

# LOCAL GENERAL EDUCATION REQUIREMENTS FOR THE ASSOCIATE DEGREE

General Education requirements at Cypress College are designed to introduce students to the many ways people comprehend the modern world. The subject matter presented in general education courses is designed to be broad, and frequently introductory, rather than specialized, narrow, or advanced. These courses form a pattern of learning experiences designed to develop the following insights and capacities in all students, regardless of their ultimate educational goals:

- Knowledge of the common principles, concepts, and modes of inquiry in the major disciplines;
- Appreciation and understanding of the environment, culture, society, and self;
- Ability to think and communicate clearly and effectively, critically and ethically both orally and in writing;
- Proficiency in mathematics, natural science, and analytical thinking;
- Understanding of the political and economic environment in order to be better informed and more responsible citizens;
- Desire to continue education throughout their lives.

Courses taken for general education must be on the Local General Education pattern at the time they are taken. Continuing students should check with a counselor in planning completion of General Education requirements. Students entering Cypress College in Fall 1995, or later, must complete 25 units of General Education (of the total 60 degree applicable units required for the Associate Degree) taken from the following areas listed on the next page.

Note: A satisfactory score on the Cypress College reading proficiency test will determine placement into college-level English (**Area A1 below**) or pre-college level course work. Refer to the Class Schedule listed under STEP TWO, ENGLISH ASSESSMENT. A student may attempt to pass the proficiency exam only one time after completion of ENGL 100 C or equivalent.

The mathematics requirement may be met by passing a Mathematics Proficiency Examination (**Area B2 below**). Refer to the Class Schedule for time and date of administration of the Mathematics Proficiency Examination. See Math Proficiency Examination explanation, location can be found in the MATHEMATICS portion of the Class Schedule or the catalog.

## Associate Degree Requirements

Major course-work toward an occupational degree (AA or AS), completion of 60 degree eligible units with a minimum grade point average of 2.0 and satisfaction of the 25-unit general education requirement. Includes fulfillment of both graduation requirements: (Reading & Social Justice, Equity and Sustainability).

## Prior Completion of General Education

Students with an earned associate, baccalaureate or higher degree from a regionally accredited institution of higher learning will not be required to complete any additional general education coursework to earn an Associate degree. Students who have been admitted to a Bachelor Degree program at Cypress College and who have already earned a

baccalaureate or higher degree from a regionally accredited institution of higher education shall not be required to complete additional upper division general education requirements and shall be required to complete only the coursework necessary for graduation.

\*Students still need to meet Social Justice, Equity and Sustainability graduation requirement

Courses taken for general education must be on the native AA/AS General Education list at the time they are taken. Students should check with their counselor in planning completion of General Education requirements.

## CATEGORY A - LANGUAGE AND RATIONALITY

Code	Title	Units
<i>A1. Written Communication (3-unit minimum)</i>		
ENGL 100 C	College Writing <sup>5</sup>	4
	or ENGL 100HC Honors College Writing	
ENGL 101 C	Enhanced College Writing	5
ESL 110 C	Coll Comp for Non-Native Spkrs	5
<i>A2. Analytical Thinking (3-unit minimum)</i>		
COMM 050 C	Effective Communication	3
COMM 100 C	Human Communication <sup>2,5</sup>	3
	or COMM 100HC Honors Human Communication	
COMM 110 C	Mediated Oral Communication <sup>2</sup>	3
COMM 135 C	Argument and Critical Thinking <sup>2</sup>	3
CIS 111 C	Computer Information Systems <sup>2</sup>	3
ENGL 103 C	Critical Reasoning and Writing <sup>2,5</sup>	4
	or ENGL 103HC Honors Critical Reason Wrtg	
ENGL 104 C	Critical Analysis and Literature <sup>2,5</sup>	4
	or ENGL 104HC Honors Critical Analysis and Literature	
ENGL 135 C	Grammar and Usage	3
PHIL 170 C	Logic and Critical Thinking <sup>2,5</sup>	3
	or PHIL 170HC Honors Logic and Crit Thinking	
PHIL 172 C	Critical Thinking and Writing <sup>2</sup>	3
PHIL 175 C	Symbolic Logic <sup>2</sup>	3

<sup>2</sup> Also meets Reading Proficiency requirement for graduation.

<sup>5</sup> Duplicate credit not granted for the same cross-listed courses, nor for non-Honors and Honors classes.

## CATEGORY B - NATURAL SCIENCES AND MATHEMATICS

Code	Title	Units
<i>B1. Life Sciences and Physical Sciences (3-unit minimum)</i>		
ANTH 101 C	Biological Anthropology <sup>5</sup>	3
	or ANTH 101HC Honors Biological Anthropology	
ANTH 101LC	Biological Anthropology Lab	1
ANTH 210 C	Intro to Forensic Anthropology	3
ASTR 116 C	Introduction to Astronomy <sup>5</sup>	3
	or ASTR 116HC Honors Intro to Astronomy	
ASTR 117 C	Astronomy Lab <sup>5</sup>	1
	or ASTR 117HC Honors Astronomy Lab	

BIOL 101 C	General Biology <sup>5</sup>	4
or BIOL 101HC	Honors General Biology	
BIOL 102 C	Human Biology	3
BIOL 103 C	Environmental Science	3
BIOL 122 C	Marine Biology	4
BIOL 135AC	Prin 1 - Cell & Molecular Bio.	5
BIOL 135BC	Prin. 2: Organismal Biology	5
BIOL 160 C	Integrated Medical Science	3
BIOL 210 C	Anatomy and Physiology	5
BIOL 220 C	Medical Microbiology	4
BIOL 231 C	General Human Anatomy	4
BIOL 241 C	General Human Physiology	4
BIOL 277 C	Genetics	3
BIOL 278 C	Molecular Biology	4
CHEM 100 C	Chemistry for Daily Life	4
CHEM 101 C	Chem for Health Sci Majors I	4.5
CHEM 103 C	Chemistry and Society <sup>1</sup>	3
CHEM 104 C	Physical Science for Teachers	4
CHEM 107 C	Preparation for General Chem	5
CHEM 111AC	General Chemistry I	5
CHEM 111BC	General Chemistry II	5
CHEM 201 C	Chem for Health Sci Majors II	4.5
GEOG 102 C	Physical Geography	3
GEOG 102LC	Physical Geography - Lab	1
GEOG 140 C	Weather and Climate	3
GEOL 100 C	Physical Geology <sup>5</sup>	3
or GEOL 100HC	Honors Physical Geology	
GEOL 101 C	Physical Geology Laboratory	1
GEOL 103 C	Historical Geology	4
GEOL 104 C	Geology of National Parks	3
GEOL 105 C	Earth Science for Teachers	4
GEOL 115 C	Physical Geology Field Lab	1
GEOL 120 C	Geology of California	3
GEOL 125 C	Natural Disasters	3
GEOL 130 C	Introduction to Oceanography	3
GEOL 131 C	Introduction to Oceanography Lab	1
GEOL 190 C	Environmental Geology	3
PHS 107 C	Nutrition and World Food Issue	3
PHSC 104 C	Physical Science for Teachers	4
PHYS 130 C	Elementary Physics	4
PHYS 201 C	College Physics I	4
PHYS 202 C	College Physics II	4
PHYS 210 C	Physics for Life Sciences I	4
PHYS 211 C	Physics for Life Sciences II	4
PHYS 221 C	General Physics I	4
PHYS 222 C	General Physics II	4
PHYS 223 C	General Physics III	4
PSY 221 C	The Brain and Behavior (Begin F18) <sup>4</sup>	3

**B2. Mathematics**

3-Unit Minimum (Courses need a prerequisite of Elementary Algebra or higher)		3
MATH 100 C	Liberal Arts Mathematics	3

MATH 110 C	Math for Prospective Teachers	4
or MATH 110PC	Math for Prospective Teachers	
MATH 115 C	Finite Mathematics	4
or MATH 115PC	Finite Mathematics	
MATH 120 C	Intro Probability Statistics <sup>5</sup>	4
or MATH 120PC	Intro to Probability and Stats	
MATH 126 C	Intro. to Prob. & Stat w/ Tech	4
MATH 130 C	Survey of Calculus	4
or MATH 130PC	Survey of Calculus	
MATH 141 C	College Algebra	4
or MATH 141PC	College Algebra	
MATH 142 C	Trigonometry	4
MATH 150AC	Calculus I	4
MATH 150BC	Calculus II	4
MATH 150PC	Calculus I	4
MATH 220 C	Intro. to Data Science with R	4
MATH 250AC	Multivariable Calculus	4
MATH 250BC	Linear Algebra and Differential Equations	5
PSY 161 C	Probability & Stats-Social Sci <sup>5</sup>	4
or PSY 161HC	Honors Prob Stats-Soc Sci	
SOC 161 C	Probability & Stats-Social Sci <sup>5</sup>	4
or SOC 161HC	Honors Prob & Stats-Soc Sci	

<sup>4</sup> Course may be used to satisfy requirements for one area only.

<sup>5</sup> Duplicate credit not granted for the same cross-listed courses, nor for non-Honors and Honors classes.

**CATEGORY C - ARTS AND HUMANITIES**

Code	Title	Units
<b>C1. Arts (3-unit minimum)</b>		
ART 100 C	Fndmntls of Art for Non-Art Mjs	3
ART 110 C	Introduction to Art	3
ART 111 C	Survey of Art History I	3
ART 112 C	Survey of Art History II <sup>5</sup>	3
or ART 112HC	Honors Survey of Art History II	
ART 114 C	Modern Art History	3
ART 116 C	Arts of Africa, Oceania and Indigenous North America	3
ART 120 C	Two-Dimensional Design	3
ART 121 C	Three-Dimensional Design	3
ART 122 C	Introduction to Digital Art	3
ART 150 C	Ceramics Handbuilding	3
ART 151 C	Ceramics Throwing	3
ART 182 C	Beginning Drawing	3
ART 185 C	Beginning Life Drawing	3
ART 194 C	Beginning Painting (formerly ART 189 C)	3
ART 216 C	Latin American Art	3
DANC 100 C	Intro to Dance Appreciation	3
DANC 101 C	Multicultural Dance in the US <sup>3</sup>	3
DANC 105 C	Ballet I	2
DANC 106 C	Ballet II	2
DANC 107 C	Modern Dance I	2

DANC 108 C	Modern Dance II	2	ANTH 107 C	Magic Witchcraft and Religion	3
DANC 111 C	Jazz Dance I	2	CHIN 100 C	Beginning Spoken Chinese	3
DANC 112 C	Jazz Dance II	2	CHIN 101 C	Elementary Chinese-Mandarin I	5
DANC 147 C	Costume Design for Dance	3	CHIN 102 C	Elementary Chinese-Mandarin II	5
DANC 149 C	Light Design for Dance	3	CHIN 203 C	Intermediate Chinese-Mandarin III	5
DANC 151 C	Dance and Technology (Begin F19)	2	CHIN 204 C	Intermediate Chinese-Mandarin IV	4
ENGL 125 C	The Film <sup>5</sup>	3	COMM 220 C	The Rhetoric of the City <sup>4,5</sup>	3
or ENGL 125HC	Honors Film		or COMM 220HC	Honors Rhetoric of the City	
MAD 110 C	Animation History Technology	3	ENGL 102 C	Introduction to Literature <sup>2,5</sup>	3
MAD 122 C	History of Graphic Design	3	or ENGL 102HC	Honors Intro to Literature	
MAD 126 C	Crime Film Genre	3	ENGL 110 C	Humanities - Ancient and Medieval	3
MAD 127 C	Fantasy Film Genre	3	ENGL 111 C	Humanities - Renaissance - Present (same as INDS 101 C)	3
MAD 128 C	Comedy Film Genre	3	ENGL 126 C	Introduction to Screenwriting	3
MAD 129 C	Musical Film Genre	3	ENGL 127 C	Intro to Poetry Writing	3
MAD 131 C	Introduction to Media (formerly MM 105 C)	3	ENGL 128 C	Intro to Short Story Writing	3
MAD 191 C	Film Noir Genre	3	ENGL 130 C	Intro to Creative Nonfic Wrtg	3
MAD 192 C	Great Directors of Cinema	3	ENGL 208 C	Asian American Literature	3
MAD 195 C	Science Fiction Film Genre	3	ENGL 211 C	English Literature to 1760	3
MAD 196 C	Silent Film Genre	3	ENGL 212 C	English Literature Since 1760	3
MAD 197 C	Western Film Genre	3	ENGL 221 C	American Literature to 1865	3
MAD 198 C	Horror Film Genre	3	ENGL 222 C	American Literature Since 1865	3
MUS 101 C	Music Fundamentals	3	ENGL 223 C	World Literature to 1650	3
MUS 113 C	Jazz History	3	ENGL 224 C	World Literature Since 1650	3
MUS 114 C	History of Hip Hop - Rap	3	ENGL 234 C	Shakespeare <sup>5</sup>	3
MUS 116 C	Music Appreciation	3	or ENGL 234HC	Honors Shakespeare	
MUS 117 C	American Popular Music	3	ENGL 239 C	Survey - Children's Literature <sup>3</sup>	3
MUS 118 C	Introduction to Opera <sup>5</sup>	3	ENGL 243 C	Mythology	3
or MUS 118HC	Honors Introduction to Opera		ENGL 248 C	Science Fiction	3
MUS 119 C	History of Rock Music	3	ENGL 249 C	Fantasy Fiction	3
MUS 120 C	Survey of Music History	3	ENGL 250 C	Latino-a-x Literature	3
MUS 127 C	Music in Film	3	ENGL 255 C	African-American Literature I <sup>3</sup>	3
MUS 280 C	Jazz and Musical Theater Choir	1	ENGL 256 C	African-American Literature II <sup>3</sup>	3
MUS 282 C	Cypress Masterworks Chorale	1	ENGL 260 C	Survey of Arabic Literature (in translation) <sup>5</sup>	3
PHOT 101 C	Introduction to Photography <sup>5</sup>	3	or ENGL 260HC	Honors Survey of Arabic Literature	
PHOT 204 C	History of Photography	3	ESL 108 C	Expl Culture thru Acad Disc 1	5
THEA 100 C	Introduction to the Theatre	3	ESL 109 C	Expl Culture thru Acad Disc 2	5
THEA 101 C	Play Analysis	3	ETHS 101 C	American Ethnic Studies	3
THEA 102 C	World Theatre History <sup>1</sup>	3	or ETHS 101HC	Honors American Ethnic Studies	
THEA 105 C	Musical Theatre History	3	ETHS 129 C	Intro to African Amer Studies	3
THEA 107 C	Diversity in American Theatre <sup>3,5</sup>	3	ETHS 130 C	African-American History I <sup>3</sup>	3
or THEA 107HC	Honors Diversity in Amer. Tht		ETHS 131 C	African-American History II <sup>3</sup>	3
THEA 108 C	Playwriting (formerly Stage and Screenwriting)	3	ETHS 150 C	Intro to Chicana-o-x Studies	3
THEA 120 C	Acting I	3	ETHS 151 C	Chicana-o-x History I	3
THEA 126 C	Musical Theatre Techniques I <sup>5</sup>	3	ETHS 152 C	Chicana-o-x History II <sup>3</sup>	3
THEA 129 C	Voice and Diction	3	ETHS 159 C	Intro to Native Amer Studies <sup>3,4</sup>	3
THEA 132 C	Musical Theatre Performance I	2-3	ETHS 160 C	Native American History I <sup>3,4</sup>	3
THEA 133 C	Rehearsal Performance I	2-3	ETHS 161 C	Native American History II <sup>3,4</sup>	3
THEA 149 C	Stage Crew I - Running	1-2	ETHS 170 C	Intro to Asian Pac Am Studies <sup>3,4</sup>	3
<b>C2. Humanities (3-unit minimum)</b>			ETHS 171 C	Asian Pacific American History <sup>3</sup>	3
ANTH 105 C	Introduction to Linguistic Anthropology (Begin F14)	3	ETHS 202 C	Race, Ethnicity & Pop Culture	3
			FREN 101 C	Elementary French I	5

FREN 102 C	Elementary French II	5
FREN 203 C	Intermediate French III	4
FREN 204 C	Intermediate French IV	4
HIST 110 C	Western Civilizations I <sup>5</sup>	3
or HIST 110HC	Honors Western Civilizations I	
HIST 111 C	Western Civilizations II <sup>5</sup>	3
or HIST 111HC	Honors West. Civilizations II	
HIST 112 C	World Civilizations I	3
or HIST 112HC	Honors World Civilizations I	
HIST 113 C	World Civilizations II	3
or HIST 113HC	Honors World Civilizations II	
HIST 120 C	History of the Holocaust	3
HIST 125 C	U.S. History: Conflict West	3
HIST 160 C	Asian Civilizations I <sup>4</sup>	3
HIST 161 C	Asian Civilizations II <sup>4</sup>	3
HIST 163 C	History of Mexico	3
HIST 165 C	History of the Middle East	3
HIST 170 C	History of the United States I <sup>4,5</sup>	3
or HIST 170HC	Honors History of the U.S. I	
HIST 171 C	History of the United States II <sup>4,5</sup>	3
or HIST 171HC	Honors History of the U.S. II	
HIST 270 C	Women in United States History <sup>4</sup>	3
HIST 275 C	History of California <sup>3,4</sup>	3
INDS 100 C	Humanities - Ancient and Medieval (same as ENGL 110 C)	3
INDS 101 C	Humanities:Renaissance-Present	3
JAPN 100 C	Spoken Japanese for Beginners	3
JAPN 101 C	Elementary Japanese I	5
JAPN 102 C	Elementary Japanese II	5
JAPN 125 C	Japanese Culture through Film	3
JAPN 200 C	Conversational Japanese (begin F'19)	2
JAPN 203 C	Intermediate Japanese III	4
JAPN 204 C	Intermediate Japanese IV	4
JOUR 110 C	Global Media	3
KIN 246 C	Sports in Film	3
LING 101 C	Introduction to Language	3
PHIL 100 C	Introduction to Philosophy <sup>5</sup>	3
or PHIL 100HC	Honors Intro to Philosophy	
PHIL 101 C	Intro to Religious Studies <sup>5</sup>	3
PHIL 101HC	Honors Intro. to Religion <sup>5</sup>	3
PHIL 105 C	World Religions	3
PHIL 110 C	Religions of the East	3
PHIL 120 C	Religions of the West	3
PHIL 135 C	Social and Political Philosophy	3
PHIL 160 C	Introduction to Ethics	3
PHIL 162 C	Contemporary Moral Issues	3
PHIL 201 C	History of Ancient Philosophy	3
PHIL 202 C	History of Modern Philosophy	3
PHIL 225 C	The American Religious Exp	3
PHIL 230 C	Philosophy of Religion	3
PHIL 240 C	Jesus and His Interpreters	3
SPAN 101 C	Elementary Spanish I <sup>1</sup>	5

SPAN 102 C	Elementary Spanish II <sup>1</sup>	5
SPAN 201 C	Spanish for Spanish Speakers I	5
SPAN 202 C	Spanish for Spanish Speakers II	5
SPAN 203 C	Intermediate Spanish III	4
SPAN 204 C	Intermediate Spanish IV	4
	<sup>2</sup> Also meets Reading Proficiency requirement for graduation.	
	<sup>3</sup> Also meets Social Justice, Equity and Sustainability requirement for graduation.	
	<sup>4</sup> Course may be used to satisfy requirements for one area only.	
	<sup>5</sup> Duplicate credit not granted for the same cross-listed courses, nor for non-Honors and Honors classes.	

## CATEGORY D - SOCIAL SCIENCES

Code	Title	Units
AJ 110 C	Introduction to Criminal Justice	3
AJ 120 C	Concepts of Criminal Law	3
ANTH 102 C	Cultural Anthropology <sup>5</sup>	3
or ANTH 102HC	Honors Cultural Anthropology	
ANTH 103 C	Introduction to Archaeology	3
ANTH 104 C	Comparative Cultures	3
ANTH 105 C	Introduction to Linguistic Anthropology	3
ANTH 106 C	Human Prehistory/Ancient Civi	3
ANTH 107 C	Magic Witchcraft and Religion	3
ANTH 121 C	Native North America <sup>3</sup>	3
ANTH 208 C	Anthropology of Death	3
ANTH 212 C	Applied and Practicing Anthropol	3
ANTH 225 C	Ancient Cultures/Mex/Cent Am	3
COMM 105 C	Interpersonal Communication	3
COMM 120 C	Intercultural Communication <sup>3</sup>	3
COMM 220 C	The Rhetoric of the City <sup>4,5</sup>	3
or COMM 220HC	Honors Rhetoric of the City	
DSST 120 C	The History of Disability U.S. (Begin F 23)	3
DSST 200 C	Introduction to Disability Studies	3
ECON 100 C	Principles of Economics-Macro <sup>5</sup>	3
or ECON 100HC	Honors Princ of Econ-Macro	
ECON 105 C	Principles of Economics-Micro <sup>5</sup>	3
or ECON 105HC	Honors Princ of Econ - Micro	
ECON 110 C	Survey of Economics <sup>1,3</sup>	3
ECON 120 C	International Economics	3
ECON 130 C	Consumer Economics	3
ETHS 101 C	American Ethnic Studies <sup>3,5</sup>	3
or ETHS 101HC	Honors American Ethnic Studies	
ETHS 129 C	Intro to African Amer Studies <sup>3</sup>	3
ETHS 130 C	African-American History I <sup>3</sup>	3
ETHS 131 C	African-American History II <sup>3</sup>	3
ETHS 150 C	Intro to Chicana-o-x Studies <sup>3</sup>	3
ETHS 151 C	Chicana-o-x History I <sup>3</sup>	3
ETHS 152 C	Chicana-o-x History II <sup>3</sup>	3
ETHS 153 C	Chicana-o-x & Latina-o-x Cont. <sup>3</sup>	3

ETHS 159 C	Intro to Native Amer Studies <sup>3,4</sup>	3	PHIL 165 C	Business Ethics	3
ETHS 160 C	Native American History I <sup>3,4</sup>	3	POSC 100 C	United States Government <sup>5</sup>	3
ETHS 161 C	Native American History II <sup>3,4</sup>	3		or POSC 100HC Honors U.S. Government	
ETHS 170 C	Intro to Asian Pac Am Studies <sup>3,4</sup>	3	POSC 120 C	Political Theory	3
ETHS 171 C	Asian Pacific American History <sup>3,4</sup>	3	POSC 200 C	Intro to Political Science	3
ETHS 202 C	Race, Ethnicity & Pop Culture	3	POSC 209 C	Urban Politics	3
ETHS 235 C	American Racial Liber. Mvmt	3	POSC 210 C	Contemporary Political Issues	3
GEOG 100 C	World Geography <sup>5</sup>	3	POSC 215 C	Comparative Politics	3
	or GEOG 100HC Honors World Geography		POSC 216 C	Politics of the Middle East	3
GEOG 130 C	California Geography	3	POSC 230 C	International Relations	3
GEOG 160 C	Cultural Geography	3	POSC 250 C	Gender and Politics	3
GEOG 260 C	Economic Geography	3	PSY 101 C	Introduction to Psychology <sup>5</sup>	3
HIST 110 C	Western Civilizations I <sup>5</sup>	3		or PSY 101HC Honors Intro to Psychology	
	or HIST 110HC Honors Western Civilizations I		PSY 110 C	Applied Psychology	3
HIST 111 C	Western Civilizations II <sup>5</sup>	3	PSY 120 C	Human Sexuality <sup>1</sup>	3
	or HIST 111HC Honors West. Civilizations II		PSY 131 C	Cross-Cultural Psychology (formerly PSY 237 C)	3
HIST 112 C	World Civilizations I <sup>5</sup>	3	PSY 139 C	Developmental Psychology	3
	or HIST 112HC Honors World Civilizations I		PSY 145 C	Child Psychology	3
HIST 113 C	World Civilizations II <sup>5</sup>	3	PSY 202 C	Research Methods in Psychology	4
	or HIST 113HC Honors World Civilizations II		PSY 221 C	The Brain and Behavior	3
HIST 120 C	History of the Holocaust	3	PSY 222 C	Abnormal Psychology <sup>4</sup>	3
HIST 125 C	U.S. History: Conflict West	3	PSY 251 C	Social Psychology	3
HIST 135 C	History of Africa	3	PSY 255 C	Psychology of Aging <sup>1</sup>	3
HIST 142 C	History of Latin America I	3	REC 102 C	Rec. Sport Lead. & Dev. Grps	3
HIST 143 C	History of Latin America II	3	SOC 101 C	Introduction to Sociology <sup>5</sup>	3
HIST 151 C	Survey of British History I	3		or SOC 101HC Honors Introduction to Sociology	
HIST 152 C	Survey of British History II	3	SOC 102 C	Social Problems	3
HIST 160 C	Asian Civilizations I	3	SOC 125 C	Sociology Research Methods	3
HIST 161 C	Asian Civilizations II	3	SOC 225 C	Sociology of Women	3
HIST 163 C	History of Mexico	3	SOC 250 C	Sociology of Aging <sup>5</sup>	3
HIST 165 C	History of the Middle East	3	SOC 275 C	Marriage and Family	3
HIST 170 C	History of the United States I <sup>4,5</sup>	3	SOC 277 C	Sociology of Religion	3
	or HIST 170HC Honors History of the U.S. I		SOC 280 C	Media, Culture, and Society	3
HIST 171 C	History of the United States II <sup>4,5</sup>	3	SOC 290 C	Soc of Cont Race Ethnic Rel	3
	or HIST 171HC Honors History of the U.S. II		SOC 292 C	Introduction to Criminology	3
HIST 190 C	History of the Americas I (formerly HIST 162AC)	3			
HIST 191 C	History of the Americas II (formerly HIST 162BC)	3			
HIST 270 C	Women in United States History <sup>4</sup>	3			
HIST 275 C	History of California <sup>3,4</sup>	3			
HS 277 C	Cultur Awareness Health Care <sup>3</sup>	3			
HUSR 200 C	Introduction to Human Services	3			
INDS 200 C	Introduction to Global Citizenship Studies	3			
INDS 201 C	Global Citizenship Issues	3			
JOUR 110 C	Global Media	3			
KIN 248 C	Psychology of Sport	3			
KIN 249 C	Sport and United States Society (formerly PE 250 C)	3			
KIN 283 C	Women's Health	3			
BUS 100 C	Introduction to Business	3			
BUS 266 C	Human Relations in Business	3			
PHS 285 C	Global and Community Health	3			

<sup>3</sup> Also meets Social Justice, Equity and Sustainability requirement for graduation.

<sup>4</sup> Course may be used to satisfy requirements for one area only.

<sup>5</sup> Duplicate credit not granted for the same cross-listed courses, nor for non-Honors and Honors classes.

## CATEGORY E - PHYSICAL ACTIVITY AND HEALTH (1-unit minimum)

Code	Title	Units
DANC 102 C	Pilates Mat Work	1
DANC 105 C	Ballet I	2
DANC 106 C	Ballet II	2
DANC 107 C	Modern Dance I	2
DANC 108 C	Modern Dance II	2
DANC 109 C	Dance Improvisation	2



DANC 110 C	Adaptive Dance	1	KIN 134CC	Walking for Fitness - Advanced	0.5-1
DANC 111 C	Jazz Dance I	2	KIN 135 C	Cardio Step (formerly PE 129 C)	0.5-1
DANC 112 C	Jazz Dance II	2	KIN 136 C	Cardio Step - Intermediate (formerly Step Aerobics - Intermediate)	0.5-1
DANC 113 C	Tap Dance I	1	KIN 137 C	Mountaineering and Rock Climbing (formerly PE 142 C)	0.5-1
DANC 114 C	Tap Dance II	1	KIN 138 C	Body Sculpt (formerly PE 148 C)	0.5-1
DANC 115 C	Hip Hop Dance	1	KIN 139 C	Cardio Blast (formerly PE 150 C)	0.5-1
DANC 116 C	Ballet III	2	KIN 140 C	Fitness Training (formerly PE 152 C)	0.5-1
DANC 117 C	Modern Dance III	2	KIN 142 C	Power Training (formerly PE 156 C)	0.5-1
DANC 130 C	Afro-Caribbean Dance	1	KIN 143 C	Strength Training (formerly PE 159 C)	0.5-1
DANC 136 C	Middle Eastern Dance	1	KIN 144 C	Boot Camp Workout - Intermediate (formerly HIIT - High Intensity Interval Training)	0.5-1
DANC 137 C	Latin and Swing Dance	1	KIN 145 C	Boot Camp Workout (formerly PE 168 C)	0.5-1
DANC 140 C	Summer Dance Festival I	1.5-2	KIN 146 C	Cardio Core (formerly PE 178 C)	0.5-1
DANC 141 C	Performance Class I (formerly DANC 204 C)	2-3	KIN 147 C	Body Building and Development (formerly PE 182 C)	0.5-1
DANC 142 C	Performance Class II	2-3	KIN 148 C	Total Body Fitness (formerly PE 187 C)	0.5-1
DANC 143 C	Performance Class III	2-3	KIN 149 C	Weight Training and Lifting (formerly PE 193 C)	0.5-1
DANC 144 C	Performance Class IV	2-3	KIN 150AC	Trail Hiking - Beginning	0.5-1
DANC 145 C	Summer Dance Festival II	1.5-2	KIN 150BC	Trail Hiking - Intermediate	0.5-1
DANC 203 C	Dance Production I	0.5-2	KIN 150CC	Trail Hiking - Advanced	0.5-1
DANC 205 C	Dance Ensemble	1-2	KIN 156AC	Fitness First Resp. Beg.	1
DANC 206 C	Dance Production II	0.5-2	KIN 156BC	Fitness First Resp. Interm.	1
DANC 296 C	Dance Open Laboratory	0.5-3	KIN 156CC	Fitness First Resp. Advanced	1
DANC 298 C	Dance Seminar	0.5-12	KIN 158AC	Tact. Fit. for Fire Fighters	1
DANC 299 C	Dance Independent Study	0.5-2	KIN 157AC	Tact. Fitness for Law Enforce.	1
HRC 100 C	Nutrition	3	KIN 151 C	Spinning-Beginning	0.5-1
HRC 100HC	Honors Nutrition	3	KIN 152 C	Spinning - Intermediate	0.5-1
KIN 100 C	Adapted Kinesiology Weight Training (formerly PE 100 C)	0.5-1	KIN 153 C	Spinning - Advanced	0.5-1
KIN 101 C	Adapted Kinesiology Activity (formerly PE 101 C)	0.5-1	KIN 154 C	Triathlon - Beginning	0.5-1
KIN 106 C	Electronic Sports - Beginning	1	KIN 155 C	Triathlon - Intermediate	0.5-1
KIN 107 C	Electronic Sports - Intermediate	1	KIN 159 C	Fitness Testing and Exercise Prescription (formerly PE 154 C)	2
KIN 108 C	Electronic Sports - Advanced	1	KIN 160 C	Badminton - Beginning (formerly PE 105 C Badminton)	0.5-1
KIN 109 C	Spirit Squad (formerly PE 179 C)	1-2	KIN 161 C	Badminton - Intermediate	0.5-1
KIN 110 C	Surfing (formerly PE 122 C)	0.5-1	KIN 162 C	Badminton - Advanced	0.5-1
KIN 111 C	Swimming (formerly PE 134 C)	0.5-1	KIN 163 C	Table Tennis (formerly PE 107 C)	0.5-1
KIN 112 C	Swimming-Intermediate-Advanced	0.5-1	KIN 164 C	Bowling - Beginning (former PE 108 C)	0.5-1
KIN 114 C	Springboard Diving (formerly PE 136 C)	0.5-1	KIN 165 C	Bowling - Intermediate	0.5-1
KIN 115 C	Springboard Diving - Intermediate - Advanced	0.5-1	KIN 166 C	Bowling - Advanced	0.5-1
KIN 116 C	Swim for Fitness (formerly PE 149 C)	0.5-1	KIN 167 C	Gymnastics-Tumbling (formerly PE 119 C)	0.5-1
KIN 117 C	Water Aerobics (formerly PE 151 C)	0.5-1	KIN 168 C	Tennis - Beginning (formerly PE 139 C)	0.5-1
KIN 120 C	Kick-Boxing (formerly PE 163 C)	0.5-1	KIN 169 C	Tennis - Intermediate (formerly PE 141 C)	0.5-1
KIN 121 C	Self-Defense (formerly PE 170 C)	0.5-1	KIN 170 C	Tennis - Advanced	0.5-1
KIN 128 C	Yoga-Intermediate	0.5-1	KIN 171 C	Golf - Beginning (formerly PE 115 C)	0.5-1
KIN 129 C	Vinyasa Yoga	0.5-1	KIN 172 C	Golf - Intermediate (formerly PE 157 C)	0.5-1
KIN 130 C	Yoga (formerly PE 102 C)	0.5-1	KIN 173 C	Golf - Advanced	0.5-1
KIN 131 C	Restorative and Gentle Yoga	0.5-1	KIN 174 C	Pickleball - Beginning	0.5-1
KIN 132 C	Hatha Yoga	0.5-1	KIN 175 C	Pickleball - Intermediate	0.5-1
KIN 133 C	Cardiovascular Conditioning (formerly PE 114 C)	0.5-1			
KIN 134AC	Walking for Fitness - Beginning (formerly KIN 134 C)	0.5-1			
KIN 134BC	Walking for Fitness - Intermediate	0.5-1			

KIN 176 C	Pickleball - Advanced	0.5-1
KIN 180 C	Futsal - Beginning (formerly PE 109 C)	0.5-1
KIN 181 C	Futsal - Intermediate	0.5-1
KIN 182 C	Futsal - Advanced	0.5-1
KIN 183 C	Volleyball - Beginning (formerly PE 144 C)	0.5-1
KIN 184 C	Volleyball - Intermediate (formerly PE 145 C)	0.5-1
KIN 185 C	Volleyball - Advanced	0.5-1
KIN 186 C	Beach Volleyball - Beginning (formerly PE 126 C)	0.5-1
KIN 187 C	Beach Volleyball - Intermediate (formerly PE 128 C)	0.5-1
KIN 188 C	Beach Volleyball - Advanced	0.5-1
KIN 189 C	Basketball - Beginning (formerly PE 181 C)	0.5-1
KIN 190 C	Basketball - Intermediate (formerly PE 160 C)	0.5-1
KIN 191 C	Basketball - Advanced	0.5-1
KIN 192 C	Water Polo (formerly PE 146 C)	0.5-1
KIN 194 C	Softball (formerly PE 172 C)	0.5-1
KIN 197 C	Flag Football (formerly PE 197 C)	0.5-1
KIN 198 C	Athletic Weight Training (formerly PE 104 C)	0.5-3
KIN 199 C	Conditioning for Athletes (formerly PE 162 C)	0.5-3
KIN 202 C	Intercollegiate Baseball (formerly PE 202 C)	3
KIN 203 C	Intercollegiate Basketball - Men (formerly PE 203 C)	1.5-3
KIN 204 C	Intercollegiate Basketball - Women (formerly PE 204 C)	1.5-3
KIN 205 C	Intercollegiate Beach Volleyball - Women (formerly PE 217 C)	3
KIN 206 C	Intercollegiate Golf - Men (formerly PE 208 C)	3
KIN 207 C	Intercollegiate Golf - Women	3
KIN 210 C	Intercollegiate Soccer - Men (formerly PE 209 C)	3
KIN 211 C	Intercollegiate Soccer - Women	3
KIN 212 C	Intercollegiate Softball - Women (formerly PE 210 C)	3
KIN 213 C	Intercollegiate Swimming - Men (formerly PE 211 C)	3
KIN 214 C	Intercollegiate Swimming - Women (formerly PE 212 C)	3
KIN 215 C	Intercollegiate Tennis (formerly PE 214 C)	3
KIN 217 C	Intercollegiate Volleyball - Women (formerly PE 218 C)	3
KIN 218 C	Intercollegiate Water Polo - Women (formerly PE 219 C)	3
KIN 219 C	Intercollegiate Water Polo - Men	3
KIN 222 C	Intercollegiate Badminton - Women (formerly PE 222 C)	3
KIN 244 C	Lifetime Fitness and Wellness (formerly Human Performance)	3
KIN 283 C	Women's Health	3
KIN 290 C	Philosophy and Consciousness of Yoga	3

KIN 291 C	Yoga and the Physical Body	3
KIN 292 C	Yoga and the Subtle Body	3
KIN 293 C	Contemporary Yoga Studies	3
PHS 280 C	Introduction to Public Health <sup>5</sup>	3
or PHS 280HC	Honors Intro to Public Health	
PHS 281 C	Health and Social Justice <sup>3,5</sup>	3
or PHS 281HC	Honors Health and Social Just	
PHS 283 C	Womens Health	3
PHS 284 C	Contemporary Personal Health	3
PHS 285 C	Global and Community Health	3
PHS 294 C	Inter. Neurob. & Mind-body Con	3
PHS 296 C	Whole Systems Integrative Health	3

<sup>4</sup> Course may be used to satisfy requirements for one area only.

<sup>5</sup> Duplicate credit not granted for the same cross-listed courses, nor for non-Honors and Honors classes.

### Social Justice, Equity and Sustainability Requirement (3-unit Minimum)

Code	Title	Units
AJ 160 C	Community and the Justice System	3
ANTH 121 C	Native North America	3
ATC 182 C	Cultural Tourism	3
COMM 120 C	Intercultural Communication	3
DSST 120 C	The History of Disability U.S.	3
DANC 101 C	Multicultural Dance in the US	3
ENGL 208 C	Asian American Literature	3
ENGL 239 C	Survey - Children's Literature	3
ENGL 250 C	Latino-a-x Literature	3
ENGL 255 C	African-American Literature I	3
ENGL 256 C	African-American Literature II	3
ETHS 101 C	American Ethnic Studies <sup>5</sup>	3
or ETHS 101HC	Honors American Ethnic Studies	
ETHS 129 C	Intro to African Amer Studies	3
ETHS 130 C	African-American History I	3
ETHS 131 C	African-American History II	3
ETHS 150 C	Intro to Chicana-o-x Studies	3
ETHS 151 C	Chicana-o-x History I	3
ETHS 152 C	Chicana-o-x History II	3
ETHS 153 C	Chicana-o-x & Latina-o-x Cont.	3
ETHS 159 C	Intro to Native Amer Studies	3
ETHS 160 C	Native American History I	3
ETHS 161 C	Native American History II	3
ETHS 170 C	Intro to Asian Pac Am Studies	3
ETHS 171 C	Asian Pacific American History	3
ETHS 202 C	Race, Ethnicity & Pop Culture	3
ETHS 235 C	American Racial Liber. Mvmt	3
HIST 275 C	History of California	3
HS 277 C	Cultur Awareness Health Care	3
HUSR 295 C	Cross-Cultural Criminology	3
KIN 249 C	Sport and United States Society (formerly PE 250 C)	3
MUS 114 C	History of Hip Hop - Rap	3

PHIL 225 C	The American Religious Exp	3
PHS 281 C	Health and Social Justice <sup>5</sup>	3
or PHS 281HC	Honors Health and Social Just	
POSC 209 C	Urban Politics	3
PSY 131 C	Cross-Cultural Psychology (formerly PSY 237 C)	3
REC 102 C	Rec. Sport Lead. & Dev. Grps	3
SOC 290 C	Soc of Cont Race Ethnic Rel	3
THEA 107 C	Diversity in American Theatre <sup>5</sup>	3
or THEA 107HC	Honors Diversity in Amer. Tht	

*NOTE: Completion of the Nursing Program also meets the Social Justice, Equity and Sustainability graduation requirement.*

<sup>5</sup> Duplicate credit not granted for the same cross-listed courses, nor for non-Honors and Honors classes.

### **Reading Proficiency Requirement**

Proficiency in reading may be satisfied by one of the following:

1. Completion of a degree (Associate of Arts/Associate of Science or higher) from a United States regionally-accredited college or university.
2. A passing grade of C or better in READ 096 C or ENGL 102 C or a comparable course from a regionally accredited college or university.
3. A passing grade of C or better in any course in the Cypress College IGETC (1B); or Cypress College CSU GE (A3) Critical Thinking category or a comparable course from a regionally accredited college or university.
4. A passing grade of C or better in the Cypress College AA/AS degree General Education pattern Area A2 (Analytical Thinking) or a comparable course from a regionally accredited college or university.