineers	1
PHYS V05L	Electricity and Magnetism Laboratory for Scientists and Engineers	1
PHYS V06L	Optics, Heat, and Modern Physics Laboratory for Scientists and Engineers	1

#### B4: Mathematics/Quantitative Reasoning

Course ID	Title	Units/ Hours
CS V17	Discrete Structures	3
MATH V04	College Algebra	4
MATH V05	Plane Trigonometry	3
MATH V20	Precalculus Mathematics	5
MATH V21A	Calculus with Analytic Geometry I	5
MATH V21B	Calculus with Analytic Geometry II	5
MATH V21C	Multivariable Calculus	5
MATH V22	Introduction to Linear Algebra	3
MATH V23	Introduction to Differential Equations	3
MATH V38	Mathematics for Elementary School Teachers	3
MATH V40	Exploration of Mathematical Ideas	3
MATH V44	Elementary Statistics	4
MATH V46	Applied Calculus	4
MATH V52	Discrete Structures	3

PSY V04	Introductory Statistics for the Social and Behavioral Sciences	4
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## Area C: Arts and Humanities

Complete at least three courses, with at least one course from Group C1 and at least one course from Group C2 for a total of 9 semester units or 12–15 quarter units.

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

Course ID	Title	Units/ Hours
AES V10	Introduction to African and Pre-Columbian Art	3
AES V65	Introduction to Asian Art	3
AES V66	Introduction to Modern and Contemporary Latin American Art	3
ART V01	Art Appreciation	3
ART V02A	Introduction to the History of Western Art I	3
ART V02B	Introduction to the History of Western Art II	3
ART V02D	Art of the Ancient Mediterranean	3
ART V03	Introduction to African and Pre-Columbian Art	3
ART V04	Introduction to Renaissance and Baroque Art	3
ART V05	Introduction to American Art	3
ART V06	Introduction to Modern Art	3
ART V07	Introduction to Women in the Arts	3
ART V08	Introduction to Asian Art	3
ART V09A	Art of the Ancient Americas	3
ART V09B	Introduction to Modern and Contemporary Latin American Art	3
DANC V01	Dance Appreciation	3
DANC V02	Dance History	3
ENGL V29A	Aesthetics of Film I	3
ENGL V29B	Aesthetics of Film II	3
FILM V01	Introduction to Media Aesthetics and Cinematic Arts	3
FILM V11	History of International Cinema: World War II to the Present	3
MUS V01	Fundamentals of Music	3
MUS V03	Introduction to World Music	3
MUS V06	History of Rock and Roll	3
MUS V07	History of Jazz	3
MUS V08	Music Appreciation	3
MUS V09A	Western Music History and Literature I: Antiquity to 1750	3
MUS V09B	Western Music History and Literature II: 1750 to the Present	3
PHOT V07	History of Photography	3
THA V01	Introduction to Theatre	3
THA V17A	Musical Theatre History: Ancient Greece to the Golden Age of Musicals	3
THA V17B	Musical Theatre History: 1960s to Present Day	3

THA V20	Costume Design and History	3	FILM V10	Contemporary American Cinema	3
THA V28	Introduction to Cinema	3	FREN V01	Elementary French I	5
THA V29A	History of Motion Pictures I	3	FREN V02	Elementary French II	5
THA V29B	History of Motion Pictures II	3	GERM V01	Elementary German I	5
THA V30A	Screenwriting I	3	GERM V02	Elementary German II	5
<hr/>			HIST V13	African American Experience	3
<b>C2: Humanities (Literature, Philosophy, Languages Other than English)</b>			HIST V43	United States History: Focus on African Americans to Reconstruction	3
<b>Course ID</b>	<b>Title</b>	<b>Units/Hours</b>	HIST V45	United States History: Focus on Native Americans to Reconstruction	3
AES V01	Native Peoples of North America	3	HIST V50	United States History: Focus on Asian Americans	3
AES V02A	United States History: Focus on Native Americans to Reconstruction	3	HIST V51	United States History: Focus on African Americans Since Reconstruction	3
AES V02B	United States History: Focus on Native Americans Since the Civil War	3	HIST V55	United States History: Focus on Native Americans Since the Civil War	3
AES V03	Chicana Contemporary Issues	3	HIST V70	Introduction to Western Civilization to the Scientific Revolution	3
AES V20	Introduction to Chicano Studies	3	HIST V73	African History to 1800	3
AES V40A	United States History: Focus on African Americans to Reconstruction	3	HIST V76	World History to 1550	3
AES V40B	United States History: Focus on African Americans Since Reconstruction	3	HIST V79	Introduction to the History of East Asia	3
AES V41	African American Experience	3	HIST V82	Introduction to Western Civilization since the Scientific Revolution	3
AES V42A	African History to 1800	3	HIST V83	African History since 1800	3
AES V42B	African History since 1800	3	HIST V86	World History Since 1550	3
AES V63	United States History: Focus on Asian Americans	3	HIST V87	Introduction to the History of Science and Technology	3
ANTH V04	Native Peoples of North America	3	ITAL V01	Elementary Italian I	5
CHST V01	Introduction to Chicano Studies	3	ITAL V02	Elementary Italian II	5
CHST V03	Chicana Contemporary Issues	3	JAPN V01	Elementary Japanese I	5
COMM V05	Oral Interpretation and Communication of Literature	3	JAPN V02	Elementary Japanese II	5
ENGL V01B	Critical Thinking and Composition Through Literature	4	PHIL V01	Introduction to Philosophy	3
ENGL V10	Creative Writing	3	PHIL V02	Introduction to Ethics	3
ENGL V11A	Intermediate Creative Writing I	3	PHIL V03A	Survey of World Religions: East	3
ENGL V14	Introduction to Creative Nonfiction	3	PHIL V03B	Survey of World Religions: West	3
ENGL V15	Introduction to Poetry	3	PHIL V06A		3
ENGL V16	Introduction to Fiction	3	PHIL V06B		3
ENGL V18	Children's Literature and Film	3	PHIL V09	Zen Buddhism	3
ENGL V21A	British Literature before 1800	3	PHIL V10	World Mythology	3
ENGL V21B	British Literature since 1800	3	PHIL V12	Introduction to Religion	3
ENGL V22A	American Literature: Colonial Period to 1865	3	PHIL V14	Confucianism and Taoism	3
ENGL V22B	American Literature: 1865 to Present	3	PHIL V15	Teachings of Jesus in Comparative Perspective	3
ENGL V23	Introduction to Dramatic Literature	3	SL V10A		3
ENGL V26	Introduction to Shakespeare and Film	3	SL V10B		3
ENGL V30	World Literature: Antiquity to 1650	3	SPAN V01	Elementary Spanish I	5
ENGL V31	World Literature: 1650 to Present	3	SPAN V02	Elementary Spanish II	5
ENGL V33	Introduction to African American Literature	3	SPAN V03	Intermediate Spanish I	5
ENGL V34	Introduction to Chicana/o Literature	3	SPAN V03S	Spanish Heritage Language I	5
ENGL V35	Introduction to Multicultural American Literature	3	SPAN V04	Intermediate Spanish II	5
ENGL V36	Women in Literature	3	SPAN V04S	Spanish Heritage Language II	5
			THA V17A	Musical Theatre History: Ancient Greece to the Golden Age of Musicals	3

THA V17B	Musical Theatre History: 1960s to Present Day	3
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## Area D: Social Sciences

Complete at least two courses for a total of 6 semester units or 8 quarter units. Students who have maintained continuous enrollment from a term earlier than Fall 2021 should complete at least three courses in at least two disciplines for a total of 9 semester units or 12 quarter units.

### D: Social Sciences

Course ID	Title	Units/Hours
AES V01	Native Peoples of North America	3
AES V02A	United States History: Focus on Native Americans to Reconstruction	3
AES V02B	United States History: Focus on Native Americans Since the Civil War	3
AES V03	Chicana Contemporary Issues	3
AES V11	Racial and Ethnic Group Relations	3
AES V20	Introduction to Chicano Studies	3
AES V21A	The Heritage of Mexico to the First Republic	3
AES V21B	The Heritage of Mexico Since Liberation	3
AES V22	United States History: Focus on Chicanos since 1850	3
AES V23	Chicana/o/x and Latina/o/x Studies Issues	3
AES V24	Sociology of the Chicano Community	3
AES V40A	United States History: Focus on African Americans to Reconstruction	3
AES V40B	United States History: Focus on African Americans Since Reconstruction	3
AES V41	African American Experience	3
AES V42A	African History to 1800	3
AES V42B	African History since 1800	3
AES V47	United States History: Focus on Chicanos to 1850	3
AES V63	United States History: Focus on Asian Americans	3
AES V71	Introduction to Ethnic Studies	3
AES V72	History of Racism in the United States	3
AG V01	Agriculture and Society: Agriculture as the Foundation for Modern Civilization	3
AG V12	Agriculture Economics	3
ANTH V02	Cultural Anthropology	3
ANTH V03	Introduction to Archaeology	3
ANTH V04	Native Peoples of North America	3
ANTH V05	Linguistic Anthropology: Culture and Communication	3
ANTH V06	Sex, Gender, and Culture	3
ANTH V07	The Anthropology of Magic, Witchcraft, and Religion	3
BIOL V18	Human Heredity	3
CD V02	Child Growth and Development	3
CD V03	Human Development	3

CD V05	Teaching in a Diverse Society	3
CD V27	Infant and Toddler Development	3
CD V61	Child, Family, and Community	3
CD V62	Principles and Practices in Early Childhood Education	3
CHST V01	Introduction to Chicano Studies	3
CHST V02	Chicana/o/x and Latina/o/x Studies Issues	3
CHST V03	Chicana Contemporary Issues	3
CHST V24	Sociology of the Chicano Community	3
CJ V01	Introduction to Criminal Justice	3
CJ V02	Concepts of Criminal Law	3
CJ V03	Community Relations and Diversity	3
CJ V28	Fundamentals of Criminology	3
CJ V30	Victimology	3
CJ V49	Ethics for the Criminal Justice System Professional	3
COMM V02	Introduction to Communication	3
COMM V12	Intercultural Communication	3
COMM V15	Interpersonal Communication	3
COMM V16	Introduction to Mass Communications	3
ECON V01A	Principles of Macroeconomics	3
ECON V01B	Principles of Microeconomics	3
ESRM V03	Introduction to Environmental Policy and Natural Resource Management	3
ETHS V01	Introduction to Ethnic Studies	3
ETHS V02	History of Racism in the United States	3
GEOG V02	Introduction to Human Geography	3
GEOG V06	Geography of California	3
GEOG V08	World Regional Geography	3
HED V20	Introduction to Public Health	3
HED V22	Health and Social Justice	3
HIST V13	African American Experience	3
HIST V16	United States History: Focus on Foreign Relations	3
HIST V30		3
HIST V32	United States History: Focus on Women to 1860	3
HIST V43	United States History: Focus on African Americans to Reconstruction	3
HIST V44	History of the Americas to 1821	3
HIST V45	United States History: Focus on Native Americans to Reconstruction	3
HIST V46	United States History to 1877	3
HIST V47	United States History: Focus on Chicanos to 1850	3
HIST V48	The Heritage of Mexico to the First Republic	3
HIST V50	United States History: Focus on Asian Americans	3
HIST V51	United States History: Focus on African Americans Since Reconstruction	3
HIST V53	United States History: Focus on Women since 1860	3
HIST V54	History of the Americas since 1763	3

HIST V55	United States History: Focus on Native Americans Since the Civil War	3
HIST V56	United States History since 1877	3
HIST V57	The Heritage of Mexico Since Liberation	3
HIST V58	United States History: Focus on Chicanos since 1850	3
HIST V59	History of California	3
HIST V70	Introduction to Western Civilization to the Scientific Revolution	3
HIST V73	African History to 1800	3
HIST V76	World History to 1550	3
HIST V78	History of Modern Middle East	3
HIST V79	Introduction to the History of East Asia	3
HIST V82	Introduction to Western Civilization since the Scientific Revolution	3
HIST V83	African History since 1800	3
HIST V86	World History Since 1550	3
HIST V87	Introduction to the History of Science and Technology	3
PHIL V10	World Mythology	3
POLS V01	American Government	3
POLS V02	Comparative Government	3
POLS V03	Introduction to Political Science	3
POLS V04	Introduction to Political Theory	3
POLS V05	Introduction to International Relations	3
POLS V09	United States-Mexico Relations	3
POLS V10		4
POLS V11	Government & Politics of Mexico	3
POLS V12	Introduction to Environmental Policy and Natural Resource Management	3
POLS V14	Global Studies	3
POLS V17	Introduction to American Law	3
POLS V18	Introduction to Global Issues	3
PSY V01	Introduction to Psychology	3
PSY V02	Personal Growth and Social Awareness	3
PSY V05	Introduction to Developmental Psychology	3
PSY V07	Introduction to Research Methods in Social and Behavioral Sciences	3
PSY V15	Introduction to Abnormal Psychology	3
PSY V25	Psychology of Human Sexuality	3
PSY V29	Introduction to Personality Psychology	3
PSY V30	Multicultural Psychology	3
PSY V31	Introduction to Social Psychology	3
PSY V32	Psychology of Women	3
SOC V01	Introduction to Sociology	3
SOC V02	Social Problems	3
SOC V03	Racial and Ethnic Group Relations	3
SOC V04	Sociology of Gender Roles	3
SOC V05	Sociology of Relationships: Intimacy, Commitment, and Family Patterns	3
SOC V07	Sociological Analysis	3
SOC V13	Sociology of Deviance, Crime, and Society	3

SOC V24	Sociology of the Chicano Community	3
SOC V31	Introduction to Social Psychology	3

## Area E: Lifelong Learning and Self-Development

Complete 3 semester units (4–5 quarter units) with no more than 1 unit of physical activity.

### E: Lifelong Learning and Self-Development

Course ID	Title	Units/Hours
AES V11	Racial and Ethnic Group Relations	3
ANTH V02	Cultural Anthropology	3
ART V01	Art Appreciation	3
BIOL V10	Introduction to Environmental Issues	3
BIOL V12	Human Biology	3
BIOL V18	Human Heredity	3
CD V02	Child Growth and Development	3
CD V03	Human Development	3
CD V05	Teaching in a Diverse Society	3
CD V62	Principles and Practices in Early Childhood Education	3
COMM V03	Group Communication	3
COUN V01	College Success	3
COUN V02	Career Exploration and Life Planning	3
EAC V01	Strategies for Success in College and Life	3
ESRM V01	Introduction to Environmental Issues	3
HED V01	Health and Wellness	3
HED V02	Health and Wellness: Designed for Women	3
HED V03	Fundamentals of Nutrition and Fitness	3
HED V04	Health and Wellness: Designed for Men	3
HED V24	Drugs, Health, and Society	3
HED V70	Spiritual Health	3
HED V73	Introduction to Holistic Health and Healing	3
HED V76	Managing Stress	3
HED V87	Nutrition	3
KIN V81	Fundamentals of Kinesiology	3
PSY V01	Introduction to Psychology	3
PSY V02	Personal Growth and Social Awareness	3
PSY V05	Introduction to Developmental Psychology	3
PSY V25	Psychology of Human Sexuality	3
PSY V32	Psychology of Women	3
SOC V03	Racial and Ethnic Group Relations	3
SOC V05	Sociology of Relationships: Intimacy, Commitment, and Family Patterns	3
<b>Physical Activity</b>		
DANC V04		2
DANC V10A	Modern I	2
DANC V10B	Modern II	2
DANC V10C	Modern III	2
DANC V10D	Modern IV	2
DANC V13A	Tap I	2

DANC V13B	Tap II	2	KIN V04	Swimming III	1
DANC V13C	Tap III	2	KIN V06	Swimming IV	1
DANC V13D	Tap IV	2	KIN V10	Aerobic and Strength Training	1
DANC V14	Movement for the Theatre	2	KIN V12	Bicycle Conditioning: Spinning	1
DANC V15A	Ballet I	2	KIN V13	Advanced Spinning/Interval Training	1
DANC V15B	Ballet II	2	KIN V14	Step Aerobics	1
DANC V15C	Ballet III	2	KIN V16	Aerobic Kickboxing	1
DANC V15D	Ballet IV	2	KIN V18	Cardiovascular Fitness: Machine Training	1
DANC V23	Ballroom Dance	2	KIN V19	Indoor Cross Fitness Training	1
DANC V27	Street Dance	2	KIN V20	Walking to Restore Fitness	1
DANC V29A	Jazz I	2	KIN V21	Fitness Walking/Jogging	1
DANC V29B	Jazz II	2	KIN V22	Running for Fitness	1
DANC V29C	Jazz III	2	KIN V23	Advanced Running/Interval Training	1
DANC V29D	Jazz IV	2	KIN V24	Life Fitness	1
DANC V30A	Dance Performance I	3	KIN V26	Weight Training and Conditioning: Free Weights	1
DANC V30B	Dance Performance II	3	KIN V28	Conditioning: Designed for Women	1
DANC V30C	Dance Performance III	3	KIN V33	Body Conditioning Boot Camp	1
DANC V30D	Dance Performance IV	3	KIN V40A	Basketball I	1
DANC V50A	Composition I	2	KIN V40B	Basketball II	1
DANC V50B	Composition II	2	KIN V44A	Tennis I	1
DANC V50C	Composition III	2	KIN V44B	Tennis II	1
DANC V50D	Composition IV	2	KIN V46A	Volleyball I	1
EAC V21		1.5	KIN V46B	Volleyball II	1
EAC V26		1.5	KIN V48A	Soccer I	1
ICA V02	Intercollegiate Baseball	4	KIN V48B	Soccer II	1
ICA V03	Intercollegiate Basketball: Men	4	KIN V50A	Aikido I	1
ICA V04	Intercollegiate Basketball: Women	4	KIN V50B	Aikido II	1
ICA V05	Intercollegiate Cross-Country: Men	4	KIN V52	Self-Defense and Assault Prevention	1
ICA V06	Intercollegiate Cross-Country: Women	4	KIN V70A	Yoga I	1
ICA V07	Intercollegiate Football	4	KIN V70B	Yoga II	1
ICA V08	Intercollegiate Golf	4	KIN V72	Stress Reduction Activities	1
ICA V13	Intercollegiate Soccer: Women	4	KIN V74A	Core Balance and Fitness	1
ICA V14	Intercollegiate Softball: Women	4	KIN V74B	Advanced Core Balance and Fitness	1
ICA V15	Intercollegiate Swimming and Diving: Men	4	KIN V76A	Tai Chi I	1
ICA V16	Intercollegiate Swimming and Diving: Women	4	KIN V76B	Tai Chi II	1
ICA V17	Intercollegiate Tennis: Men	4	THA V14	Movement for the Theatre	2
ICA V18	Intercollegiate Tennis: Women	4			
ICA V19	Intercollegiate Track and Field: Men	4			
ICA V20	Intercollegiate Track and Field: Women	4			
ICA V22	Intercollegiate Volleyball: Women	4			
ICA V23	Intercollegiate Water Polo: Men	4			
ICA V24	Intercollegiate Water Polo: Women	4			
ICA V25	Intercollegiate Beach Volleyball: Women	4			
ICA V30A	Off-season Conditioning for Athletes I	0.5			
ICA V30B	Off-season Conditioning for Athletes II	1			
ICA V31A	Pre-season Conditioning for Athletes I	0.5			
ICA V31B	Pre-season Conditioning for Athletes II	1			
ICA V36	Spring Intercollegiate Basketball	3.5			
ICA V69	Spring Intercollegiate Football	1			
KIN V02	Swimming I	1			
KIN V03	Swimming II	1			

## Area F: Ethnic Studies

Complete at least 3 semester units or 4 quarter units. Students who have maintained continuous enrollment from a term earlier than Fall 2021 are exempt from Area F but must complete a total of 9 semester units or 12 quarter units in Area D.

### F: Ethnic Studies

Course ID	Title	Units/Hours
AES V03	Chicana Contemporary Issues	3
AES V20	Introduction to Chicano Studies	3
AES V23	Chicana/o/x and Latina/o/x Studies Issues	3
AES V71	Introduction to Ethnic Studies	3
AES V72	History of Racism in the United States	3

CHST V01	Introduction to Chicano Studies	3
CHST V02	Chicana/o/x and Latina/o/x Studies Issues	3
CHST V03	Chicana Contemporary Issues	3
ETHS V01	Introduction to Ethnic Studies	3
ETHS V02	History of Racism in the United States	3

## Graduation Requirement in U.S. History, Constitution, and American Ideals

These courses are not part of CSU GE-Breadth but are recommended for completion prior to transfer.

Complete one course from Group 1 and one course from Group 2 for a total of 6 semester units or 8 quarter units. These may also be used to satisfy Area D at the discretion of the receiving CSU campus.

### Group 1: US-1

Course ID	Title	Units/ Hours
AES V02A	United States History: Focus on Native Americans to Reconstruction	3
AES V02B	United States History: Focus on Native Americans Since the Civil War	3
AES V22	United States History: Focus on Chicanos since 1850	3
AES V40A	United States History: Focus on African Americans to Reconstruction	3
AES V40B	United States History: Focus on African Americans Since Reconstruction	3
AES V47	United States History: Focus on Chicanos to 1850	3
AES V63	United States History: Focus on Asian Americans	3
HIST V32	United States History: Focus on Women to 1860	3
HIST V43	United States History: Focus on African Americans to Reconstruction	3
HIST V45	United States History: Focus on Native Americans to Reconstruction	3
HIST V46	United States History to 1877	3
HIST V47	United States History: Focus on Chicanos to 1850	3
HIST V50	United States History: Focus on Asian Americans	3
HIST V51	United States History: Focus on African Americans Since Reconstruction	3
HIST V53	United States History: Focus on Women since 1860	3
HIST V54	History of the Americas since 1763	3
HIST V55	United States History: Focus on Native Americans Since the Civil War	3
HIST V56	United States History since 1877	3
HIST V58	United States History: Focus on Chicanos since 1850	3

### Group 2: US-2 and US-3

Course ID	Title	Units/ Hours
POLS V01	American Government	3
POLS V03	Introduction to Political Science	3

*Last updated June 2022*

Upon successful completion of this program, students will be able to:

- **Communication—Written, Oral, and Visual:** Students will write, speak, perform, or create original content that communicates effectively and is facilitated by active listening skills.
- **Reasoning—Scientific and Quantitative:** Students will locate, identify, collect, and organize data in order to analyze, interpret, or evaluate it using mathematical skills and/or the scientific method.
- **Critical Thinking and Problem Solving:** Students will recognize and identify the components of problems or issues, examine them from multiple perspectives and investigate ways to resolve them using reasoned and supportable conclusions while differentiating between facts, influences, opinions, and assumptions.
- **Information Literacy:** Students will formulate strategies to locate, evaluate, and apply information from a variety of sources in a variety of formats such as print and/or electronic.
- **Personal/Community Awareness and Academic/Career Responsibilities:** Students will examine the ethical responsibilities and the dynamic role of individuals and active citizens in society. Students will develop skills and employ strategies to self-manage their personal, academic, and career goals and to cooperate, collaborate, and interact successfully within groups and with a variety of cultures, peoples, and situations.