



EL CAMINO COLLEGE

Spring 2026 CATALOG ADDENDUM



El Camino Community College District A Public Community College

Serving: El Segundo, Hawthorne, Hermosa Beach, Inglewood,
Lawndale, Lennox, Manhattan Beach, Redondo Beach, and Torrance

Address

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Website

www.elcamino.edu

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Programs of Study

Communication Studies Certificate of Achievement

The Certificate of Achievement in Communication Studies is designed to enhance a student's ability to communicate in academic and professional settings while fulfilling some of the most desired skills required by employers including public speaking, cultural understanding and diversity, listening skills, conflict management, effective group communication and persuasion.

Students majoring in fields that require strong communication skills may use certification in Communication Studies as a foundation that can be used in any career path, increasing one's preparation for employment and transferability to a university.

A certificate of achievement will be granted upon completion of all program requirements. At least 12 unit must be completed at El Camino College.

Required Courses:

COMS 130 - Interpersonal Communication 3 units
or
COMS 140 - Small Group Communication 3 units

and
COMS 120 - Critical Thinking Through Argumentation and Debate 3 units

9 units from:

COMS 250 - Oral Interpretation of Literature 3 units
COMS 260 - Introduction to Intercultural Communication 3 units
COMS 265 - Mass Communication 3 units
COMS 270 - Organizational Communication 3 units
COMS 275 - Gender Communication 3 units

Total Units: 15

Data Science Certificate of Achievement

This certificate introduces the computational and inferential thinking skills needed for data science. Students learn intermediate programming techniques, database fundamentals using SQL, data visualization techniques, statistics, and popular data science tools used for analysis.

Required Core:

CSCI 8 - Foundations of Data Science 4 units
CSCI 9 - Practical Data Science 4 units

Select 1 Course:

COMS 180 - Data-Driven Persuasion 4 units
PSYC 109A - Introduction to Statistics and Data Analysis for the Behavioral Sciences 4 units
SOC 109A - Introduction to Statistics and Data Analysis for the Behavioral Sciences 4 units
STAT C1000 - Introduction to Statistics 4 units
STAT C1000H - Introduction to Statistics - Honors 4 units

Select 2 Courses:

CSCI 14 - Introduction to Programming with Python 4 units
and
CSCI 3 - Object-Oriented Programming in Java 4 units

or

CSCI 1 - Problem Solving and Program Design Using C++ 4 units
and
CSCI 2 - Introduction to Data Structures 5 units

Total Units: 20-21

Economics, AA

The degree in economics is designed to provide students with a foundation in macroeconomics and microeconomics theory. Economics majors will acquire knowledge of the principle economic models for understanding how the national economy functions, the fundamental laws of supply and demand, and international trade theory. Students will be able to apply methodologies to assess fiscal and monetary policy, price levels, and the allocation of goods and resources in competitive

and monopolistic markets. Competencies will be assessed through regularly scheduled objective and essay examinations and problem solving assignments.

Required Core: 14 units

ECON 101 - Principles of Economics: Macroeconomics 3 units
or
ECON 101H - Honors Principles of Economics: Macroeconomics 3 units

ECON 102 - Principles of Economics: Microeconomics Theory 3 units

MATH 165 - Calculus for Business and Social Sciences 5 units
or
MATH 190 - Single Variable Calculus and Analytic Geometry I 5 units

HIST 102 - United States History from 1877 to the Present 3 units
or
HIST 102H - Honors United States History from 1877 to the Present 3 units
or
POLS C1000 - American Government and Politics 3 units
or
POLS C1000H - American Government and Politics - Honors 3 units

List A: 6 units from List A if not already completed as part of the required core.

HIST 101 - United States History to 1877 3 units
or
HIST 101H - Honors United States History to 1877 3 units

HIST 102 - United States History from 1877 to the Present 3 units
or
HIST 102H - Honors United States History from 1877 to the Present 3 units

HIST 140 - History of Early Civilizations 3 units
HIST 141 - History of Modern Civilizations 3 units

POLI 10 - Introduction to International Relations 3 units
or
POLI 10H - Honors Introduction to International Relations 3 units

POLS C1000 - American Government and Politics 3 units
or
POLS C1000H - American Government and Politics - Honors 3 units

Total Units: 20

Preparation for the Economics Transfer Major

For information on specific university major requirements, please obtain a transfer curriculum guide sheet in the Counseling Services Center, consult with your counselor, or visit the Transfer Center. You may use the transfer major requirements to help you fulfill your associate degree requirements.

Fire and Emergency, AS

The fire and emergency technology program prepares students for entry-level employment and job upgrades in fire services and emergency medical fields. By completing the degree or certificate requirements, students will gain the ability to apply the principles of fire combat, fire protection organization, fire prevention, fire behavior, and building construction. Students will also gain proficiency in emergency medical assistance and in the handling of hazardous materials and emergency vehicles and apparatus. Competencies will be assessed regularly in compliance with the California State Firefighter I Standards and with the Los Angeles County certification process for emergency medical technicians and paramedics.

Note: Since employment as a fire fighter requires passing stringent physical and agility exams, persons considering such a career should ascertain that they meet those requirements.

For Gainful Employment program information, please visit <https://www.elcamino.edu/academics/divisions/health-sciences-and-athletics/fire-academy/>

Fire and Emergency Technology Option:**Required Core: 27.5 units**

FTEC 1 - Fire Protection Organization 3 units
 FTEC 2 - Fire Prevention Technology 3 units
 FTEC 3 - Fundamentals of Personal Fire Safety and Survival 3 units
 FTEC 5 - Fire Behavior and Combustion 3 units
 FTEC 6 - Building Construction for Fire Protection 3 units
 FTEC 10 - Hazardous Materials 3 units
 FTEC 20 - Fire Protection Equipment and Systems 3 units
 FTEC 144 - Emergency Medical Technician 6.5 units

Total Units: 27.5**Recommended Electives:**

FTEC 4 - Fire Company Organization and Management 3 units
 FTEC 9 - Fire Apparatus and Equipment 3 units
 FTEC 11 - Arson Detection and Control 3 units
 PE 280 - Exercise and Nutrition Programs for Fitness and Weight Management 3 units

Paramedical Technician Option:

In order to be eligible for the Paramedical Technician Option, the student must first complete the following requirements:

Provide verification of Emergency Medical Technician-1 (EMT-1) certification within the last 12 months;
 Provide verification of at least 6 months experience as an EMT-1 in a pre-hospital setting;
 Complete FTEC 15 or equivalent;
 Pass a medical examination according to the National Fire Protection Association (NFPA) Standard #1582;
 Furnish proof of rubella immunity, Tuberculosis (TB) test and Hepatitis B vaccine.

In addition to the program prerequisites, it is recommended that students be eligible, through assessment or coursework, for ENGL C1000 and MATH 80.

Required Courses (after meeting above requirements):

Required Core: 34 units

FTEC 130 - Basic Prehospital Care Principles 2 units
 FTEC 131 - Field Assessing and Reporting 1.5 units
 FTEC 132 - Prehospital Care Pharmacology 1.5 units
 FTEC 133 - Basic and Advanced Life Support 6.5 units
 FTEC 134 - Medical Emergencies 4 units
 FTEC 135 - Traumatic Emergencies 2 units
 FTEC 136 - Special Patient Emergencies 2 units
 FTEC 137 - Emergency Medical Services (EMS)/Legal Aspects/Documentation 2 units
 FTEC 138 - Paramedic Clinical Internship 4 units
 FTEC 139 - Paramedic Field Internship 8.5 units

Total Units: 34**Recommended Electives:**

ANAT 30 and any college chemistry course with a laboratory

Preparation for the Fire and Emergency Technology Transfer Major
 For information on specific university major requirements, please obtain a transfer curriculum guide sheet in the Counseling Services Center, consult with your counselor, or visit the Transfer Center. You may use the transfer major requirements to help you fulfill your associate degree requirements.

Liberal Studies (Elementary Teaching), AA

This degree is designed for students who wish to earn a multiple-subject teaching credential authorizing them to teach in grades K-5. Students will study a broad range of subjects to prepare them for teaching, including English, mathematics, science, social science, visual and performing arts, and human development. Competencies will be assessed regularly through projects, examinations, laboratory experiments, and presentations. Program assessment will be conducted by tracking student placement in teacher preparation programs at the university level.

General Information

Majoring in Liberal Studies will afford students the opportunity to complete the first two years of lower division coursework for their intended transfer institution and, depending upon the program selected, up to 45 hours of the required fieldwork for the credential.

Transfer Degree Option:

Students must complete the requirements listed on the guide sheet for a transfer institution.

Teacher Preparation Option:**Required Core: 16 units**

ENGL C1000 - Academic Reading and Writing 4 units
 or
 ENGL C1000H - Academic Reading and Writing - Honors 4 units

COMM C1000 - Introduction to Public Speaking 3 units
 or
 COMM C1000H - Introduction to Public Speaking - Honors 3 units
 or
 ENGL C1001 - Critical Thinking and Writing 4 units
 or
 ENGL C1001H - Critical Thinking and Writing - Honors 4 units

HIST 101 - United States History to 1877 3 units
 or
 HIST 101H - Honors United States History to 1877 3 units
 or
 HIST 102 - United States History from 1877 to the Present 3 units
 or
 HIST 102H - Honors United States History from 1877 to the Present 3 units

POLS C1000 - American Government and Politics 3 units
 or
 POLS C1000H - American Government and Politics - Honors 3 units

GEOG 5 - World Regional Geography 3 units
 or
 GEOG 5H - Honors World Regional Geography 3 units
 or
 CDEV 103 - Child Growth and Development 3 units
 or
 HIST 140 - History of Early Civilizations 3 units

3-4 units from:

BIOL 10 - Fundamentals of Biology 4 units
 BIOL 10H - Honors Fundamentals of Biology 4 units
 GEOL 6 - Earth Science in Education 4 units
 PSCI 25 - Exploring Physical Sciences 3 units

3 units from:

AHIS 101 - Art and Visual Culture: A Global Perspective 3 units
 DANC 101 - Dance Appreciation 3 units
 ENGL 15A - Survey of British Literature I 3 units
 ENGL 15B - Survey of British Literature II 3 units
 ENGL 35 - World Literature: 3500 BCE to 1650 CE 3 units
 ENGL 36 - World Literature: 1650 CE to Present 3 units
 ENGL 40A - American Literature I 3 units
 ENGL 40B - American Literature II 3 units
 ENGL 42 - Chicano and Latino Literature 3 units
 ENGL 43 - African American Literature 3 units
 ENGL 44 - The Literature of American Ethnic Groups 3 units
 MUSI 111 - Music Appreciation Survey 3 units
 MUSI 112 - Music Cultures of the World 3 units
 MUSI 112H - Honors Music Cultures of the World 3 units
 THEA 103 - Theatre Appreciation 3 units

3-5 units from:

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 120 - Liberal Arts Mathematics 3 units
 MATH 130 - College Algebra 3 units
 MATH 170 - Trigonometry 3 units
 STAT C1000 - Introduction to Statistics 4 units
 STAT C1000H - Introduction to Statistics - Honors 4 units

Total Units: 25-28

For information on specific university requirements and teaching careers, please contact the Teacher Education Preparation (TEP)

Program at 310-660-3573.

Mathematics, AS

The degree provides the student with sufficient depth to support a lifelong interest in mathematics, and is suitable for the student who plans to transfer in mathematics. The core of the major is the calculus sequence, in which the student will acquire a conceptual understanding of the principles of differential and integral calculus for functions of one and several variables, as well as the ability to apply calculus techniques in a variety of applications. One course in Differential Equations with Linear Algebra is required, as well as one additional course to provide the student with greater breadth in mathematics. Competency will be assessed by evaluating the student's ability to solve a wide range of calculus and other mathematical problems.

At least 8 units for this degree must be completed at El Camino College.

Mathematics Placement Chart

Required Core: 20 units

MATH 190 - Single Variable Calculus and Analytic Geometry I 5 units
 MATH 191 - Single Variable Calculus and Analytic Geometry II 5 units
 MATH 220 - Multi-Variable Calculus 5 units
 MATH 270 - Differential Equations with Linear Algebra 5 units

4-5 units from:

CSCI 1 - Problem Solving and Program Design Using C++ 4 units
 CSCI 2 - Introduction to Data Structures 5 units
 CSCI 3 - Object-Oriented Programming in Java 4 units
 MATH 210 - Introduction to Discrete Structures 5 units
 PHYS 1A - Mechanics of Solids 4 units
 PHYS 3A - General Physics with Calculus 5 units
 STAT C1000 - Introduction to Statistics 4 units
 STAT C1000H - Introduction to Statistics - Honors 4 units

Total Units: 24-25

Medical Transcription

The Medical Transcription Noncredit Certificate of Completion prepares students for an entry-level position in medical transcription. Students will learn about the scope of practice, tasks, and responsibilities of medical transcriptions; proofreading skills; common Greek and Latin prefixes, roots, and suffixes used in medical terminology; medical abbreviations; and the use of transcription equipment. The program also includes career research and development.

Required Courses:

ALH 501 - Medical Transcription 0 units
 HDEV 504 - Introduction to Career and Life Planning 0 units

Total Hours: 72

Paramedical Technician Certificate of Achievement

In order to be eligible for the Paramedical Technician certificate, the student must first complete the following requirements:

Provide verification of Emergency Medical Technician-1 (EMT-1) certification within the last 12 months
 Provide verification of at least 6 months experience as an EMT-1 in a pre-hospital setting
 Complete Fire and Emergency Technology 15 or equivalent
 Pass a medical examination according to the National Fire Protection Association (NFPA) Standard #1582
 Furnish proof of rubella immunity, Tuberculosis (TB) test and Hepatitis B vaccine
 In addition to the program prerequisites, it is recommended that students be eligible, through assessment or coursework, for ENGL C1000 and MATH 80.

For Gainful Employment program information, please visit www.elcamino.edu/academics/indtech/fireacademy

Required Courses (after meeting above requirements):

Certificate of Achievement

A Certificate of Achievement will be granted upon completion of all program requirements. At least 50 percent of the courses required for

the certificate must be completed at El Camino College.

Required Courses: 34 units

FTEC 130 - Basic Prehospital Care Principles 2 units
 FTEC 131 - Field Assessing and Reporting 1.5 units
 FTEC 132 - Prehospital Care Pharmacology 1.5 units
 FTEC 133 - Basic and Advanced Life Support 6.5 units
 FTEC 134 - Medical Emergencies 4 units
 FTEC 135 - Traumatic Emergencies 2 units
 FTEC 136 - Special Patient Emergencies 2 units
 FTEC 137 - Emergency Medical Services (EMS)/Legal Aspects/Documentation 2 units
 FTEC 138 - Paramedic Clinical Internship 4 units
 FTEC 139 - Paramedic Field Internship 8.5 units

Total Units: 34

Recommended Electives:

ANAT 30 and any college chemistry course with a laboratory

Personal Care Aide Certificate of Completion

This short-term program is intended to prepare students to become personal care aids in the home or in a healthcare facility. It is specifically for noncredit students who are seeking training in the health field for immediate entry-level employment. Furthermore, this program will also provide foundational health skills and training for students to enter into more advanced health career programs. A career development is included to increase employability and work skills.

Required Courses:

ALH 500 - Personal Care Aide 0 units
 HDEV 504 - Introduction to Career and Life Planning 0 units

Total Units: 0

Physical Education, AA

The degree provides an orientation to the profession through participation in diverse physical activities and study of the dimensions of exercise. Students will acquire the ability to utilize principles of human anatomy, physiology, and behavioral processes in a variety of exercise and sport applications. Competencies will be assessed by a student's ability to solve problems in exercise program design and to evaluate movement skills, tactics, and strategies in various physical activities. Upon completion of the program, students will enhance their ability to pursue advanced degree options or entry-level positions in the discipline.

Required Core: 16 units

ANAT 30 - Essentials of Anatomy and Physiology 4 units

PSYC C1000 - Introduction to Psychology 3 units
 or
 PSYC C1000H - Introduction to Psychology - Honors 3 units

PE 275 - Sport Psychology 3 units
 PE 277 - Introduction to Kinesiology 3 units
 PE 280 - Exercise and Nutrition Programs for Fitness and Weight Management 3 units
 FAID 1 - First Aid, Cardiopulmonary Resuscitation (CPR) and Basic Emergency Care 3 units
 Plus 4 - 8 units of activity courses distributed over a minimum of 3 categories to include: Aquatics, Combatives, Dance, Fitness, Individual/Dual Activities, Intercollegiate Sports, and Team Activities

Aquatics:

Plus 4 - 8 units of activity courses distributed over a minimum of 3 categories to include: Aquatics, Combatives, Dance, Fitness, Individual/Dual Activities, Intercollegiate Sports, and Team Activities

PE 240A - Beginning Swimming 1 unit
 PE 240B - Intermediate Swimming 1 unit
 PE 240C - Advanced Swimming 1 unit
 PE 247 - Swimming, Lifeguard Training 2 units
 PE 248 - Swimming, Water Safety Instructor 2 units
 PE 249 - Swimming for Fitness 1 unit
 PE 250 - Techniques of Surfboard Riding 1 unit
 PE 402 - Adapted Swimming and Hydroexercise 1 unit

Combatives:

Plus 4 - 8 units of activity courses distributed over a minimum of 3 categories to include: Aquatics, Combatives, Dance, Fitness, Individual/Dual Activities, Intercollegiate Sports, and Team Activities

PE 18A - Beginning Boxing 1 unit
 PE 18B - Intermediate Boxing 1 unit
 PE 219A - Beginning Combative Arts and Self Defense 1 unit
 PE 219B - Intermediate Combative Arts and Self Defense 1 unit
 PE 220A - Beginning Naginata: A Japanese Martial Art 1 unit

Dance:

Plus 4 - 8 units of activity courses distributed over a minimum of 3 categories to include: Aquatics, Combatives, Dance, Fitness, Individual/Dual Activities, Intercollegiate Sports, and Team Activities

DANC 110 - Beginning Dance 2 units
 DANC 120A - Beginning Ballet A 2 units
 DANC 120B - Beginning Ballet B 2 units
 DANC 130A - Beginning Contemporary Modern Dance A 2 units
 DANC 130B - Beginning Contemporary 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 165 - African Dance 1 unit
 DANC 167 - Social and Ballroom Dance 1 unit
 DANC 168 - Latin Social Dance 2 units
 DANC 220A - Intermediate Ballet A 2 units
 DANC 230A - Intermediate Contemporary 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

Fitness:

Plus 4 - 8 units of activity courses distributed over a minimum of 3 categories to include: Aquatics, Combatives, Dance, Fitness, Individual/Dual Activities, Intercollegiate Sports, and Team Activities

PE 2A - Walking for Fitness 1 unit
 PE 2B - Power Walking for Fitness 1 unit
 PE 10A - Body Conditioning and Physical Fitness 1 unit
 PE 10B - Intermediate Body Conditioning and Physical Fitness 1 unit
 PE 54A - Beginning Weight Training 1 unit
 PE 54B - Intermediate Weight Training 1 unit
 PE 54C - Advanced Weight Training 1 unit
 PE 135abcd - Sport-Specific, Periodized Training for Athletes 1 unit
 PE 245 - Water Aerobics 1 unit
 PE 254 - Cardio Fitness and Body Sculpting 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 260 - Basic Principles of Fitness and Weight Control 1 unit
 PE 400 - Adapted Fitness 1 unit
 PE 401 - Adapted Strength Training 1 unit
 PE 404 - Adapted Cardiovascular Fitness 1 unit
 PE 409 - Adapted Yoga 1 unit

Individual/Dual Activities:

Plus 4 - 8 units of activity courses distributed over a minimum of 3 categories to include: Aquatics, Combatives, Dance, Fitness, Individual/Dual Activities, Intercollegiate Sports, and Team Activities

PE 204 - Badminton 1 unit
 PE 224 - Golf 1 unit
 PE 251A - Beginning Tennis 1 unit
 PE 251B - Intermediate Tennis 1 unit

Intercollegiate Sports:

Plus 4 - 8 units of activity courses distributed over a minimum of 3 categories to include: Aquatics, Combatives, Dance, Fitness, Individual/Dual Activities, Intercollegiate Sports, and Team Activities

PE 5abc - Men's Intercollegiate Baseball Team 3 units
 PE 6abc - Off-Season Training For Men's Intercollegiate Baseball Team 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 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 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 75abc - Intercollegiate Track and Field Teams 3 units
 PE 76abc - Off-Season Training for Intercollegiate Track and Field Teams 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 140abc - Intercollegiate Beach Volleyball Team 3 units

Team Activities:

Plus 4 - 8 units of activity courses distributed over a minimum of 3 categories to include: Aquatics, Combatives, Dance, Fitness, Individual/Dual Activities, Intercollegiate Sports, and Team Activities

PE 4A - Beginning Basketball 1 unit
 PE 4B - Intermediate Basketball 1 unit
 PE 7 - Baseball 1 unit
 PE 74A - Beginning Soccer 1 unit
 PE 74B - Intermediate Soccer 1 unit
 PE 79 - Futsal/Indoor Soccer 1 unit
 PE 239 - Slow Pitch Softball 1 unit
 PE 253 - Volleyball 1 unit
 PE 255 - Beach Volleyball 1 unit

Physical Education Electives: 2-3 units

Select one course from the following:

PE 201 - Introduction to Adapted Physical Education 2 units
 PE 212 - Sport and Society 3 units
 PE 217 - Sports Officiating 2 units
 PE 266 - Stress Management for Healthy Living 3 units
 PE 270 - Fitness and Sports Nutrition 3 units
 PE 272 - Care and Prevention of Athletic Injuries 3 units
 PE 273 - Theory of Coaching 3 units
 PE 275 - Sport Psychology 3 units
 PE 290 - Personal Fitness Trainer 3 units

Total Units: 22-27

Preparation for the Physical Education Transfer Major
For information on specific university major requirements, please obtain a transfer curriculum guide sheet in the Counseling Services Center, consult with your counselor, or visit the Transfer Center. You may use the transfer major requirements.

Physical Science, AS

The physical science program provides students the opportunity to investigate diverse methods of inquiry by experiencing courses from a cross section of science disciplines. Students will develop critical thinking skills, learn to communicate effectively in writing, and acquire an understanding of major scientific concepts. Through course options, students will use mathematical concepts to solve problems and employ methods of scientific inquiry to understand the world around them. Completion of the degree requirements will prepare students with the skills and resources needed to facilitate academic and career decisions. Competencies will be assessed through regularly scheduled theory and laboratory examinations.

Required Core: 7-10 units

Complete one of the following two-semester sequences:

CHEM 1A - General Chemistry I 5 units
CHEM 1B - General Chemistry II 5 units
or

PHYS 1A - Mechanics of Solids 4 units
PHYS 1B - Fluids, Heat and Sound 3 units
or

PHYS 1A - Mechanics of Solids 4 units
PHYS 1C - Electricity and Magnetism 4 units
or

PHYS 2A - General Physics 4 units
PHYS 2B - General Physics 4 units
or

PHYS 3A - General Physics with Calculus 5 units
PHYS 3B - General Physics with Calculus 5 units

10-13 units from:

ASTR 12 - Astronomy Laboratory 1 unit

ASTR 20 - The Solar System 3 units
or
ASTR 20H - Honors The Solar System 3 units

ASTR 25 - Stars and Galaxies 3 units
or
ASTR 25H - Honors Stars and Galaxies 3 units

CHEM 4 - Beginning Chemistry 5 units
or
CHEM 4H - Honors Beginning Chemistry 5 units

CHEM 7A - Organic Chemistry I 5 units
CHEM 7B - Organic Chemistry II 5 units
CSCI 1 - Problem Solving and Program Design Using C++ 4 units
GEOG 1 - Physical Geography 3 units
GEOL 1 - Physical Geology 3 units
GEOL 2 - History of Planet Earth 3 units
GEOL 3 - Physical Geology Laboratory 1 unit
GEOL 4 - History of Planet Earth Laboratory 1 unit
GEOL 15 - Natural Disasters 3 units
MATH 180 - Precalculus 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 220 - Multi-Variable Calculus 5 units
MATH 270 - Differential Equations with Linear Algebra 5 units

OCEA 10 - Introduction to Oceanography 4 units
or
OCEA 10H - Honors Introduction to Oceanography 4 units

PHYS 1C - Electricity and Magnetism 4 units
PHYS 1D - Optics and Modern Physics 4 units

STAT C1000 - Introduction to Statistics 4 units
or
STAT C1000H - Introduction to Statistics - Honors 4 units

Total Units: 20**Recreation, AA**

The recreation program is designed for students desiring to transfer or to obtain entry-level positions in recreation and leisure services. After acquiring the historical, philosophical, and theoretical foundations of recreation, students will apply administrative, leadership, planning, supervision, and counseling skills in diverse commercial, municipal, and camp recreation settings. Competencies will be assessed by evaluating the student's ability to solve problems in recreation and leisure program design and to develop organizational skills in a variety of situations.

Required Core: 14 units

FAID 1 - First Aid, Cardiopulmonary Resuscitation (CPR) and Basic Emergency Care 3 units
PE 217 - Sports Officiating 2 units
RECR 207 - Introduction to Recreation 3 units
RECR 217 - Recreational Leadership 3 units
RECR 307 - Camp Counseling: Leadership and Programming 3 units

7-9 units from:

ANAT 30 - Essentials of Anatomy and Physiology 4 units
CDEV 103 - Child Growth and Development 3 units
PE 247 - Swimming, Lifeguard Training 2 units
PE 248 - Swimming, Water Safety Instructor 2 units

PSYC C1000 - Introduction to Psychology 3 units
or
PSYC C1000H - Introduction to Psychology - Honors 3 units

SLAN 111 - American Sign Language I 4 units

Total Units: 21-23

Preparation for the Recreation Transfer Major
For information on specific university major requirements, please obtain a transfer curriculum guide sheet in the Counseling Services Center, consult with your counselor, or visit the Transfer Center. You may use the transfer major requirements to help you fulfill your associate degree requirements.

Sterile Processing Technician

The Sterile Processing Technician Noncredit Certificate of Completion prepares students for entry-level positions within the sterile processing field. Students will learn about the scope of practice, tasks, and responsibilities of the sterile processing technician, universal safety precautions and personal protective equipment, and the classifications, uses, storing, preparation, handling, and distributing of surgical instruments and supplies. The program also includes career research and development.

Required Courses:

ALH 502 - Sterile Processing 0 units
HDEV 504 - Introduction to Career and Life Planning 0 units

Total Hours: 72