

ASSOCIATE IN SCIENCE GENERAL EDUCATION (GE) PATTERN

Courses listed in more than one area will NOT be applied to more than one GE area/subarea: A-E. For a course to meet a AS GE requirement, the course must be on the AS GE pattern during the academic year it is taken.

AREA A: English Language Communication

Minimum 6 units - one course from each subarea: A1 and A2 with a "C" grade or better

Course	Title	Credits
A1: Oral Communication		
COMS 010	Interpersonal Communication	3
COMS 020	Oral Communication	3
COMS 040	Introduction to Argumentation	3
COMS 045	Small Group Communication	3
A2: Written Communication		
ENGL 001A	English Composition	3

AREA B: Scientific Inquiry with a Laboratory

Minimum 3 units - one course

Course	Title	Credits
Science with a Laboratory		
ASTRO 010 & 010L	Introduction to Astronomy and Introductory Astronomy Lab	4
BIOL 004A	General Principles and Cell Biology	5
BIOL 004B	Biodiversity and Organismal Biology	5
BIOL 020	Human Biology	4
BIOL 021	General Biology	4
BIOL 064	Marine Biology	4
BIOL 071	Human Anatomy	5
BIOL 072	Human Physiology	5
BIOL 074	General Microbiology	5
CHEM 001A	General Chemistry	5
CHEM 001B	General Chemistry	5
CHEM 010	Everyday Chemistry	4
CHEM 012A	Organic Chemistry	5
CHEM 012B	Organic Chemistry	5
CHEM 015	Fundamentals of Chemistry	4
CHEM 032A	Intro to General, Organic, & Biological Chemistry	4
CHEM 032B	Intro to General, Organic, & Biological Chemistry	4
ENVIR 010	Environmental Science	4
GEOL 010 & 010L	Physical Geology and Physical Geology Laboratory	4

GEOL 015 & 015L	Earth Science and Earth Science Laboratory	4
PHYS 002A	Algebra/Trigonometry-Based Physics I	4
PHYS 002B	Algebra/Trigonometry-Based Physics II	4
PHYS 004A	General Physics	5
PHYS 004B	General Physics	5
PHYS 004C	General Physics	5

Cosmetology Major Only

COS 010A	Cosmetology Freshman Theory	5
COS 010B	Cosmetology Senior Theory	5
COS 105A	Cosmetology Freshman Laboratory	16
COS 105B	Cosmetology Senior Laboratory	16

Dental Assisting Major Only

DENT 151	Beginning Dental Assisting 1	3
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Medical Assisting Major Only

MA 004	Structure and Function of the Human Body	4
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- ASTRO 010L meets the lab requirement only if ASTRO 010 is successfully completed previously or concurrently.
- GEOL 010L meets the lab requirement only if GEOL 010 is successfully completed previously or concurrently.
- GEOL 015L meets the lab requirement only if GEOL 015 is successfully completed previously or concurrently.

AREA C: Arts and Humanities

Minimum 6 units – two courses: one course from C1 and one course from C2

Course	Title	Credits
C1: Arts		
ART 090	Art Appreciation	3
ART 091	Survey of Art History: Prehistoric Through Gothic	3
ART 092	Survey of Art History: Renaissance to the Present	3
ART 093	Art of the Americas	3
ART 096	Survey of Asian Art	3
DANCE 002	Dance Appreciation	3
HUMNT 001	Introduction to Visual and Performing Arts	3
MUSIC 083	Exploring the World of Music	3
MUSIC 091	Music Appreciation: Western Civilization	3
MUSIC 095	Music Appreciation: Jazz	3
MUSIC 099	Introductory Music	3
THEAT 002	Beginning Acting	3
THEAT 020	Introduction to Theatre	3
THEAT 040	Introduction to Film	3
THEAT 055	Chicanx/Latinx Theatre	3
C2: Humanities		
ARABC 001A	Elementary Arabic	5
ARABC 001B	Elementary Arabic	5
ENGL 001B	English Composition	3
ENGL 010	Great Works of Literature	3
ENGL 033	Women in Literature	3
ENGL 065	The Short Story	3

ENGL 071A	Fundamentals of Creative Writing/Poetry	3
ENGL 071B	Fundamentals of Creative Writing/Fiction	3
ENGL 071C	Fundamentals of Creative Writing/Drama	3
ENGL 073	Introduction to Shakespeare	3
ENGL 079	Memoir Writing	3
ENGL 080	Mexican-American Literature	3
ENGL 081	Introduction to African American Literature	3
ENGL 084A	Survey of American Literature I	3
ENGL 084B	Survey of American Literature II	3
ENGL 086A	Survey of British Literature I	3
ENGL 086B	Survey of British Literature II	3
ETH 020	African American Culture	3
ETH 026	Vietnamese Women in the U.S.	3
ETH 030	Chicana/o Culture	3
ETH 037A	Mexican American History I	3
ETH 037B	Mexican American History II	3
ETH 041	Vietnamese American Culture	3
ETH 042	Asian Pacific American Culture	3
FREN 001A	Elementary French	5
FREN 001B	Elementary French	5
FREN 002A	Intermediate French	5
FREN 002B	Intermediate French	5
GLOBL 007	Global Citizenship/Civics	3
HIST 010A	Development of Western Culture	3
HIST 010B	Development of Western Culture	3
HUMNT 002	Introduction to World Literature	3
HUMNT 003	Introduction to Women's Studies	3
JAPAN 001A	Elementary Japanese 1	5
JAPAN 001B	Elementary Japanese 2	5
JAPAN 002A	Intermediate Japanese 1	5
JAPAN 002B	Intermediate Japanese 2	5
PHIL 010	Introduction to Philosophy: Metaphysics and Epistemology	3
PHIL 011	Introduction to Political and Aesthetic Philosophies	3
PHIL 012	Introduction to Existentialism: The Meaning of Life	3
PHIL 014	Introduction to Peace Studies	3
PHIL 065	Introduction to Ethics	3
PHIL 070	Comparative Religions	3
SL 001A	American Sign Language 1	3
SL 001B	American Sign Language 2	3
SL 002A	American Sign Language 3	3
SL 002B	American Sign Language 4	3
SPAN 001A	Elementary Spanish 1	5
SPAN 001B	Elementary Spanish 2	5
SPAN 002A	Intermediate Spanish 1	5
SPAN 002B	Intermediate Spanish 2	5
SPAN 022A	Spanish for Heritage Speakers 1	5
SPAN 022B	Spanish for Heritage Speakers 2	5
SPAN 031	Introduction to Spanish Linguistics	3
SPAN 032	Introduction to Spanish and Latin American Literature	3

THEAT 015	Theatre History 1	3
VIET 001A	Elementary Vietnamese 1	5
VIET 001B	Elementary Vietnamese 2	5

AREA D: Social Sciences & U.S. History, Constitution, and American Ideals (*US-1, US-2, and US-3*)

Minimum 6 units – complete one of the following options

Course	Title	Credits
Option 1:		
HIST 017A	History of the United States	3
HIST 017B	History of the United States	3
Option 2:		
HIST 001	Survey of American History	3
POLSC 001	Politics and Government In America	3
Option 3:		
ETH 037A	Mexican American History I	3
ETH 037B	Mexican American History II	3
Option 4:		
HIST 009	Women in American History	3
POLSC 001	Politics and Government In America	3
Option 5:		
HIST 021	African American History	3
POLSC 001	Politics and Government In America	3
Option 6:		
HIST 024	History and Culture of the American Indian	3
POLSC 001	Politics and Government In America	3

AREA E: Lifelong Learning and Self-Development

Minimum 3 units - one lecture course (if needed, only 1 unit of physical activity may be used in this area)

Course	Title	Credits
ADS 075A	Counseling Theories and Skills	3
ECE 108	Health, Safety, and Nutrition in Child Care	3
FCS 019	Nutrition	3
FCS 070	Child Development	3
GUIDE 050A	First Year Experience College Success	2
GUIDE 050B	First Year Experience-Careers	2
GUIDE 087	College Study Techniques	3
GUIDE 096	Career and Life Planning	3
GUIDE 130	College and Life Success	3
HED 011	Dynamic Health Concepts	3
KIN 005	Introduction to Kinesiology	3
KIN 010	Sports in Society	3
KIN 095	Life Skills for the Student Athlete	3
PSYCH 020	Psychology of Stress Reduction	3
PSYCH 035	Psychology of Women	3
PSYCH 060	Personal Growth and Adjustment	3
PSYCH 092	Developmental Psychology	3

PSYCH 100	Human Sexuality	3
Physical Activity		
APE 030E	Adapted Physical Education - Adapted Fitness for Life	1
APE 053E	Adaptive Low Impact Walking/Jogging for Health	1
APE 056E	Adapted Physical Education - Adapted Weight Training	1
DANCE 010	Ballet, Beginning	1
DANCE 011	Ballet, Intermediate	1
DANCE 011B	Ballet, High-Intermediate	1
DANCE 011C	Ballet, Advanced	1
DANCE 013A	Dancers' Workshop - Student, Large Group	0.5-1
DANCE 013B	Dancers' Workshop - Student, Small Group	0.5-1
DANCE 013C	Dancers' Workshop - Student, Solo/Duet	0.5-1
DANCE 014A	Rehearsal and Performance - Modern Dance	0.5-1.5
DANCE 014B	Rehearsal and Performance - Jazz Dance	0.5-1.5
DANCE 014C	Rehearsal and Performance - Hip-Hop Dance	0.5-1.5
DANCE 014D	Rehearsal and Performance - Tap Dance	0.5-1.5
DANCE 014E	Rehearsal and Performance - Ballroom Dance	0.5-1.5
DANCE 014F	Rehearsal and Performance - Ballet	0.5-1.5
DANCE 020	Jazz Dance, Beginning	1
DANCE 021	Jazz Dance, Intermediate	1
DANCE 021B	Jazz Dance, High-Intermediate	1
DANCE 023B	Hip-Hop Dance, Beginning	1
DANCE 023C	Hip-hop Dance, Intermediate	1
DANCE 030	Dance Improvisation	1.5
DANCE 032	Choreography	1.5
DANCE 034A	Choreography Workshop - Large Group	1
DANCE 034B	Choreography Workshop - Small Group	1
DANCE 034C	Choreography Workshop - Solo/Duet	1
DANCE 040B	Tap Dance, Beginning	0.5
DANCE 040C	Tap Dance, Intermediate	0.5
DANCE 050	Modern Dance, Beginning	1
DANCE 051	Modern Dance, Intermediate	1
DANCE 051B	Modern Dance, High-Intermediate	1
DANCE 064	Ballroom Dance, Beginning	0.5
DANCE 065	Ballroom Dance, Intermediate	0.5
DANCE 066	Intermediate Ballroom - Latin	1
DANCE 067	Intermediate Ballroom - Swing	1
KINA 011	Sport-Specific Training for the Intercollegiate Athlete	1
KINA 057	Cross-Training for the Intercollegiate Athlete	1
KINPE 008	Archery	1
KINPE 008B	Intermediate Archery	1
KINPE 009	Badminton	1
KINPE 012	Basketball	1
KINPE 012B	Intermediate Basketball	1
KINPE 013	Advanced Football	1

KINPE 017	Beginning Pickleball	1
KINPE 019	Tae Kwon Do	1
KINPE 023	Cardio Kickboxing	1
KINPE 024	Beginning Golf	1
KINPE 030	Fit for Life	1
KINPE 038	Soccer	1
KINPE 039	Hatha Yoga	1
KINPE 040	Softball	1
KINPE 041	Pilates Mat Workout	1
KINPE 043	Body Sculpting	1
KINPE 044	Core, Alignment, and Resistance Exercise on the Ball	1
KINPE 048	Track and Field	1
KINPE 050	Cross Fitness	1
KINPE 052	Volleyball	1
KINPE 053	Walking/Jogging for Health	1
KINPE 055	Step Aerobics	1
KINPE 056	Beginning Weight Training	1
KINPE 056B	Intermediate Weight Training	1
KINPE 059	Yoga for Stress Management	1
KINPE 099A	Spin Cycling	1

Please refer to ASSIST www.assist.org for the most updated information and consult with a SJCC counselor.

Total Requirements

Course	Title	Credits
Total Minimum GE for AS Degree		24

Additional Graduation Requirements

Course	Title	Credits
Cultural Pluralism/Ethnic Studies		
Complete one of the following: ANTH 063; COMS 035; ETH 011, 020, 026, 027, 028, 030, 031, 032, 037A, 037B, 041, 042; ENGL 033, 080, 081; GLOBL 007; HIST 009, 021, 024; HUMNT 003; KIN 010; PSYCH 035; SL 015		
GPA		
Minimum 2.0 cumulative from all colleges/universities attended.		
Math Competency		
MATH 013 (Intermediate Algebra), MATH 013A+013B (Intermediate Algebra), MATH 014 (Geometry), equivalent, or a higher level mathematics course with a grade of "C" or better.		
Major Coursework		
Courses must be completed with grades of "C" or better. Please see major sheet, catalog, or visit your counselor.		
Physical Activity		
1 unit from Area E - Physical Activity		
Reading/Written Expression Competency		
A2 course - ENGL 001A with a grade of "C" or better		
Residency		
Complete at least 12 semester units in residence at SJCC.		

U.S. History, Constitution, and American Ideals

Complete one of the six options listed above in Area D.

Course	Title	Credits
Total Minimum A.S. Degree Applicable Units Required		60