

GENERAL STUDIES AA - WELLNESS AND SELF- DEVELOPMENT



To meet the General Studies degree requirements, a student must complete the following:

- I. **AA/AS General Education Requirements (see Degree Requirements section of the catalog).**
- II. **Choose a minimum of 18 units. Minimum 3 units from Wellness and 3 units from Self Development. A maximum of 3 units of credit allowed for ES/DANC activity courses.**

The remaining units can be taken from either category.

This emphasis is designed to equip students with information and tools for lifelong wellness and self-development as integrated beings. Students will be acquainted with the vast landscape of wellness and self-development, taking into account the psychological, biological, developmental, physical factors, and they will be able to make effective decisions about optimizing their own wellness, lifestyle, and performance.

The Program-level Student Learning Outcomes (PSLOs) below are outcomes that students will achieve after completing specific degree / certificate requirements in this program. Students will:

1. Demonstrate an understanding of nutrition, optimal health/lifestyles and fitness in daily life through informed decision-making.
2. Describe basic principles of nutrition, personal and/or public health.
3. Demonstrate sound decision making with respect to personal health and wellness.

Note: All courses must be completed with a letter grade of "C" or higher or "Pass."

Code	Title	Units
Wellness		
BIO-118	Introduction to Human Biology	
COMM-126	Communication Studies: Health and Wellness	
ES-250	Introduction to Kinesiology	
ES-255	Care and Prevention of Athletic and Recreational Injuries	
HED-101	Keys to Successful Weight Control	
HED-105	Health Education for Teachers	
HED-120	Personal Health and Lifestyles	
HED-201	Introduction to Public Health	
NUTR-155	Introduction to Nutrition	
NUTR-158	Nutrition for Fitness and Sports	
NUTR-159	Cultural Aspects of Food and Nutrition	

NUTR-205	The Scientific Principles of Food Preparation
NUTR-255	Science of Nutrition
Activity	
DANC-068	Introduction to Dance
DANC-071A	Studio Workshop in Tap Dance I
DANC-071B	Studio Workshop in Tap Dance II
DANC-072A	Studio Workshop in Modern Dance I
DANC-072B	Studio Workshop in Modern Dance II
DANC-074A	Studio Workshop in Jazz Dance I
DANC-074B	Studio Workshop in Jazz Dance II
DANC-080A	Modern I
DANC-080B	Modern II
DANC-080C	Modern III
DANC-080D	Modern IV
DANC-081A	Tap I
DANC-081B	Tap II
DANC-081C	Tap III
DANC-081D	Tap IV
DANC-082A	Social and Ballroom Dance I
DANC-082B	Social and Ballroom Dance II
DANC-083A	Latin American Dance I
DANC-083B	Latin American Dance II
DANC-084A	Jazz I
DANC-084B	Jazz II
DANC-084C	Jazz III
DANC-084D	Jazz IV
DANC-088A	Ballet I
DANC-088B	Ballet II
DANC-088C	Ballet III
DANC-088D	Ballet IV
DANC-094A	Hip Hop I
DANC-094B	Hip Hop II
DANC-094C	Hip Hop III
DANC-094D	Hip Hop IV
DANC-099A	Studio Workshop in Pointe I
DANC-099B	Studio Workshop in Pointe II
DANC-099C	Studio Workshop in Pointe III
DANC-118A	Pilates I
DANC-118B	Pilates II
DANC-118C	Pilates III
DANC-118D	Pilates IV
Activity	
ES-001	Adapted Physical Exercise
ES-002	Advanced Adapted Physical Exercise
ES-003	Adaptive Aerobic Fitness
ES-004A	Beginning Fitness for the Newcomer
ES-004B	Intermediate Fitness for the Newcomer
ES-004C	Advanced Fitness for the Newcomer
ES-005A	Beginning Cardio Fitness and Resistance Training
ES-005B	Intermediate Cardio Fitness and Resistance Training

ES-005C	Advanced Cardio Fitness and Resistance Training	ES-040C	Advanced Aquatic Fitness
ES-006A	Beginning Fitness Circuit	ES-041	Adapted Water Aerobics
ES-006B	Intermediate Fitness Circuit	ES-043A	Beginning Swimming
ES-006C	Advanced Fitness Circuit	ES-043B	Intermediate Swimming
ES-007A	Beginning Aerobic Walking for Fitness and Wellness	ES-043C	Advanced Swimming
ES-007B	Intermediate Aerobic Walking for Fitness and Wellness	ES-044A	Beginning Lap Swimming for Health and Fitness
ES-007C	Advanced Aerobic Walking for Fitness and Wellness	ES-044B	Intermediate Lap Swimming for Health and Fitness
ES-008A	Beginning Indoor Cycling	ES-044C	Advanced Lap Swimming for Health and Fitness
ES-008B	Intermediate Indoor Cycling	ES-060A	Beginning Badminton
ES-008C	Advanced Indoor Cycling	ES-060B	Intermediate Badminton
ES-009A	Beginning Aerobic Dance Exercise	ES-060C	Advanced Badminton
ES-009B	Intermediate Aerobic Dance Exercise	ES-061A	Beginning Pickleball
ES-009C	Advanced Aerobic Dance Exercise	ES-061B	Intermediate Pickleball
ES-016A	Beginning Trail Running	ES-061C	Advanced Pickleball
ES-016B	Intermediate Trail Running	ES-076A	Beginning Tennis
ES-016C	Advanced Trail Running	ES-076B	Intermediate Tennis
ES-017A	Beginning Trail Hiking	ES-076C	Advanced Tennis
ES-017B	Intermediate Trail Hiking	ES-125A	Beginning Golf
ES-017C	Advanced Trail Hiking	ES-125B	Intermediate Golf
ES-021A	Beginning Fitness for Chronic Disease And Injury Prevention	ES-125C	Advanced Golf
ES-021B	Intermediate Fitness for Chronic Disease And Injury Prevention	ES-130A	Beginning Gymnastics
ES-021C	Advanced Fitness for Chronic Disease and Injury Prevention	ES-130B	Intermediate Gymnastics
ES-022	Total Body Conditioning	ES-130C	Advanced Gymnastics
ES-023A	Beginning Resistance Training	ES-155A	Beginning Basketball
ES-023B	Intermediate Resistance Training	ES-155B	Intermediate Basketball
ES-023C	Advanced Resistance Training	ES-155C	Advanced Basketball
ES-024A	Beginning Fitness Boot Camp	ES-170A	Beginning Soccer
ES-024B	Intermediate Fitness Boot Camp	ES-170B	Intermediate Soccer
ES-024C	Advanced Fitness Boot Camp	ES-170C	Advanced Soccer
ES-026	Stress Reduction Through Movement and Mindfulness	ES-171A	Beginning Softball
ES-027A	Beginning T'ai Chi Ch'uan	ES-171B	Intermediate Softball
ES-027B	Intermediate T'ai Chi Ch'uan	ES-171C	Advanced Softball
ES-027C	Advanced T'ai Chi Ch'uan	ES-172A	Beginning Baseball
ES-028A	Beginning Yoga	ES-172B	Intermediate Baseball
ES-028B	Intermediate Yoga	ES-172C	Advanced Baseball
ES-028C	Advanced Yoga	ES-175A	Beginning Volleyball
ES-029	Adapted Yoga	ES-175B	Intermediate Volleyball
ES-030	Adaptive Aquatic Sports Education	ES-175C	Advanced Volleyball
ES-035	Adapted Swimming Limited	ES-176A	Beginning Beach Volleyball
ES-037A	Beginning Springboard Diving	ES-176B	Intermediate Beach Volleyball
ES-037B	Intermediate Springboard Diving	ES-176C	Advanced Beach Volleyball
ES-037C	Advanced Springboard Diving	ES-180	Self-Defense for Women
ES-039	Swimming for Nonswimmers	ES-185A	Beginning Fencing
ES-040A	Beginning Aquatic Fitness	ES-185B	Intermediate Fencing
ES-040B	Intermediate Aquatic Fitness	ES-185C	Advanced Fencing
		Self-Development	
		BIO-112	Contemporary Issues in Environmental Resources 3
		BUS-195	Principles of Money Management for Success 3

CD-125	Child Growth and Development	3
CD-153	Teaching in a Diverse Society	3
CHEM-110	Environmental Chemistry	3
COMM-128	Global Communication	3
COUN-104	Introduction to College Success Strategies	1
COUN-110	Career Decision Making	1
COUN-120	College and Career Success	3
COUN-130	Study Skills and Time Management	1
ENGL-219	Death and Dying in Literature	3
ETHN-115	Introduction to Cultural Competence	3
FS-110	Life Management	3
FS-120	Human Development	3
FS-129	Introduction to Human Aging	3
LIR-110	Research Methods in an Online World	1
PSY-132	Psychology of Health	3
PSY-134	Human Sexuality	3
PSY-140	Physiological Psychology	3
PSY-150	Developmental Psychology	3
PSY-180	Psychology of Interpersonal Skills	3
PSY-220	Learning	3
SOC-125	Marriage, Family, and Alternate Lifestyles	3