### Complete at least one course from Areas A – E.

<table>
<thead>
<tr>
<th>Area</th>
<th>Course</th>
<th>College</th>
<th>Term</th>
<th>Credit</th>
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<tbody>
<tr>
<td><strong>A. PHYSICAL AND LIFE SCIENCES:</strong> Complete one course</td>
<td>Anthropology 201; Astronomy *210; Biology *201A, *204, 205, 211, 212, 213, 216, 220, 221, 222, 224; Chemistry *201A, *210FL, *211; Electronics Technology *213; Geology *210, *211, 212, 220; Nutrition 210, 211; Oceanography *210, Meteorology *212; Physics *205A, *208A; Psychology *202</td>
<td>A</td>
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<td><strong>B. SOCIAL AND BEHAVIORAL STUDIES:</strong> Complete one course</td>
<td>Anthropology 202, &lt;203, 225; Comm 230, 280; Criminal Justice 202; Early Childhood Education *201; Economics *201A, 201AG, 201B; Family Studies 212, &lt;213, 214, &lt;215, &lt;218, 270; Geography 201, 202; History 203A, 203B, 204A, 204B, 207A, 207B, 210, &lt;212, &lt;233, &lt;237, &lt;239, 260; Legal &lt;217; Political Science 201, 202, 204, 205, 206, 209; Psychology 201, *200, &lt;206, &lt;233; Sociology 201A, 201B, &lt;206, &lt;208</td>
<td>B</td>
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<tr>
<td><strong>D. COMMUNICATION AND ANALYTICAL THINKING:</strong> Complete one course from D1 and one course from D2</td>
<td>Students who have been in attendance at Cuesta or any regionally accredited institution prior to Fall 2009 should see a Cuesta counselor to establish catalog rights regarding competency requirements. Competency in reading, written expression, and mathematics must be demonstrated. The reading and written expression competency requirement is satisfied by completing English 201A, or an equivalent college level writing course with a grade of “C” or better. The mathematics competency requirement is satisfied in one of two ways: 1) Completing Math 126B, 127, 128, or a higher college level mathematics course, with a grade of “C” or better, or 2) Demonstrating proficiency in intermediate algebra by scoring at the appropriate level on the Mathematics Assessment (Accuplacer) Test</td>
<td>D1</td>
<td>D2</td>
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<tr>
<td><strong>E. AMERICAN INSTITUTIONS:</strong> Complete one course</td>
<td>History 207A, 207B; Political Science 202 (cannot be double counted for Area B)</td>
<td>E</td>
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Note: Students who have been in attendance at Cuesta or any regionally accredited institution prior to Fall 2009 should see a Cuesta counselor to establish catalog rights regarding competency requirements.

**Legend**
- *Prerequisite required.
- <Course also meets the Diversity requirement (see back).
- Underlined courses include a lab.
Health Education Requirement:
After successfully completing this requirement, students will be able to apply a breadth and depth of knowledge that is inclusive of all the dimensions of health, e.g., spiritual, environmental, social, mental and emotional, and physical. The scope and content of the health education course work this requirement provides the student with the knowledge and problem solving skills essential to evaluate health literature, analyze personal health risks and promote lifestyle choices. This preparation empowers the student to make relevant choices applicable to their genetic, environmental, and health risk factors that ultimately optimize mind/body/spirit health over a lifetime.

- Descriptive and discussion content of the major chronic diseases in the United States.
- Evaluation of individual risk factors for chronic diseases from a genetic, environmental, and lifestyle perspective.
- Descriptive and discussion content about communicable diseases/infections (e.g., STI’s, Hepatitis C) including symptoms and prevention.
- Analyzing the influence of environmental and nutritional concepts on food choices.
- Relating diet, exercise, and stress management to prevention of diseases and psychological well being.
- Developing an appropriate physical fitness program that includes cardiovascular conditioning, muscle strength and endurance training, and flexibility.
- Examining the relationship between values and beliefs and mental health. Utilize this relationship to create effective interpersonal communication in relationships, coping, prevention of addictive behaviors and personal safety.
- Analyze and apply spiritual concepts to improve health and wellness.

Complete one course:  Health Education 202 or 203 or 208 or 210
Note: Health Education 203 or 208 will satisfy both the Health Education and the Diversity Requirement.

The following degree or certificate will also satisfy the Health Education Requirement:
A.S., Nursing, Registered; C.A., Nursing, Registered; C.A., Nursing, Registered (30 Credit Option)

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Diversity Requirement:
After successfully completing the requirement, students will be able to identify, assess, and challenge biased assumptions and behaviors of individuals and societal institutions; analyze inter-group relations within categories of identity, such as race, ethnicity, gender, religion, sexual orientation, class, ability, nationality, or age; and examine struggles of non-dominant groups for power, justice, and access to resources. Complete one course:

Anthropology <203, 220; Business 260; Communication 212; Criminal Justice 224, Early Childhood Education 215; English <213, <217, Family Studies <213, <215, 218; Health Education 203, 208; History <212, <233, <237; Legal <217; Nutrition 222; Psychology <206; Sociology 202, <206, <208.

Note: Health Education 203 or 208 will satisfy both the Diversity and the Health Education requirement. The symbol “<” denotes that the course will also satisfy a general education requirement (See page 1).

The following degree or certificate will also satisfy the Diversity Requirement:
A.S., Nursing, Registered; C.A., Nursing, Registered; C.A., Nursing, Registered (30 Credit Option)

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Are You Ready To Apply for Your Associates Degree?  YES  NO

1. 60 Associate Degree applicable semester credits
2. 18 credits of General Education, (see page 1), with an overall GPA of 2.0 in GE coursework
3. A minimum of 12 credits completed in residence at Cuesta College
4. A minimum cumulative grade point average of 2.0 in all degree applicable course work
5. Math Competency (Area D2, page 1)
6. English Competency (Area D1, page 1)
7. Health Education Requirement (page 2)
8. Diversity Requirement (page 2)
9. Completion of a Designated Degree (A.A. or A.S.) pattern, with a “C” grade or better in each course required for the major.
10. Official transcripts from all postsecondary institutions on file with the Evaluations Office
Associate Degree General Education Course Titles for F 2015

Area A Physical and Life Sciences
ANTH201 Physical Anthropology BIO221 General Ecology GEO212 Geologic Hazards, Man, and the Environment
ASTR201 Astronomy BIO222 Marine Biology GEO220 Geology of California
BIO201A Biology BIO224 Principles of Natural History METE 212 Meteorology
BI024 General Bacteriology CHEM201A General College Chemistry NUTR210 Nutrition
BIO205 Human Anatomy CHEM210F Principles of General Chemistry with Facilitator NUTR211 Introduction to Nutrition for Health Professionals
BIO211 Life Science CHEM211 Intro Organic/Biochemistry OCEN210 Oceanography
BIO212 Human Biology EET213 Electronics Fundamentals PHYS20A General Physics
BIO213 Genetics in Society EET213 Electronics Fundamentals PHY208A Introduction to Physics
BIO216 Plants and People GEO210 Physical Geology PSYC202 Introduction to Biological Psychology
BIO220 Environmental Biology GEO211 Historical Geology

Area B Social Sciences and Behavioral Studies
ANTH202 Archaeology GEO202 Cultural Geography POL209 Introduction to Political Theory
ANTH203 Cultural Anthropology HIST203A History of World Civilization PSYC 200 Research Methods for Behavioral and Social Sciences
ANTH225 Contemporary Cultures of the World HIST203B History of World Civilization PSYC201 Introductory Psychology
ANTH226 Contemporary Cultures of the World Prehistory HIST204A History of Western Civilization PSYC206 Introduction to Social Psychology
ANTH227 Contemporary Cultures of the World Prehistory Comm 230T Interpersonal Communication PSYC233 Personality and Adjustment
ANTH228 Contemporary Cultures of the World Prehistory COMM230 Survey of Communication Studies SOC201A Introduction to Sociology
ANTH229 Contemporary Cultures of the World Prehistory COMM230 Survey of Communication Studies SOC201B Social Institutions
ANTH230 Contemporary Cultures of the World Prehistory COMM230 Survey of Communication Studies SOC208 Introduction to Women’s Studies

Area C Arts and Humanities
ASL201 American Sign Language ASL201 American Sign Language II ID282 History of Interior Design
ASL202 American Sign Language II ART220 Art Appreciation MUS 201 Fundamentals of Music (Music Theory I)
ART220 Art Appreciation ART220 Art Appreciation MUS255 Music Appreciation: Classical Music
ART220 Art Appreciation ART220 Art Appreciation MUS265 Music Appreciation: World Music
ART220 Art Appreciation ART220 Art Appreciation MUS277 Music Appreciation: American Popular Music
ART220 Art Appreciation ART220 Art Appreciation MUS283 Music Appreciation: Jazz History
ART220 Art Appreciation ART220 Art Appreciation PHIL205 Introduction to the Bible
ART220 Art Appreciation ART220 Art Appreciation PHIL206 Introduction to Philosophy
ART220 Art Appreciation ART220 Art Appreciation PHIL209 World Religions
ART220 Art Appreciation ART220 Art Appreciation PHIL212 Philosophical Classics in Theory of Reality and Knowledge
ART220 Art Appreciation ART220 Art Appreciation PHIL213 Philosophical Classics in Ethics and Social Philosophy
ART220 Art Appreciation ART220 Art Appreciation SPAN201 Spanish I
ART220 Art Appreciation ART220 Art Appreciation SPAN202 Spanish II
ART220 Art Appreciation ART220 Art Appreciation SPAN203 Spanish III
ART220 Art Appreciation ART220 Art Appreciation SPAN204 Spanish IV
ART220 Art Appreciation ART220 Art Appreciation SPAN205 Spanish V

Area D1 Communication in English
ENGL201A English Composition ENGL201B English Composition: Intro to Literature GER203 German III

Area D2 Analytical Thinking
CIS201 Introduction to Computer Science MATH229 Trigonometry MATH255 Calculus for Business and Management
CIS217 “C” Programming Language MATH230 College Mathematics for the Humanities MATH265A Calculus I
CIS231 Fundamentals of Computer Science I MATH231 Trigonometry with Geometric MATH265B Calculus II
EET216 Digital Concepts ENGL244A European Literature MATH283 Calculus III: Multivariable Calculus
MATH126B Intermediate Algebra - Part 2 ENGL244B European Literature MATH287 Linear Analysis
MATH127 Intermediate Algebra ENGL245A World Literature I PHIL208 Introduction to Logic
MATH128 Advanced Algebra ENGL245B World Literature II PHIL209 Politics
MATH129 Precalculus ENGL245C World Literature III PHIL210 Political Theory
MATH229 Trigonometry MATH230 College Mathematics for the Humanities PHIL211 Introduction to Women’s Studies
MATH231 Trigonometry with Geometric MATH231 Trigonometry with Geometric PHIL212 Analytical Thinking
MATH242 Precalculus Algebra MATH242 Precalculus Algebra PHIL213 Analytical Thinking
MATH283 Calculus III: Multivariable Calculus MATH283 Calculus III: Multivariable Calculus PHIL214 Analytical Thinking
MATH287 Linear Analysis MATH287 Linear Analysis PHIL215 Analytical Thinking

Area E American Institutions
HIST207B History of the U.S. HIST207B History of the U.S. HIST233 History of the African American
HIST208 History of the U.S. HIST208 History of the U.S. HIST234 History of the African American

Diversity Requirement
ANTH203 Cultural Anthropology ENGL217 Literature by Women HIST233 History of African Americans
ANTH220 Cultural Anthropology ENGL218 Literature by Women HIST237 History of American Women
BUS260 International Business FMST215 Development Patterns of Women LGL217 Introduction to Law
CJ224 Community, Diversity and the Justice System FMST215 Development Patterns of Women NUTR222 Food Customs and Culture
COMM 212 Intercultural Communication HEED 203 Women’s Health SOC202 Social Problems
ECE215 Teaching in a Diverse Society HEED 203 Women’s Health SOC206 Intro to Gender Studies
ENG213 Multicultural Voices in American Literature HIST212 History of Mexican Americans SOC208 Introduction to Women’s Studies

Health Requirement
HEED202 Health Education HEED202 Health Education
HEED203 Women’s Health Issues HEED203 Women’s Health Issues
HEED208 Multicultural Health HEED208 Multicultural Health
HEED 210 Community Health HEED 210 Community Health