

5. Health and Physical Education:

minimum 3 semester units

(This category may be exempted by one of the following:

Pass the Contemporary Health waiver exam; or
Approval of a petition for military service credit.)

- C H 1 - Personal and Community Health Issues 3 units
- C H 5 - Contemporary Women's Health 3 units
- HDEV 110 - Strategies for Creating Success in College, Work, and Life 3 units
- HDEV 110H - Honors Strategies for Creating Success in College, Work, and Life 3 units
- HDEV 115 - Career Development Across the Lifespan 3 units
- NUTR 110 - Introduction to Nutrition Science 3 units
- PSYC 102 - Psychology for Effective Living 3 units
- PSYC 118 - Lifespan Development 3 units
- PE 260 - Basic Principles of Fitness and Weight Control 1 unit

Physical Activity or Fitness Courses:

Dance

- DANC 110 - Beginning Dance 2 units
- DANC 120A - Beginning Ballet A 2 units
- DANC 120B - Beginning Ballet B 2 units
- DANC 130A - Beginning Modern Dance A 2 units
- DANC 130B - Beginning Modern Dance B 2 units
- DANC 140 - Jazz Dance I 2 units
- DANC 161 - Tap Dance I - Beginning 1 unit
- DANC 162 - Hip Hop Dance 2 units
- DANC 163 - Beginning Belly Dancing 1 unit
- DANC 165 - African Dance 1 unit
- DANC 167 - Social and Ballroom Dance 1 unit
- DANC 168 - Latin Social Dance 2 units
- DANC 171A - Beginning Choreography A 2 units
- DANC 220A - Intermediate Ballet A 2 units
- DANC 221 - Ballet Variations 2 units
- DANC 230A - Intermediate Modern Dance A 2 units
- DANC 240 - Jazz Dance II 2 units
- DANC 250 - Introduction to Pilates 3 units
- DANC 261 - Tap Dance II - Intermediate 2 units
- DANC 262 - Commercial Dance 2 units
- DANC 265 - Intermediate African Dance 2 units
- DANC 268 - Intermediate Latin Social Dance 2 units
- DANC 271A - Intermediate Choreography A 2 units

Physical Education

- PE 2A - Walking for Fitness 1 unit
- PE 2B - Power Walking for Fitness 1 unit
- PE 3 - Boot Camp Fitness Training 1 unit
- PE 4A - Beginning Basketball 1 unit
- PE 4B - Intermediate Basketball 1 unit
- PE 5abc - Men's Intercollegiate Baseball Team 3 units
- PE 6abc - Off-Season Training For Men's Intercollegiate Baseball Team 1 unit
- PE 7 - Baseball 1 unit
- PE 10A - Body Conditioning and Physical Fitness 1 unit
- PE 15abc - Men's Intercollegiate Basketball Team 3 units
- PE 16abc - Off-Season Training for Men's Intercollegiate Basketball Team 1 unit
- PE 18A - Beginning Boxing 1 unit
- PE 20abc - Intercollegiate Cross Country Teams 3 units
- PE 21abc - Off-Season Training for Intercollegiate Cross Country Teams 1 unit
- PE 35abc - Men's Intercollegiate Football Team 3 units
- PE 36abc - Off-Season Training for Men's Intercollegiate Football Team 1 unit
- PE 45abc - Men's Intercollegiate Golf Team 3 units
- PE 46abc - Off-Season Training for Men's Intercollegiate Golf Team 1 unit
- PE 54A - Weight Training 1 unit

- PE 54B - Intermediate Weight Training 1 unit
- PE 54C - Advanced Weight Training 1 unit
- PE 57abc - Intercollegiate Swimming Teams 3 units
- PE 58abc - Off-Season Training for Intercollegiate Swimming Teams 1 unit
- PE 60abc - Women's Intercollegiate Soccer Team 3 units
- PE 61abc - Off-Season Training for Women's Intercollegiate Soccer Team 1 unit
- PE 66abc - Off-Season Training for Men's Intercollegiate Tennis Team 1 unit
- PE 70abc - Men's Intercollegiate Soccer Team 3 units
- PE 71abc - Off-Season Training for Men's Intercollegiate Soccer Team 1 unit
- PE 74A - Beginning Soccer 1 unit
- PE 74B - Intermediate Soccer 1 unit
- PE 75abc - Intercollegiate Track and Field Teams 3 units
- PE 76abc - Off-Season Training for Intercollegiate Track and Field Teams 1 unit
- PE 79 - Football/Indoor Soccer 1 unit
- PE 80abc - Men's Intercollegiate Volleyball Team 3 units
- PE 81abc - Off-Season Training for Men's Intercollegiate Volleyball Team 1 unit
- PE 85abc - Men's Intercollegiate Water Polo Team 3 units
- PE 86abc - Off-Season Training for Men's Intercollegiate Water Polo Team 1 unit
- PE 87abc - Women's Intercollegiate Water Polo Team 3 units
- PE 105abc - Women's Intercollegiate Basketball Team 3 units
- PE 106abc - Off-Season Training for Women's Intercollegiate Basketball Team 1 unit
- PE 110abc - Women's Intercollegiate Volleyball Team 3 units
- PE 111abc - Off-Season Training for Women's Intercollegiate Volleyball Team 1 unit
- PE 115abc - Intercollegiate Tennis Teams 3 units
- PE 116abc - Off-Season Training for Women's Intercollegiate Tennis Team 1 unit
- PE 120abc - Women's Intercollegiate Softball Team 3 units
- PE 121abc - Off-Season Training for Women's Intercollegiate Softball Team 1 unit
- PE 132abc - Women's Intercollegiate Badminton Team 3 units
- PE 133abc - Off-Season Training for Women's Intercollegiate Badminton Team 1 unit
- PE 135abcd - Sport-Specific, Periodized Training for Athletes 1 unit
- PE 140abc - Intercollegiate Sand Volleyball Team 3 units
- PE 204 - Badminton 1 unit
- PE 208 - Bowling 1 unit
- PE 212 - Sport and Society 3 units
- PE 221 - Combative Arts and Self Defense 1 unit
- PE 224 - Golf 1 unit
- PE 233A - Beginning Pep Squad and Cheer 1 unit
- PE 234ab - Pep Squad and Cheer Competition 1 unit
- PE 240A - Beginning Swimming 1 unit
- PE 240B - Intermediate Swimming 1 unit
- PE 240C - Advanced Swimming 1 unit
- PE 245 - Water Aerobics 1 unit
- PE 249 - Swimming for Fitness 1 unit
- PE 250 - Techniques of Surfboard Riding 1 unit
- PE 251A - Beginning Tennis 1 unit
- PE 251B - Intermediate Tennis 1 unit
- PE 253 - Volleyball 1 unit
- PE 254 - Cardio Fitness and Body Sculpting 1 unit
- PE 255 - Beach Volleyball 1 unit
- PE 257 - Yoga for Health and Fitness 1 unit
- PE 258 - Power Vinyasa Yoga 1 unit
- PE 259 - Circuit Training 1 unit
- PE 266 - Stress Management for Healthy Living 3 unit
- PE 273 - Theory of Coaching 3 units
- PE 275 - Sport Psychology 3 units
- PE 280 - Exercise and Nutrition Programs for Fitness and Weight Management 3 units
- PE 400 - Adapted Fitness 1 unit
- PE 401 - Adapted Strength Training 1 unit
- PE 402 - Adapted Swimming and Hydrocardio 1 unit
- PE 404 - Adapted Cardiovascular Fitness 1 unit
- PE 407 - Adapted Bowling 1 unit

- PE 409 - Adapted Yoga 1 unit

6. Mathematics Competency

Pass the Mathematics Competency Test (a process separate from mathematics placement), which covers intermediate algebra, or satisfactorily complete one of the approved courses for this category.

- COMS 180 - Data-Driven Persuasion 4 units
- MATH 73 - Intermediate Algebra for General Education 5 units
- MATH 80 - Intermediate Algebra for Science, Technology, Engineering, and Mathematics 5 units
- MATH 110 - Structures and Concepts in Mathematics 3 units
- MATH 115 - Probability and Statistics for Prospective Elementary School Teachers 3 units
- MATH 116 - Geometry and Measurement for Prospective Elementary School Teachers 3 units
- MATH 120 - Liberal Arts Mathematics 3 units
- MATH 130 - College Algebra 3 units
- MATH 140 - Finite Mathematics for Business and Social Sciences 4 units
- MATH 150 - Elementary Statistics with Probability 4 units
- MATH 165 - Calculus for Business and Social Sciences 5 units
- MATH 170 - Trigonometry 3 units
- MATH 180 - Pre-Calculus 5 units
- MATH 190 - Single Variable Calculus and Analytic Geometry I 5 units
- MATH 191 - Single Variable Calculus and Analytic Geometry II 5 units
- MATH 210 - Introduction to Discrete Structures 5 units
- MATH 220 - Multi-Variable Calculus 5 units
- MATH 270 - Differential Equations with Linear Algebra 5 units
- PSYC 109A - Introduction to Statistics and Data Analysis for the Behavioral Sciences 4 units
- SOCI 109A - Introduction to Statistics and Data Analysis for the Behavioral Sciences 4 units