

GENERAL STUDIES: LIFELONG WELLNESS AND SELF-DEVELOPMENT, ASSOCIATE IN ARTS

This degree provides an opportunity for students to earn an Associate in Arts (AA) degree in a comprehensive area of study. It is intended for the student who may not be currently transferring to a university. A minimum of 60 semester units must be completed with an overall Grade Point Average (GPA) of 2.0 or better in all degree-applicable units. Only courses numbered 1-299 may be applied toward this associate degree.

This degree is designed to equip students with the informative tools to support education in lifelong wellness and self-development. Students will be well acquainted with the vast landscape of wellness and self development, while considering the psychological, biological, developmental, and physical factors involved. They will be able to make more effective decisions about optimizing their own wellness, lifestyle, and performance across their lifespan.

Upon successful completion of the program, students will be able to:

- Analyze how physical, social, emotional, financial and/or intellectual factors contribute to wellness and healthful living
- Apply the theories of Wellness and Self Development to personal, professional growth and/or vocational/life goals.
- Apply an understanding of the interconnectedness between one's personal self and others, thereby enhancing personal wellness and community relationships.
- Create a lifelong understanding and development of themselves as integrated physiological, social, and psychological beings.
- Acquire a knowledge base that encourages lifelong learning in order to effectively adapt to a complex and ever-changing society.

Associate in Arts Degree Major Requirements

Code	Title	Units
Required Core		
Select 15 units from at least two disciplines of the following:		15
BUSI 22	Effective Leadership in Business	
BUSI 60	Financial Planning and Money Management	
COUN 10	College Success	
COUN 50	Making College Count	
COUN 51	Career and Life Planning	
COUN 59	Study Skills for Success	
COUN 71	Career Assessment and Exploration	
EMMS 5	First Aid, CPR and AED	
HLTH 4	Healthy Living	
HLTH 7	Women's Health	
HOSP 21	Urban Agriculture Culinary Arts	
HOSP 22	Farm to Table Sustainable Cooking	
KINS 46	Principles of Strength Training and Conditioning	
KINS 51	Fitness and Wellness Strategies	

KINS 60	Fitness Exercise Physiology	
NUTF 1	Nutrition	
NUTF 3	Nutrition Issues and Controversies	
PSYC 6	Psychology of Women	
PSYC 25	Lifespan Development	
PSYC 40	Human Sexuality	
PSYC 50	Health Psychology	
SOCI 40	Sociology of Marriages and Families	
WORK 98	Exploratory Work Experience	
Select 3 units from the following activity courses:		3
ADPE 6	Adapted Functional Training	
ADPE 8	Introduction to Adapted Physical Education	
ADPE 9	Adapted Personal Fitness	
ADPE 10	Adapted Weight Training	
ADPE 13	Physical Education: Adapted	
ADPE 14	Adapted Aerobics	
ADPE 15	Heart Healthy Exercise	
ADPE 16	Adapted Flexibility and Movement Techniques	
DANC 10A	Modern Dance I	
DANC 10B	Modern Dance II	
DANC 10C	Modern Dance III	
DANC 10D	Modern Dance IV	
DANC 11A	Jazz Dance I	
DANC 11B	Jazz Dance II	
DANC 11C	Jazz Dance III	
DANC 11D	Jazz Dance IV	
DANC 12A	Ballet I	
DANC 12B	Ballet II	
DANC 12D	Ballet IV	
DANC 12C	Ballet III	
DANC 14A	Ballroom Dance I	
DANC 14B	Ballroom Dance II	
DANC 14C	Ballroom Dance III	
DANC 14D	Ballroom Dance IV	
DANC 15A	Ethnic Dance Forms I	
DANC 15B	Ethnic Dance Forms II	
DANC 15C	Ethnic Dance Forms III	
DANC 15D	Ethnic Dance Forms IV	
DANC 17A	Tap Dance I	
DANC 18A	Hip Hop Dance I	
DANC 18B	Hip Hop Dance II	
DANC 18C	Hip Hop Dance III	
DANC 18D	Hip Hop Dance IV	
DANC 19A	Salsa Dance I	
DANC 19B	Salsa Dance II	
DANC 19C	Salsa Dance III	
DANC 19D	Salsa Dance IV	
DANC 21	Introduction to Modern Dance Repertory	
PHED 2A	Golf I	
PHED 2B	Golf II	
PHED 2C	Golf III	
PHED 2D	Golf IV	

PHED 5A	Tennis I	PFIT 17C	Yoga III
PHED 5B	Tennis II	PFIT 17D	Yoga IV
PHED 5D	Tennis III	PFIT 18A	Aerobic Fitness I
PHED 5E	Tennis IV	PFIT 18B	Aerobic Fitness II
PHED 6A	Soccer I	PFIT 18C	Aerobic Fitness III
PHED 6B	Soccer II	PFIT 18D	Aerobic Fitness IV
PHED 6C	Soccer III	PFIT 19A	Body Sculpting I
PHED 7A	Swimming I	PFIT 19B	Body Sculpting II
PHED 7B	Swimming II	PFIT 19C	Body Sculpting III
PHED 9A	Pickleball I	PFIT 19D	Body Sculpting IV
PHED 9B	Pickleball II	PFIT 20	Circuit Training
PHED 9C	Pickleball III	PFIT 21A	Flexibility and Relaxation Techniques I
PHED 9D	Pickleball IV	PFIT 21B	Flexibility and Relaxation Techniques II
PHED 12B	Competitive Swimming I	PFIT 21C	Flexibility and Relaxation Techniques III
PHED 12C	Competitive Swimming II	PFIT 22A	Fitness Through Swimming I
PHED 12D	Competitive Swimming III	PFIT 22B	Fitness Through Swimming II
PHED 12E	Competitive Swimming IV	PFIT 22C	Fitness Through Swimming III
PHED 15A	Volleyball I	PFIT 22D	Fitness Through Swimming IV
PHED 15B	Volleyball II	PFIT 23A	Functional Fitness I
PHED 15D	Volleyball III	PFIT 23B	Functional Fitness II
PHED 15E	Volleyball IV	PFIT 23C	Functional Fitness III
PHED 22A	Introduction to Basketball	PFIT 23D	Functional Fitness IV
PHED 22B	Intermediate Basketball	PFIT 30A	Triathlon Training I
PHED 22C	Intermediate/Advanced Basketball	PFIT 30B	Triathlon Training II
PHED 22D	Advanced Basketball	PFIT 30C	Triathlon Training III
PHED 23A	Martial Arts/Self-Defense I	PFIT 50	Independent Fitness and Testing Program
PHED 23B	Martial Arts/Self-Defense II	TOTAL MAJOR UNITS	18
PHED 23C	Martial Arts/Self-Defense III	Additional Requirements	42
PHED 23D	Martial Arts/Self-Defense IV	Complete Competency Requirements, general education pattern (MPC General Education, CSU General Education, or IGETC), and electives, if needed, for a total of 60 degree-applicable units.	
PHED 24A	Beach Volleyball I	Total Units	60
PHED 24B	Beach Volleyball II	Please refer to the graduation requirements section of the Catalog for information about degree and certificate requirements including Reading and Writing, Mathematics, Information Competency, and General Education requirements.	
PHED 24C	Beach Volleyball III		
PHED 24D	Beach Volleyball IV		
PFIT 2	Core Fitness Training		
PFIT 6	Cross-Training		
PFIT 7	Distance Training		
PFIT 8	Aerobic Conditioning		
PFIT 9	Personal Fitness		
PFIT 10A	Beginning Weight Training		
PFIT 10B	Intermediate Weight Training		
PFIT 10C	Advanced Weight Training		
PFIT 14	Exercise for Health and Fitness		
PFIT 15B	Core Matwork II		
PFIT 15A	Core Matwork I		
PFIT 15C	Core Matwork III		
PFIT 15D	Core Matwork IV		
PFIT 16A	Tai Chi I		
PFIT 16B	Tai Chi II		
PFIT 16C	Tai Chi III		
PFIT 16D	Tai Chi IV		
PFIT 17A	Yoga I		
PFIT 17B	Yoga II		