

INTERDISCIPLINARY STUDIES: EMPHASIS IN SOCIAL BEHAVIOR AND SELF-DEVELOPMENT ASSOCIATE IN ARTS

Division: Counseling

PROGRAM CODE: 2A18166

Interdisciplinary Studies: Emphasis in Social Behavior and Self-Development Associate in Arts Degree prepares students with the knowledge and understanding of social behavior and self-development. This area of emphasis is designed to prepare students to use their understanding of themselves and others to communicate and collaborate more effectively. It combines knowledge of theory with attention to personal growth and purpose, as well as health and wellness. Students learn to become citizens who care for themselves and others, ready to work with people in their communities. Participation in group activities and collaborative projects is a central focus of this emphasis, allowing students to experience group interactions in a variety of contexts. This emphasis includes lower division coursework that prepares students for social/health/human services majors and careers in people/community oriented professions including social, health and recreational services. Veteran's Military Credit (DD214) Fullerton College will accept a veteran's DD-214 for credit towards Fullerton's Interdisciplinary Studies: Social Behavioral and Self-Development Associate in Arts degree as follows: 3 units for Area C) Health and Wellness. This degree requires a total of 18 units, in addition to other graduation requirements.

Code	Title	Units
Select at least one course from each category below (A, B, and C). Then complete additional courses from categories A, B, and/or C to reach a total of 18 units:		

A) Theory and Knowledge		
ANTH 102 F	Cultural Anthropology	3
	or ANTH 102HF Honors Cultural Anthropology	
ANTH 105 F	Language and Culture	3
	or ANTH 105HF Honors Language and Culture	
ANTH 106 F	World Prehistory	3
ANTH 209 F	Cultures of Latin America	3
	or ANTH 209HF Honors Cultures of Latin America	
ANTH 211 F	Celtic Cultures	3
	or ANTH 211HF Honors Celtic Cultures	
BUS 108 F	Living in an Online World	3
BUS 266 F	Human Relations in Organizations (formerly Human Relations in Business)	3
CDES 120 F	Child Development	3
CDES 140 F	Infant and Toddler Development and Observation	3
CDES 201 F	Child in the Home and Community	3
CIS 100 F	Introduction to Personal Computers	4
	or CIS 100HF Honors Introduction to Personal Computers	

COMM 100 F	Public Speaking	3
COMM 105 F	Interpersonal Communication	3
COMM 120 F	Intercultural Communication	3
COMM 124 F	Small Group Communication	3
COMM 135 F	Essentials of Argumentation	3
ETHS 101 F	American Ethnic Studies	3
	or ETHS 101HF Honors American Ethnic Studies	
ETHS 111 F	Women of Color in the U.S.	3
	or ETHS 111HF Honors Women of Color in the U.S.	
ETHS 129 F	Introduction to African-American Studies	3
	or ETHS 129HF Honors Introduction to African American Studies	
ETHS 130 F	African-American History I	3
	or ETHS 130HF Honors African-American History I	
ETHS 131 F	African-American History II	3
ETHS 150 F	Introduction to Chicana/o Studies (formerly ETHS 140 F)	3
ETHS 151 F	Chicana/o History I (formerly ETHS 141 F)	3
ETHS 152 F	Chicana/o History II (formerly ETHS 141 F)	3
ETHS 153 F	Chicana/o and Latina/o Contemporary Issues (formerly ETHS 142 F)	3
	or ETHS 153HF Honors Chicana/o and Latina/o Contemporary Issues	
ETHS 159 F	Introduction to American Indian Studies	3
ETHS 160 F	American Indian History (formerly History of the Native Americans)	3
ETHS 170 F	Introduction to Asian Pacific Islander American Studies	3
ETHS 171 F	Asian Pacific Islander American History	3
ETHS 235 F	Contemporary Social Justice Movements	3
	or ETHS 235HF Honors Contemporary Social Justice Movements	
GEOG 160 F	Cultural Geography	3
HIST 120 F	African Civilizations to 1880	3
HIST 121 F	African Civilizations since 1880	3
HIST 127 F	Survey of United States History (formerly Survey of American History)	3
HIST 170 F	History of the United States to 1877 (formerly History of the United States I)	3
HIST 171 F	History of the United States Since 1877 (formerly History of the United States II)	3
	or HIST 171HF Honors History of the United States Since 1877 (formerly Honors History of the United States II)	
HIST 270 F	Women in United States History	3
HIST 275 F	History of California	3
PE 244 F	Techniques and Principles of Coaching	3
PE 250 F	Sports and Society	3
POSC 100 F	American Government	3
	or POSC 100HF Honors American Government	
POSC 110 F	Contemporary American Politics	3
	or POSC 110HF Honors Contemporary American Politics	
PSY 101 F	General Psychology	3
	or PSY 101HF Honors General Psychology	
PSY 120 F	Human Sexuality	3
PSY 131 F	Cross Cultural Psychology	3
PSY 145 F	Child Psychology	3

PSY 139 F	Developmental Psychology: Life Cycle	3	MIND 101 F	The Practice of Mindfulness and Self-Compassion	3
PSY 202 F	Research Methods in Psychology	4	MIND 105 F	Mindfulness in Everyday Life	3
or PSY 202HF	Honors Research Methods in Psychology		NUTR 210 F	Human Nutrition	3
PSY 221 F	The Brain and Behavior	3	or NUTR 210HF	Honors Human Nutrition	
PSY 222 F	Abnormal Psychology	3	NUTR 220 F	Sports Nutrition	3
PSY 225 F	Psychology of Prejudice and Discrimination	3	PE 243 F	Stress Management	3
PSY 251 F	Social Psychology	3	PE 248 F	Psychology of Sport	3
or PSY 251HF	Honors Social Psychology		PE 266 F	Fitness for Living (formerly Physical Fitness as a Lifelong Concept)	3
SOC 101 F	Introduction to Sociology	3	DANC 102 F	Conditioning for Dance	2
or SOC 101HF	Honors Introduction to Sociology		DANC 103 F	Dance Technique I	1
SOC 102 F	Social Problems	3	DANC 104 F	Dance Technique II	1
SOC 201 F	Dying and Death	3	DANC 110 F	Ballet Folklorico	1
SOC 230 F	Sociology of Gender	3	DANC 111 F	Jazz I	1
or SOC 230HF	Honors Sociology of Gender		DANC 112 F	Jazz II	2
SOC 250 F	Sociology of Aging	3	DANC 113 F	Tap Dance I	1
SOC 275 F	Marriage and Family	3	DANC 114 F	Tap Dance II	1
or SOC 275HF	Honors Marriage and Family		DANC 115 F	Hip Hop Dance I	1
SOC 277 F	Sociology of Religion	3	DANC 116 F	Social Dance	1
or SOC 277HF	Honors Sociology of Religion		DANC 119 F	Dance for Theatre	1
SOC 280 F	Media, Culture and Society	3	DANC 121 F	Classical Dance Fundamentals	1
SOC 285 F	Drugs and Society	3	DANC 122 F	Middle Eastern Dance	1
or SOC 285HF	Honors Drugs and Society		DANC 130 F	Afro-Caribbean Dance	1
SOC 290 F	Sociology of Race and Ethnicity	3	DANC 132 F	Flamenco Dance I	1
or SOC 290HF	Honors Sociology of Race and Ethnicity		DANC 150 F	Commercial Dance	1
SOC 292 F	Introduction to Criminology	3	DANC 151 F	Latin Jazz	1
or SOC 292HF	Honors Introduction to Criminology		DANC 203 F	Dance Production	2
SOSC 125 F	Introduction to Research Methods	3	DANC 204 F	Dance Rehearsal and Performance	3
SOSC 130 F	Introduction to LGBTQ Studies	3	DANC 214 F	Dance Repertory	2
WMNS 100 F	Introduction to Women's Studies	3	PE 101 F	Pickleball	1
or WMNS 100HF	Honors Introduction to Women's Studies		PE 102 F	Yoga	1
Select at least one course from each category below (A, B, and C). Then complete additional courses from categories A, B, and/or C to reach a total of 18 units:			PE 103 F	Aikido	1
B) Growth and Purpose			PE 104 F	Spinning	1
COUN 101 F	The College Experience	2	PE 105 F	Badminton	1
COUN 110 F	Teaching As A Career	3	PE 108 F	Bowling	1
COUN 135 F	Introduction to Leadership Development	3	PE 111 F	Off-Season Training - Track and Field (formerly Decathlon)	1-2
COUN 140 F	Educational Planning	0.5	PE 112 F	Fencing	1
COUN 141 F	Career Exploration	1	PE 114 F	High Intensity Interval Training (formerly Cardiovascular Conditioning)	1
COUN 143 F	Creative Job Search	1	PE 115 F	Golf	1
COUN 144 F	Career Motivation and Self Confidence	1	PE 116 F	Off-Season Training - Cross Country	1-2
COUN 148 F	Human Potential	1	PE 117 F	Gymnastics - Tumbling (formerly Gymnastics)	1
COUN 151 F	Career and College Success (formerly Career/Life Planning)	3	PE 121 F	Walking for Fitness	1
COUN 152 F	Diversity in the World of Work	3	PE 125 F	Aquatic Fitness-Crosstraining	0.5-2
COUN 163 F	Personal Growth and Life Success	3	PE 126 F	Beach Volleyball	1
COUN 193 F	Financial Life Skills (formerly COUN 093 F)	2	PE 127 F	Racquetball-Indoors	1
Select at least one course from each category below (A, B, and C). Then complete additional courses from categories A, B, and/or C to reach a total of 18 units:			PE 129 F	Cardio Step (formerly Cardio Step Aerobics)	1
C) Health and Wellness			PE 134 F	Beginning Swimming	1
HED 140 F	Health Science	3	PE 137 F	Triathlon	1
			PE 139AF	Beginning Tennis	1

PE 141 F	Tennis Workshop	0.5-2
PE 144 F	Volleyball-Beginning	0.5-1
PE 145 F	Volleyball - Intermediate	0.5-1
PE 148 F	Non-Impact Cardiofit (formerly Non-Impact Aerobics)	1
PE 149 F	Swim for Fitness	1
PE 150 F	Latin Cardiofit (formerly Latin Aerobic Exercise)	1
PE 151 F	Aqua Aerobics	1
PE 153 F	Strength Training and Conditioning	3
PE 158 F	Personalized Fitness	1
PE 159 F	Strength Training-Olympic Weights	0.5-2
PE 160 F	Beginning Basketball (formerly Basketball-Recreational)	1
PE 161 F	Body Conditioning and Fitness	1
PE 162 F	Conditioning for Athletes-Strength	1-2
PE 163 F	Kickboxing	1
PE 165 F	Lifetime Fitness	1
PE 167 F	Cardio Kickboxing (formerly Cardio Kick Boxing Aerobics)	1
PE 168 F	Cross Fit Training (formerly Boot Camp Workout)	1
PE 169 F	Advanced Water Polo	1
PE 171 F	Soccer I (formerly Soccer - Recreational)	1
PE 172 F	Competitive Fast Pitch Softball	1
PE 175 F	Volleyball - Club	1
PE 179 F	Intercollegiate Spirit Squad	3
PE 180 F	Baseball	1
PE 181 F	Intermediate/Advanced Basketball (formerly Basketball)	1
PE 182 F	Body Building/Body Development and Weight Lifting	1
PE 183 F	Conditioning for Athletes - Circuit	1-2
PE 185 F	Football - Defense	3
PE 186 F	Football - Offense	3
PE 187 F	Physical Fitness	1
PE 188 F	Self Defense-Boxing	1
PE 189 F	Soccer II (formerly Soccer)	1
PE 191 F	Volleyball-Advanced	0.5-2
PE 192 F	Water Polo	1
PE 193 F	Weight Training/Weight Lifting	1
PE 196 F	Swimming - Recreational	1
PE 199 F	Physical Education Independent Study I	1-2
PE 201 F	Athletic Conditioning Development	1-2
PE 202 F	Intercollegiate Baseball	3
PE 203 F	Intercollegiate Basketball - Men	1
PE 204 F	Intercollegiate Basketball - Women	1
PE 205 F	Intercollegiate Cross Country - Men and Women	3
PE 207 F	Intercollegiate Football	3
PE 208 F	Intercollegiate Golf - Women	2
PE 209 F	Intercollegiate Soccer	3
PE 210 F	Intercollegiate Softball - Women	3

PE 211 F	Intercollegiate Swimming (formerly Swimming - Men)	3
PE 214 F	Intercollegiate Tennis	3
PE 215 F	Intercollegiate Track and Field - Men and Women (formerly Track - Men/Women)	3
PE 217 F	Intercollegiate Sand Volleyball-Women	2
PE 218 F	Intercollegiate Volleyball - Women	2
PE 219 F	Intercollegiate Water Polo	3
PE 220 F	Intercollegiate Lacrosse - Women	3
PE 221 F	Intercollegiate Volleyball - Men	2
PE 222 F	Badminton - Women	2
PE 223 F	Pilates Mat I	1
PE 224 F	Pilates Mat II	1
PE 225 F	Pilates Reformer	2
PE 226 F	Pilates Apparatus	2
PE 286 F	Athletic Skill Development	1-2
PE 296 F	Off Season Athletes - Softball	0.5-3
WELL 230 F	The Body-Mind Connection	3
Total Units		18

Outcome 1: Students will apply theories and methodologies in social behavior and self-development to contribute to their communities in an ethical and collaborative manner.

Outcome 2: Students will formulate strategies for personal development and well-being that demonstrate an understanding of growth, purpose, and health and wellness to plan and create goals for one's future.

https://www.curricunet.com/fullerton/reports/program_report.cfm?programs_id=1331