

ASSOCIATE DEGREE IN GENERAL STUDIES PATTERN I

Associate Degree in General Studies Pattern I

About the Associate in Arts (AA) Degree in General Studies Pattern I

This pattern provides an opportunity to earn an Associate in Arts (AA) in General Studies. Each area of emphasis within this pattern covers a broad area of study and is intended for students who may not be planning to transfer to a four-year university or who may need to explore possibilities before committing themselves to a major.

Requirements for the Associate in Arts (AA) Degree in General Studies Pattern I

- Choose an area of emphasis from one of four Ventura College area-of-emphasis lists below and complete the courses required for that area of emphasis (a minimum of 18 semester units of degree-applicable college credit coursework). Courses for the area of emphasis must be completed with a grade of "C" or better or "P" if the course is taken on a "pass-no pass" basis (Title 5 § 55063 ([https://govt.westlaw.com/calregs/Document/I652F9A10770E11EEA252B70FCD89C771/?viewType=FullText&listSource=Search&originationContext=Search+Result&transitionType=SearchItem&contextData=\(sc.Search\)&navigationPath=%2fv1%2fresults%2fnavigation%2fi0ad62d2c0000018f3a58960773fb5043%3fpccid%3da5b1eef2511e411fb33b9b3a14cca8f3%26Nav%3dREGULATION_PUBLICVIEW%26fragmentIdentifier%3dl652F9A10770E11EEA252B70FCD89C771%26startIndex%3d1%26transitionType%3dSearchItem%26contextData%3d%2528sc.Default%2529%26originationContext%3dSearch%2520Result&list=REGULATION_PUBLICVIEW&rank=1&t_T1=5&t_T2=55063&t_S1=CA+ADC+s](https://govt.westlaw.com/calregs/Document/I652F9A10770E11EEA252B70FCD89C771/?viewType=FullText&listSource=Search&originationContext=Search+Result&transitionType=SearchItem&contextData=(sc.Search)&navigationPath=%2fv1%2fresults%2fnavigation%2fi0ad62d2c0000018f3a58960773fb5043%3fpccid%3da5b1eef2511e411fb33b9b3a14cca8f3%26Nav%3dREGULATION_PUBLICVIEW%26fragmentIdentifier%3dl652F9A10770E11EEA252B70FCD89C771%26startIndex%3d1%26transitionType%3dSearchItem%26contextData%3d%2528sc.Default%2529%26originationContext%3dSearch%2520Result&list=REGULATION_PUBLICVIEW&rank=1&t_T1=5&t_T2=55063&t_S1=CA+ADC+s))). Even though a "P" is allowed, it is recommended that students complete all coursework in the area of emphasis for a letter grade ("A," "B," or "C"). At least 6 units of the 18 units required for the area of emphasis must be completed within a single discipline.
Note: Universities have limitations on the number of units that may be taken on a "pass-no pass" basis and therefore it is strongly recommended that students take all coursework in the area of emphasis for a letter grade. Most universities also have limitations on the number of general education units that may be completed on a "pass/no pass" basis.
- Complete Ventura College's General Education requirements (<http://catalog.vcccd.edu/ventura/general-education/general-education-requirements/>) (areas A through F)
 - Natural Sciences** (a minimum of 6 semester units)
 - Biological Science: one (1) course
 - Physical Science: one (1) course
 - Social and Behavioral Sciences** (a minimum of 6 semester units)
 - American History and Institutions: one (1) course
 - Social and Behavioral Sciences: one (1) course
 - Humanities** (a minimum of 6 semester units)
 - Fine Arts / Performing Arts: one (1) course
 - Humanities: one (1) course
 - Language and Rationality** (a minimum of 6 semester units)
 - English Composition: one (1) course
 - Communication and Analytical Thinking: one (1) course
- Satisfactorily complete at least 60 semester units of degree-applicable college coursework (including general education, area of emphasis, and, if needed, free electives).
- Demonstrate competency in reading, written expression, and mathematics as defined in Title 5 § 55063 ([https://govt.westlaw.com/calregs/Document/I652F9A10770E11EEA252B70FCD89C771/?viewType=FullText&listSource=Search&originationContext=Search+Result&transitionType=SearchItem&contextData=\(sc.Search\)&navigationPath=%2fv1%2fresults%2fnavigation%2fi0ad62d2c0000018f3a58960773fb5043%3fpccid%3da5b1eef2511e411fb33b9b3a14cca8f3%26Nav%3dREGULATION_PUBLICVIEW%26fragmentIdentifier%3dl652F9A10770E11EEA252B70FCD89C771%26startIndex%3d1%26transitionType%3dSearchItem%26contextData%3d%2528sc.Default%2529%26originationContext%3dSearch%2520Result&list=REGULATION_PUBLICVIEW&rank=1&t_T1=5&t_T2=55063&t_S1=CA+ADC+s](https://govt.westlaw.com/calregs/Document/I652F9A10770E11EEA252B70FCD89C771/?viewType=FullText&listSource=Search&originationContext=Search+Result&transitionType=SearchItem&contextData=(sc.Search)&navigationPath=%2fv1%2fresults%2fnavigation%2fi0ad62d2c0000018f3a58960773fb5043%3fpccid%3da5b1eef2511e411fb33b9b3a14cca8f3%26Nav%3dREGULATION_PUBLICVIEW%26fragmentIdentifier%3dl652F9A10770E11EEA252B70FCD89C771%26startIndex%3d1%26transitionType%3dSearchItem%26contextData%3d%2528sc.Default%2529%26originationContext%3dSearch%2520Result&list=REGULATION_PUBLICVIEW&rank=1&t_T1=5&t_T2=55063&t_S1=CA+ADC+s)) for the appropriate catalog year.
- Achieve a cumulative grade point average (GPA) of 2.0 or better in degree-applicable college credit coursework.
- Complete a minimum of 12 semester units in residence at the college granting the degree. Exceptions to the residency requirement can be made by the VCCCD Board of Trustees when injustice or undue hardship would result.
- Apply for the Associate Degree in the Counseling Office by the published deadline dates. All of the student's official transcripts and test scores (such as AP, IB, or CLEP) must be on file with the Admissions and Records office.

Note: Students planning to transfer to a four-year university are advised that this curriculum may not adequately prepare them for transfer. General Studies Patterns II and III degrees (<http://catalog.vcccd.edu/ventura/graduation-requirements/associate-degree-general-studies-pattern-ii-iii/>) are designed for transfer students.

References: AP 4025 Philosophy and Criteria for Associate Degree and General Education (<http://go.boarddocs.com/ca/vcccd/Board.nsf/goto/?open&id=ALAN5X5BD3BC>); last reviewed in May 2024. AP 4100 Graduation Requirements for Degrees and Certificates (<http://go.boarddocs.com/ca/vcccd/Board.nsf/goto/?open&id=BUMRUU6E90A1>); last reviewed in May 2024.

Areas of Emphasis for Pattern I Offered at Ventura College

At the time of catalog publication, a student may earn the following General Studies AA Pattern I (Area of Emphasis) degrees at Ventura College:

Natural Sciences Emphasis

The courses that fulfill the Natural Sciences area of emphasis will examine the physical universe, its life forms, and its natural phenomena.

The courses are designed to develop students' appreciation and understanding of the scientific method and encourage an understanding of the relationships between science and other human activities.

Course ID	Title	Units/ Hours	Course ID	Title	Units/ Hours
AG V04	Introduction to Soil Science	3	CHEM V30	Chemistry for Health Sciences	4
AG V06	Introduction to Plant Science (with Laboratory)	3	CHEM V30L	Chemistry for Health Sciences Laboratory	1
AG V21	Introduction to Integrated Pest Management (IPM)	3	CJ V35	Introduction to Forensic Science	3
AG V22	Introduction to Plant Pathology: Insects and Diseases of Plants	3	CJ V35L	Introduction to Forensic Science Laboratory	1
AG V30	Plant Propagation and Production	3	CJ V36	Forensic Anthropology	3
AG V42	Plant Identification and Culture: Spring Specimens	3	ESRM V01	Introduction to Environmental Issues	3
AG V43	Plant Identification and Culture: Fall Specimens	3	ESRM V02	Introduction to Environmental Science	3
AG V61	Introduction to Animal Science	3	ESRM V10	Environmental Ecology	3
AG V66	Anatomy and Physiology of Animals	4	ESRM V14	Conservation of Natural Resources	3
ANAT V01	Human Anatomy	4	GEOG V01	Elements of Physical Geography	3
ANPH V01	Introduction to Human Anatomy and Physiology	5	GEOG V01L	Elements of Physical Geography Laboratory	1
ANTH V01	Biological Anthropology	3	GEOG V05	Introduction to Weather and Climate	3
ANTH V01L	Biological Anthropology Laboratory	1	GEOG V22	Fundamentals of Mapping and Geographic Information Systems	3
ANTH V35	Introduction to Forensic Science	3	GEOL V02	Physical Geology	3
ANTH V35L	Introduction to Forensic Science Laboratory	1	GEOL V02L	Physical Geology Laboratory	1
ANTH V36	Forensic Anthropology	3	GEOL V03	Historical Geology	3
AST V01	Elementary Astronomy	3	GEOL V03L	Historical Geology Laboratory	1
AST V01L	Elementary Astronomy Laboratory	1	GEOL V07	Geology of National Parks	3
BIOL V01	Principles of Biology	3	GEOL V09	Earth Science with Laboratory	4
BIOL V01L	Principles of Biology Laboratory	1	GEOL V11	Introduction to Oceanography	3
BIOL V03	Evolution, Ecology, and Organismal Biology	5	GEOL V21	Natural Disasters	3
BIOL V04	Cell and Molecular Biology	5	GIS V22	Fundamentals of Mapping and Geographic Information Systems	3
BIOL V10	Introduction to Environmental Issues	3	MICR V01	General Microbiology	4
BIOL V12	Human Biology	3	NS V07	Pharmacology	3
BIOL V14	Field Biology: A Natural History of California	4	PHSC V01	Concepts in Physical Science	4
BIOL V18	Human Heredity	3	PHSO V01	Human Physiology	4
BIOL V29	Marine Biology	3	PHYS V01	Elementary Physics	5
BIOL V29L	Marine Biology Laboratory	1	PHYS V02A	General Physics I: Algebra/Trigonometry-Based	4
CHEM V01A	General Chemistry I	3	PHYS V02AL	General Physics I Laboratory: Algebra/Trigonometry-Based	1
CHEM V01AL	General Chemistry I Laboratory	2	PHYS V02B	General Physics II: Algebra/Trigonometry-Based	4
CHEM V01B	General Chemistry II	3	PHYS V02BL	General Physics II Laboratory: Algebra/Trigonometry-Based	1
CHEM V01BL	General Chemistry II Laboratory	2	PHYS V03A	General Physics I: Calculus-Based	4
CHEM V12A	General Organic Chemistry I	3	PHYS V03AL	General Physics I Laboratory: Calculus-Based	1
CHEM V12AL	General Organic Chemistry I Laboratory	2	PHYS V03B	General Physics II: Calculus-Based	4
CHEM V12B	General Organic Chemistry II	3	PHYS V03BL	General Physics II Laboratory: Calculus-Based	1
CHEM V12BL	General Organic Chemistry II Laboratory	2	PHYS V04	Mechanics for Scientists and Engineers	4
CHEM V20	Elementary Chemistry	4	PHYS V04L	Mechanics Laboratory for Scientists and Engineers	1
CHEM V20L	Elementary Chemistry Laboratory	1	PHYS V05	Electricity and Magnetism for Scientists and Engineers	4
CHEM V21	Introduction to Organic and Biochemistry	3	PHYS V05L	Electricity and Magnetism Laboratory for Scientists and Engineers	1
CHEM V21L	Introduction to Organic and Biochemistry Laboratory	2	PHYS V06	Optics, Heat, and Modern Physics: For Scientists and Engineers	4

PHYS V06L	Optics, Heat, and Modern Physics Laboratory for Scientists and Engineers	1
PSY V03	Introduction to Biological Psychology	3

Social and Behavioral Sciences Emphasis

The courses that fulfill the Social and Behavioral Sciences area of emphasis will examine people as members of society. The courses are designed to:

- develop students' awareness of the method of inquiry used by the social and behavioral sciences,
- stimulate critical thinking about the ways people respond to their societies, and
- promote appreciation of how societies and social subgroups operate.

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 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 V63	United States History: Focus on Asian Americans	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
ANTH V35	Introduction to Forensic Science	3
ANTH V35L	Introduction to Forensic Science Laboratory	1
ANTH V36	Forensic Anthropology	3
BUS V30	Introduction to Business	3
CD V02	Child Growth and Development	3
CD V03	Human Development	3

CD V05	Teaching in a Diverse Society	3
CD V10	Introduction to Children with Special Needs	3
CD V27	Infant and Toddler Development	3
CD V61	Child, Family, and Community	3
CHST V01	Introduction to Chicano Studies	3
CHST V02	Chicana/o/x and Latina/o/x Studies Issues	3
CHST V24	Sociology of the Chicano Community	3
ECON V01A	Principles of Macroeconomics	3
ECON V01B	Principles of Microeconomics	3
ESRM V03	Introduction to Environmental Policy and Natural Resource Management	3
FILM V11	History of International Cinema: World War II to the Present	3
GEOG V02	Introduction to Human Geography	3
GEOG V06	Geography of California	3
GEOG V08	World Regional Geography	3
GEOG V16	Regional Field Studies	1
HIST V13	African American Experience	3
HIST V16	United States History: Focus on Foreign Relations	3
HIST V32	United States History: Focus on Women to 1877	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 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 1877	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 1865	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 1500	3

HIST V87	Introduction to the History of Science and Technology	3	ART V04	Introduction to Renaissance and Baroque Art	3
POLS V01	American Government	3	ART V05	Introduction to American Art	3
POLS V02	Comparative Government	3	ART V06	Introduction to Modern Art	3
POLS V03	Introduction to Political Science	3	ART V07	Introduction to Women in the Arts	3
POLS V04	Introduction to Political Theory	3	ART V08	Introduction to Asian Art	3
POLS V05	Introduction to International Relations	3	ART V09A	Art of the Ancient Americas	3
POLS V09	United States-Mexico Relations	3	ART V09B	Introduction to Modern and Contemporary Latin American Art	3
POLS V11	Government and Politics of Mexico	3	ART V11A	Color and Design: Two-Dimensional Design	3
POLS V12	Introduction to Environmental Policy and Natural Resource Management	3	ART V11B	Color and Design: Color Theory and Practice	3
POLS V14	Global Studies	3	ART V12A	Drawing and Composition I	3
POLS V17	Introduction to American Law	3	ART V12B	Drawing and Composition II	3
POLS V18	Introduction to Global Issues	3	ART V13A	Life Drawing I	3
PSY V01	Introduction to Psychology	3	ART V13B	Life Drawing II	3
PSY V02	Personal Growth and Social Awareness	3	ART V15A	Life Painting I	3
PSY V05	Introduction to Developmental Psychology	3	ART V16A	Beginning Oil Painting I	3
PSY V07	Introduction to Research Methods in Social and Behavioral Sciences	3	ART V19	Three-Dimensional Design	3
PSY V15	Introduction to Abnormal Psychology	3	ART V27	Metal Art Sculpture	3
PSY V25	Psychology of Human Sexuality	3	ART V29A	Illustration I	3
PSY V29	Introduction to Personality Psychology	3	ART V46A	Beginning Acrylic Painting I	3
PSY V30	Multicultural Psychology	3	ART V50A	Handbuilding Ceramics I	3
PSY V31	Introduction to Social Psychology	3	ART V51A	Beginning Ceramics I	3
SOC V01	Introduction to Sociology	3	ART V58A	Figure Sculpture I	3
SOC V02	Social Problems	3	ART V68	Introduction to Digital Art	3
SOC V03	Racial and Ethnic Group Relations	3	ART V71	Graphic Design: Typography	3
SOC V04	Sociology of Gender Roles	3	ART V72	Introduction to Graphic Design	3
SOC V05	Sociology of Relationships: Intimacy, Commitment, and Family Patterns	3	COMM V01	Introduction to Speech Communication	3
SOC V07	Sociological Analysis	3	COMM V03	Group Communication	3
SOC V13	Sociology of Deviance, Crime, and Society	3	COMM V05	Oral Interpretation and Communication of Literature	3
SOC V24	Sociology of the Chicano Community	3	COMM V10	Critical Thinking in Oral Communication: Argumentation and Debate	3
SOC V31	Introduction to Social Psychology	3	COMM V12	Intercultural Communication	3
SWHS V01	Introduction to Social Work and Human Services	3	COMM V15	Interpersonal Communication	3
			COMM V16	Introduction to Mass Communications	3
			DANC V01	Dance Appreciation	3
			DANC V02	Western Concert Dance History	3
			DANC V10A	Modern I	2
			DANC V13A	Tap I	2
			DANC V14	Movement for the Theatre	2
			DANC V15A	Ballet I	2
			DANC V23	Ballroom Dance	2
			DANC V27	Street Dance	2
			DANC V29A	Jazz I	2
			DANC V30A	Dance Performance I	3
			DANC V50A	Composition I	2
			ENGL V01B	Critical Thinking and Composition Through Literature	4
			ENGL V01C	Critical Thinking and Writing	3
			ENGL V10	Creative Writing	3
			ENGL V11A	Intermediate Creative Writing I	3

Arts and Humanities Emphasis

The courses that fulfill the Arts and Humanities area of emphasis will examine the cultural activities and artistic expressions of human beings. The courses are designed to develop students' awareness of the ways in which people throughout the ages and in different cultures have responded to themselves and the world around them in artistic and cultural creation and to develop students' aesthetic understanding and ability to make value judgments.

Course ID	Title	Units/Hours
AES V63	United States History: Focus on Asian Americans	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

ENGL V12	Introduction to Media Writing	3	MUS V08	Music Appreciation	3
ENGL V15	Introduction to Poetry	3	MUS V09A	Western Music History and Literature I: Antiquity to 1750	3
ENGL V16	Introduction to Fiction	3	MUS V09B	Western Music History and Literature II: 1750 to the Present	3
ENGL V18	Children's Literature and Film	3	MUS V39	Introduction to Music Technology	3
ENGL V21A	British Literature before 1800	3	PHIL V01	Introduction to Philosophy	3
ENGL V21B	British Literature since 1800	3	PHIL V02	Introduction to Ethics	3
ENGL V22A	American Literature: Colonial Period to 1865	3	PHIL V04	Introduction to Logic	3
ENGL V22B	American Literature: 1865 to Present	3	PHIL V09	Zen Buddhism	3
ENGL V23	Introduction to Dramatic Literature	3	PHIL V10	World Mythology	3
ENGL V26	Introduction to Shakespeare and Film	3	PHIL V12	Introduction to Religion	3
ENGL V29A	Aesthetics of Film I	3	PHIL V14	Confucianism and Taoism	3
ENGL V29B	Aesthetics of Film II	3	PHIL V15	Teachings of Jesus in Comparative Perspective	3
ENGL V30	World Literature: Antiquity to 1650	3	PHOT V01	Beginning Photography	3
ENGL V31	World Literature: 1650 to Present	3	PHOT V02	Digital Studio	3
ENGL V33	Introduction to African American Literature	3	PHOT V07	History of Photography	3
ENGL V34	Introduction to Chicana/o Literature	3	SPAN V01	Elementary Spanish I	5
ENGL V35	Introduction to Ethnic American Literatures	3	SPAN V02	Elementary Spanish II	5
ENGL V36	Women in Literature	3	SPAN V03	Intermediate Spanish I	5
FILM V01	Introduction to Media Aesthetics and Cinematic Arts	3	SPAN V03S	Spanish Heritage Language I	5
FILM V04	Documentary Filmmaking	3	SPAN V04	Intermediate Spanish II	5
FILM V05	Narrative Filmmaking	3	SPAN V04S	Spanish Heritage Language II	5
FILM V10	Contemporary American Cinema	3	THA V01	Introduction to Theatre	3
FREN V01	Elementary French I	5	THA V02A	Acting I	3
FREN V02	Elementary French II	5	THA V05A	Stagecraft I	3
GERM V01	Elementary German I	5	THA V05B	Stagecraft II	3
GERM V02	Elementary German II	5	THA V06A	Makeup I	3
HIST V43	United States History: Focus on African Americans to Reconstruction	3	THA V06B	Makeup II	3
HIST V45	United States History: Focus on Native Americans to Reconstruction	3	THA V08	Script Analysis	3
HIST V50	United States History: Focus on Asian Americans	3	THA V11A	Technical Theatre in Production I	1
HIST V51	United States History: Focus on African Americans Since Reconstruction	3	THA V13A	Rehearsal and Performance I	1
HIST V55	United States History: Focus on Native Americans Since the Civil War	3	THA V20	Costume Design and History	3
HIST V58	United States History: Focus on Chicanos since 1850	3	THA V22A	Costume Technology I	3
HIST V70	Introduction to Western Civilization to the Scientific Revolution	3	THA V22B	Costume Technology II	3
HIST V76	World History to 1550	3	THA V28	Introduction to Cinema	3
HIST V79	Introduction to the History of East Asia	3	THA V29A	History of Motion Pictures I	3
HIST V82	Introduction to Western Civilization since the Scientific Revolution	3	THA V29B	History of Motion Pictures II	3
ITAL V01	Elementary Italian I	5	THA V30A	Screenwriting I	3
ITAL V02	Elementary Italian II	5	THA V31A	Acting for Film and Television I	3
JAPN V01	Elementary Japanese I	5	THA V31B	Acting for Film and Television II	3
JAPN V02	Elementary Japanese II	5	WEL V27	Metal Art Sculpture	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			

Holistic Health Studies Emphasis

The courses that fulfill the Holistic Health Studies area of emphasis will study the principles underlying the mind-body-spirit connection and their relevance for guiding human beings through the major foundational experiences of life. This emphasis is visionary in nature, reflecting changes already occurring in society in general and in the local community specifically.

Course ID	Title	Units/ Hours		
			GEOG V02	Introduction to Human Geography
			GEOG V06	Geography of California
Required Core Courses				
HED V71	Survey of Alternative and Integrative Medicine	3		
HED V73	Introduction to Holistic Health and Healing	3		
Required Additional Courses				
Select one course from each of the following areas:		14		
Spiritual Courses:				
HED V70	Spiritual Health			
or PHIL V09	Zen Buddhism			
Culture, Philosophy and Religion Courses:				
ANTH V07	The Anthropology of Magic, Witchcraft, and Religion			
PHIL V03A	Survey of World Religions: East			
PHIL V03B	Survey of World Religions: West			
SOC V02	Social Problems			
Health and Human Development Courses:				
HED V01	Health and Wellness			
HED V02	Health and Wellness: Designed for Women			
HED V03	Fundamentals of Nutrition and Fitness			
HED V76	Managing Stress			
PSY V02	Personal Growth and Social Awareness			
Mind, Body and Spirit Courses:				
KIN V50A	Aikido I			
KIN V50B	Aikido II			
KIN V70A	Yoga I			
KIN V70B	Yoga II			
KIN V72	Stress Reduction Activities			
KIN V74A	Core Balance and Fitness			
KIN V74B	Advanced Core Balance and Fitness			
KIN V76A	Tai Chi I			
KIN V76B	Tai Chi II			
Aerobic and Resistance Training Courses:				
KIN V10	Aerobic and Strength Training			
KIN V12	Bicycle Conditioning: Spinning			
KIN V14	Step Aerobics			
KIN V16	Aerobic Kickboxing			
KIN V18	Cardiovascular Fitness: Machine Training			
KIN V19	Indoor Cross Fitness Training			
KIN V20	Walking to Restore Fitness			
KIN V21	Fitness Walking/Jogging			
KIN V22	Running for Fitness			
KIN V23	Advanced Running/Interval Training			
KIN V26	Weight Training and Conditioning: Free Weights			
KIN V28	Conditioning: Designed for Women			
Science and the Environment Courses:				
BIOL V01	Principles of Biology			
BIOL V10	Introduction to Environmental Issues			
BIOL V12	Human Biology			
ESRM V01	Introduction to Environmental Issues			
GEOG V01	Elements of Physical Geography			