SIERRA COLLEGE ASSOCIATE DEGREE REQUIREMENTS 2023-2024

Sierra College Philosophy for General Education: General education is designed to introduce students to the variety of means through which people comprehend the modern world. General education introduces the content and methodology of the major areas of knowledge: the humanities and fine arts, the natural sciences and the social sciences. The general education program provides the opportunity for students to develop the intellectual skills, information technology facility, affective and creative capabilities, social attitudes and appreciation for cultural diversity that will make them effective learners and citizens.

Note: Students who possess a baccalaureate or higher degree completed at a college or university accredited through a CHEA (Council for Higher Education Accreditation) recognized Regional Accrediting Agency will have satisfied Sierra College general education and competency requirements for the Associate of Arts or Associate of Science degree. International coursework from non-United States regionally accredited institutions cannot be used to waive Sierra College General Education.

I. General Education Breadth Requirements

A. Natural Sciences

(For an AS degree: must complete a laboratory science. Laboratory courses/course combinations are indicated by an asterisk.)

Select 3 units from the following:

Code	Title	Units
Life Sciences		
AGRI 0156	Introduction to Plant Science *	
AGRI 0198	Food, Society and the Environment	
AGRI 0200	Introduction to Animal Science *	
ANTH 0001	Biological Anthropology	
ANTH 0001 & 0001L	Biological Anthropology and Biological Anthropology Laboratory *	
ANTH 0010	Introduction to Forensic Anthropology	
ASTR 0007	Life in the Universe	
BIOL 0001	General Biology *	
BIOL 0002	Botany *	
BIOL 0003	General Zoology *	
BIOL 0004	Microbiology *	
BIOL 0005	Human Anatomy *	
BIOL 0006	Human Physiology *	
BIOL 0010	Introduction to Biology	
BIOL 0011	Concepts of Biology *	
BIOL 0014	Natural History, Ecology and Conservation *	
BIOL 0015	Marine Biology *	
BIOL 0021	Introduction to Plant Science *	
BIOL 0024	Wildland Trees and Shrubs (Dendrology) *	
BIOL 0030	Introduction to Ornithology	
BIOL 0033	Introduction to Zoology *	
BIOL 0035	Introduction to Entomology	
BIOL 0036	Introduction to Mammalogy	
BIOL 0055	General Human Anatomy and Physiology *	
BIOL 0056	Biology: A Human Perspective	
BIOL 0056 & 0056L	Biology: A Human Perspective and Biology: A Human Perspective Laboratory *	
ESS 0001	Introduction to Environmental Sciences and Sustainability	
ESS 0001 & 0001L	Introduction to Environmental Sciences and Sustainability and Introduction to Environmental Science Laboratory *	
ESS 0006	The Sierra Nevada	
ESS 0008	California Water *	
ESS 0010	Conservation of Natural Resources	
ESS 0014	Natural History, Ecology and Conservation *	
PSYC 0140	Introduction to Biopsychology	
PSYC 0140 & 0140L	Introduction to Biopsychology and Biopsychology Laboratory *	
Physical Sciences		
AGRI 0221	Introduction to Soil Science *	
ASTR 0002	Introduction to Planetary Systems	
ASTR 0002 & ASTR 0011	Introduction to Planetary Systems and Observational Astronomy *	
ASTR 0002 & ASTR 0014	Introduction to Planetary Systems and Astrophotography and Imaging *	
ASTR 0005	Introduction to Stars, Galaxies, and the Universe	
ASTR 0005 & ASTR 0011	Introduction to Stars, Galaxies, and the Universe and Observational Astronomy *	
ASTR 0005 & ASTR 0014	Introduction to Stars, Galaxies, and the Universe and Astrophotography and Imaging *	
ASTR 0007	Life in the Universe	
ASTR 0010	Elementary Astronomy	
ASTR 0010 & ASTR 0011	Elementary Astronomy and Observational Astronomy *	
ASTR 0010 & ASTR 0014	Elementary Astronomy and Astrophotography and Imaging *	
ASTR 0025	Frontiers in Astronomy	
CHEM 0001A	General Chemistry I *	
CHEM 0001B	General Chemistry II *	
CHEM 0002A	Introduction to Chemistry I *	
CHEM 0002B	Introduction to Chemistry II *	
CHEM 0003A	General Chemistry I - Part 1 *	
CHEM 0003B	General Chemistry I - Part 2 *	
CHEM 0140	Survey of Chemistry and Physics *	
ESCI 0001	Physical Geology	

ESCI 0001 & 0001L	Physical Geology and Physical Geology Laboratory *
ESCI 0002	California Geology
ESCI 0003	Historical Geology
ESCI 0003 & 0003L	Historical Geology and Historical Geology Laboratory *
ESCI 0007	Energy, Environment, and Climate
ESCI 0010	Introduction to Earth Science
ESCI 0010 & 0010L	Introduction to Earth Science and Introduction to Earth Science Laboratory *
ESCI 0015	Introduction to Oceanography
ESCI 0015 & 0015L	Introduction to Oceanography and Introduction to Oceanography Laboratory *
ESCI 0050	Geology of National Parks and Monuments
ESS 0001	Introduction to Environmental Sciences and Sustainability
ESS 0001 & 0001L	Introduction to Environmental Sciences and Sustainability and Introduction to Environmental Science Laboratory *
ESS 0006	The Sierra Nevada
ESS 0008	California Water *
ESS 0007	Energy, Environment, and Climate
ESS 0010	Conservation of Natural Resources
GEOG 0001	Physical Geography
GEOG 0001 & 0001L	Physical Geography and Physical Geography Laboratory *
GEOG 0004	Weather and Climate
MATH 0030	Analytical Geometry and Calculus I
MECH 0001	The Science of Electronics
PHYS 0010	Basic Concepts in Physics
PHYS 0010 & 0010L	Basic Concepts in Physics and Basic Concepts in Physics Laboratory *
PHYS 0105	General Physics I
PHYS 0105 & 0105L	General Physics I and General Physics I Laboratory *
PHYS 0110	General Physics II
PHYS 0110 & 0110L	General Physics II and General Physics II Laboratory *
PHYS 0140	Survey of Chemistry and Physics *
PHYS 0205	Principles of Physics: Mechanics
PHYS 0205 & 0205L	Principles of Physics: Mechanics and Principles of Physics Laboratory: Mechanics *
PHYS 0210	Principles of Physics: Electricity and Magnetism
PHYS 0210 & 0210L	Principles of Physics: Electricity and Magnetism and Principles of Physics Laboratory: Electricity and Magnetism *
PHYS 0215	Principles of Physics: Heat, Waves and Modern Physics
PHYS 0215 & 0215L	Principles of Physics: Heat, Waves and Modern Physics and Principles of Physics Laboratory: Heat, Waves and Modern Physics *

B. Social and Behavioral Sciences

Select 3 units from the following:

Code	Title	Units
Behavioral Sciences		
ANTH 0002	Cultural Anthropology	
ANTH 0004	Native Peoples of North America	
ANTH 0005	Introduction to Archaeology	
ANTH 0006	Introduction to Linguistic Anthropology	
ANTH 0007	Native Peoples of California	
ANTH 0009	Magic, Witchcraft, Ritual, Myth and Religion	
ANTH 0014	Global Problems	
ANTH 0027	Anthropology of Sex, Gender and Sexuality	
BUS 0210	Ethical Studies in Accounting and Business	
BUS 0215	Personal Finance	
BUS 0243	Social Entrepreneurship	
COMM 0001	Fundamentals of Public Speaking	
COMM 0003	Small Group Communication	
COMM 0005	Communication Foundations	
COMM 0007	Intercultural Communication	
COMM 0008	Interpersonal Communication	
COMM 0010	Communication Theory, Methods, and Practice	
COMM 0070	Mass Communication: Media and Society	
COMM 0071	Newswriting and Reporting Techniques	
COMM 0072	Multimedia Reporting	
ESS 0001	Introduction to Environmental Sciences and Sustainability	
ETHN 0011	Introduction to Ethnic Studies	
GEOG 0003	Geography of California	
HDEV 0001	Human Development Through the Lifespan	
HDEV 0004	Child, Family, and Community	
HDEV 0009	Child Growth and Development	
HDEV 0021	Psychology of Intimate Relationships and Family	
HDEV 0022	The Family	
HDEV 0025	Teaching in a Diverse Society	
HUM 0003	Introduction to Asian Humanities	
NUTF 0010	Principles of Nutrition	
NUTF 0014	Sports Nutrition	
PSYC 0100	General Principles of Psychology	
PSYC 0103	Social Psychology	
PSYC 0104	Developmental Psychology	
PSYC 0105	Research Methods in Psychology	
PSYC 0106	Psychology of Adjustment	

PSYC 0107	Abnormal Psychology
PSYC 0108	Psychology of Death and Dying
PSYC 0110	Psychology of Intimate Relationships and Family
PSYC 0127	Psychology of Women
PSYC 0130	Human Sexuality
PSYC 0150	Alcohol, Drugs and Society
PSYC 0160	Psychology and Film
SOC 0001	Introduction to Sociology
SOC 0002	Social Problems
SOC 0003	Race, Ethnicity and Inequality
SOC 0004	The Family
SOC 0005	Sociology of Women's Health
SOC 0009	Introduction to Crime, Deviance, and Social Control
SOC 0047	Introduction to Hip Hop and Social Justice
SOC 0110	Introduction to Social Justice
Social Sciences	
ADMJ 0050	Introduction to Administration of Justice
AGRI 0196	Introduction to Sustainable Agriculture
AGRI 0198	Food, Society and the Environment
AGRI 0215	Introduction to Agricultural Business and Economics
ARHI 0132	History of Women in Art
ARHI 0142	History of Latinx and Chicanx Art
BUS 0260	Introduction to Business
BUS 0271	Law and Society
BUS 0243	Social Entrepreneurship
ECON 0001A	Principles of Macroeconomics
ECON 0001B	Principles of Microeconomics
ETHN 0014	Introduction to Asian American Studies
ETHN 0020	Introduction to African American Studies
ETHN 0030	Introduction to Chicana/o Studies
ETHN 0045	Federal Indian Law and Policy
ETHN 0050	Ethnic Images in Film
ETHN 0053	Introduction to Native American Studies
FASH 0015	Clothing and Culture
GEOG 0002	Cultural Geography
GEOG 0003	Geography of California
GEOG 0005	World Regional Geography
HIST 0004A	Western Civilization to 1715
HIST 0004B	Western Civilization since 1715
HIST 0017A	History of the United States to 1877
HIST 0017B	History of the United States since 1865
HIST 0018A	The African American Experience in American History to 1877
HIST 0018B	The African American Experience in American History since 1877
HIST 0019A	History of Traditional East Asia
HIST 0019B	History of Modern East Asia
HIST 0020	California History
HIST 0021	Contemporary United States History
HIST 0022	American Military History
HIST 0023	Chicano/Mexican American History
HIST 0024	Russian History - 10th Century to Present
HIST 0025	Native American History
HIST 0026	Women in World History
HIST 0027	Women in American History
HIST 0049	The American West
HIST 0050	World History to 1500
HIST 0051	World History since 1500
HUM 0009	Introduction to Women, Gender and Religion
LGBT 0001	Introduction to LGBT Studies/Queer Theory
POLS 0001	American Government
POLS 0002	Comparative Government
POLS 0003	International Relations
POLS 0004	Russian and East European Political Systems
POLS 0005	California Politics and Government
POLS 0007	Politics of the Developing World
POLS 0008	American Foreign Policy
POLS 0009	Politics of the Middle East
POLS 0012	Terrorism
POLS 0016	Introduction to Political Theory
POLS 0017	Introduction to Political Science Research Methods
POLS 0027	Women and Politics in a Global Society
PSYC 0180	Cultural Psychology
SOC 0010	Feminism and Social Action
SOC 0027	Sociology of Gender
WMST 0001	Introduction to Women's Studies
WMST 0002	Introduction to LGBT Studies/Queer Theory
WMST 0003	Introduction to Women, Gender and Religion
WMST 0004	Feminism and Social Action

C. Humanities

Select 3 units from the following:

Code	Title	Units
Fine Arts		
AAD 0013	History of Graphic Design	
AAD 0044	Sketching for Design	
AAD 0060	Graphic Design: Principles and Process	
AAD 0088	History of Filmmaking	
AAD 0089	Documentary Filmmaking	
ARHI 0101	Art Appreciation	
ARHI 0110	Survey of Western Art I: Prehistory through the Middle Ages	
ARHI 0120	Survey of Western Art II: Renaissance Traditions	

ARHI 0130	Survey of Western Art III: Modern through Contemporary
ARHI 0132	History of Women in Art
ARHI 0134	History and Aesthetics of Photography
ARHI 0140	History of the Arts of Africa, the Americas, and Oceania
ARHI 0142	History of Latinx and Chicanx Art
ARHI 0150	History of Asian Art
ARHI 0155	History of Islamic Art
ART 0002	Two-Dimensional Design Foundations
ART 0003	Three-Dimensional Design Foundations
ART 0004A	Drawing I
ART 0004B	Drawing II
ART 0005A	Figure Drawing I
ART 0006C	Color Theory
ART 0007A	Oil Painting I
ART 0008A	Watercolor Painting I
ART 0009A	Acrylic Painting I
ART 0012A	Sculpture I
ART 0017	Ceramic Sculpture/Handbuilding
ART 0018A	Ceramics I
ART 0018B	Ceramics II
ART 0019	Figure Sculpture
ART 0020	Raku Ceramics
ART 0022	Metal Arts
ART 0024	Advanced Metal Arts
ART 0032A	Introduction to Fiber Arts
ART 0033	Art Metal Casting
ART 0034	Collage and Assemblage
ART 0040A	Printmaking I
ART 0041	Introduction to Jewelry and Metalsmithing
COMM 0006	Performance of Diverse Literatures
ENGL 0018	Creative Writing (Non-Fiction)
ENGL 0019	Introduction to Creative Writing
ENGL 0020	Creative Writing (Poetry)
ENGL 0021	Creative Writing (Fiction)
FASH 0012	Fashion History
HUM 0001	Introduction to Humanities I
HUM 0002	Introduction to Humanities II
HUM 0003	Introduction to Asian Humanities
MUS 0002	Music Appreciation
MUS 0006A	Music Theory I
MUS 0006B	Music Theory II
MUS 0009A	Music Theory III
MUS 0009B	Music Theory IV
MUS 0010	Music Fundamentals
MUS 0011	Introduction and History of Jazz
MUS 0012A	Survey of Music History and Literature to 1750
MUS 0012B	Survey of Music History and Literature from 1750 to Present
MUS 0013	Introduction to Music: History of Rock and Roll
MUS 0039A	Beginning Voice
MUS 0039B	Intermediate Voice
MUS 0039C	Advanced Voice I
MUS 0039D	Advanced Voice II
MUS 0040A	Beginning Piano I
MUS 0040B	Beginning Piano II
MUS 0040C	Intermediate Piano I
MUS 0040D	Intermediate Piano II
MUS 0046	Jazz Ensemble
MUS 0047	Vocal Jazz Ensemble
MUS 0048	Concert Choir
MUS 0050	Wind Ensemble
MUS 0054	Symphonic Band
PHOT 0010	History and Aesthetics of Photography
PHOT 0060A	Elementary Photography
PHOT 0065	Documentary Photography
PHOT 0089	Documentary Filmmaking
THEA 0010A	Acting I
THEA 0013	Introduction to Theatre
THEA 0016A	Costume History
THEA 0018	Acting for Musical Theatre
THEA 0021	Script Analysis
Literature and Language	
AAD 0012	Visual Communication
COMM 0010	Communication Theory, Methods, and Practice
COMM 0012	Visual Communication
COMM 0072	Multimedia Reporting
DFST 0001	American Sign Language I
DFST 0002	American Sign Language II
DFST 0003	American Sign Language III
DFST 0004	American Sign Language IV
ENGL 0001B	Critical Thinking and Writing about Literature
ENGL 0016	Introduction to LGBTIQ Literature
ENGL 0017	Introduction to Shakespeare and Popular Culture
ENGL 0024	Introduction to Literary Criticism and Critical Concepts
ENGL 0027	Literature by Women
ENGL 0029	Introduction to Drama as Literature
ENGL 0030A	American Literature - Beginnings through Civil War
ENGL 0030B	American Literature - Civil War to the Present
ENGL 0032	Introduction to Poetry
ENGL 0033	Introduction to Shakespeare (The Drama)
ENGL 0034	Introduction to the Novel
ENGL 0035	Introduction to the Short Story
ENGL 0037	American Film Masterpieces

ENGL 0038	International Film Masterpieces
ENGL 0040	The Filmed Novel
ENGL 0042	The Documentary Film
ENGL 0044	Children's Literature
ENGL 0045	Young Adult Literature
ENGL 0046A	English Literature
ENGL 0046B	English Literature
ENGL 0047A	World Literature
ENGL 0047B	World Literature
ENGL 0048	Literature of Science Fiction
ESL 0025C	Advanced Reading and Writing
ETHN 0030	Introduction to Chicana/o Studies
ETHN 0050	Ethnic Images in Film
FREN 0001	Elementary French - Level I
FREN 0002	Elementary French - Level II
FREN 0003	Intermediate French - Level I
FREN 0004	Intermediate French - Level II
GER 0001	Elementary German - Level I
GER 0002	Elementary German - Level II
HIST 0004A	Western Civilization to 1715
HIST 0004B	Western Civilization since 1715
HIST 0017A	History of the United States to 1877
HIST 0017B	History of the United States since 1865
HIST 0018A	The African American Experience in American History to 1877
HIST 0018B	The African American Experience in American History since 1877
HIST 0019A	History of Traditional East Asia
HIST 0019B	History of Modern East Asia
HIST 0020	California History
HIST 0021	Contemporary United States History
HIST 0023	Chicano/Mexican American History
HIST 0024	Russian History - 10th Century to Present
HIST 0025	Native American History
HIST 0026	Women in World History
HIST 0027	Women in American History
HIST 0049	The American West
HIST 0050	World History to 1500
HIST 0051	World History since 1500
HDEV 0044	Children's Literature
HUM 0005	Classical Roots of the Contemporary Western World
HUM 0009	Introduction to Women, Gender and Religion
HUM 0010	World Religions
HUM 0015	Introduction to Mythology
HUM 0017	Introduction to Atheism
HUM 0020	Introduction to the Hebrew Bible
HUM 0021	Introduction to the New Testament
ITAL 0001	Elementary Italian - Level I
ITAL 0002	Elementary Italian - Level II
JPN 0001	Elementary Japanese - Level I
JPN 0002	Elementary Japanese - Level II
LGBT 0002	Queer (LGBTIQ) Film History
PHIL 0002	Introduction to Philosophy: Ethics
PHIL 0004	Introduction to Critical Thinking
PHIL 0006	Introduction to Philosophy: Knowledge and Reality
PHIL 0010	Philosophy of Religion
PHIL 0013	Introduction to Asian Philosophy
PHIL 0020	History of Ancient Greek Philosophy
PHIL 0021	History of Modern Philosophy
PHIL 0027	Introduction to Philosophy of Women in Western Cultures
PHIL 0030	Introduction to Social and Political Philosophy
PHIL 0060	Introduction to Environmental Ethics
PHIL 0065	Introduction to the Philosophy of Science
SPAN 0001	Elementary Spanish - Level I
SPAN 0002	Elementary Spanish - Level II
SPAN 0003	Intermediate Spanish - Level I
SPAN 0004	Intermediate Spanish - Level II
SPAN 0017	Intermediate Conversational Spanish
WMST 0003	Introduction to Women, Gender and Religion
THEA 0021	Script Analysis

D. Language and Rationality

Select 6 units (3 units from Area D1 and 3 units from Area D2) from the following:

Code	Title	Units
1. English Composition		
Completion of the following with a grade of C or better:		
ENGL 0001A	College Reading, Writing and Research	
ENGL 0012	Writing in the Workplace	
2. Communication and Analytical Thinking		
BUS 0215	Personal Finance	
BUS 0266	Introduction to Oral Communication	
COMM 0001	Fundamentals of Public Speaking	
COMM 0002	Argumentation and Rhetorical Criticism	
COMM 0003	Small Group Communication	
COMM 0005	Communication Foundations	
COMM 0007	Intercultural Communication	
COMM 0008	Interpersonal Communication	
COMM 0010	Communication Theory, Methods, and Practice	
CSCI 0010	Introduction to Computing	
ENGL 0001B	Critical Thinking and Writing about Literature	
ENGL 0001C	Critical Thinking and Writing across the Curriculum	
ENGL 0011	Analytical and Critical Thinking in Reading	
ENGL 0024	Introduction to Literary Criticism and Critical Concepts	

MATH 0000B	Plane Geometry
MATH 0000D	Intermediate Algebra
MATH 0000E	Practical Mathematics
MATH 0000G	B-STEM Intermediate Algebra
MATH 0010	Problem Solving
MATH 0012	College Algebra
MATH 0013	Elementary Statistics
MATH 0015	Discrete Mathematics
MATH 0016A	Calculus for Social and Life Sciences
MATH 0016B	Calculus for Social and Life Sciences
MATH 0017	Concepts of Mathematics
MATH 0018	The Nature of Mathematics
MATH 0019	Mathematical Concepts for Elementary School Teachers
MATH 0024	Modern Business Mathematics
MATH 0027	Trigonometry
MATH 0029	Pre-Calculus Mathematics
MATH 0030	Analytical Geometry and Calculus I
MATH 0031	Analytical Geometry and Calculus II
MATH 0032	Analytical Geometry and Calculus III
MATH 0033	Differential Equations and Linear Algebra
MATH 0042	Business Calculus
PHIL 0004	Introduction to Critical Thinking
PHIL 0012	Introduction to Symbolic Logic
PSYC 0105	Research Methods in Psychology
PSYC 0142	Introduction to Psychological Statistics
SOC 0015	Introduction to Statistics in Sociology

E. Health Education/Physical Education

Select 2 units from the following:

Code	Title	Units
ADMJ 0060	Defensive Tactics for Law Enforcement	
FIRE 0100A	Fire Academy Physical Training	
HDEV 0061	Nutrition throughout the Life Cycle	
HED 0001	Standard First Aid/Community CPR	
HED 0002	Health Education	
HED 0010	Health and Aging	
HSCI 0002	Emergency Medical Technician	
HSCI 0007	Emergency Medical Responder	
HSCI 0012	Professional CPR and Infection Control	
KIN 0003A	Cardio Fitness - Level I	
KIN 0003B	Cardio Fitness - Level II	
KIN 0004	Cross Training	
KIN 0005A	Weight Training	
KIN 0005B	Strength Training - Circuit and Power Lifting	
KIN 0006	Physical Fitness	
KIN 0007	Aerobic Fitness	
KIN 0009	Cardio Kickboxing	
KIN 0010	Fitness and Weight Management Boot Camp	
KIN 0011	Instructional Methods for Group Fitness	
KIN 0012	Instructional Methods for Personal Trainers	
KIN 0018	Peaceful Self Defense	
KIN 0019	Basic Self Defense	
KIN 0020	Multi Self Defense System	
KIN 0023	Tai Chi	
KIN 0024	Self-Defense for Personal Safety	
KIN 0026	Badminton	
KIN 0027	Recreational Basketball	
KIN 0029	Flag Football	
KIN 0030	Golf	
KIN 0031A	Soccer Level I	
KIN 0031B	Soccer Level II	
KIN 0032	Tennis	
KIN 0032B	Advanced Tennis	
KIN 0033	Volleyball	
KIN 0034	Beach Volleyball	
KIN 0035A	Futsal - Level I	
KIN 0035B	Futsal - Level II	
KIN 0040	Water Exercise for Fitness	
KIN 0041	Fundamentals of Swimming	
KIN 0042	Swimming Conditioning	
KIN 0050A	Ballet I	
KIN 0050B	Ballet II	
KIN 0051	Jazz Dance	
KIN 0053	Ballroom Dance	
KIN 0054	Modern Dance	
KIN 0055	Line Dance	
KIN 0062	Fundamentals of Yoga	
KIN 0065	Yoga History and Culture	
KIN 0068	Introduction to Meditation	
KIN 0069	Mat Pilates	
KIN 0071	Adapted Aquatics	
KIN 0072	Adapted Aerobic Fitness	
KIN 0073	Adapted Individualized Exercises	
KIN 0080	ACE Personal Trainer Preparation	
KIN 0081	Introduction to Kinesiology	
KIN 0083	Physiology of Fitness	
KIN 0084	Care and Prevention of Athletic Injuries	
KIN 0088	Introduction to Coaching Team Sports	
KIN 0096	Sports Activities	
NRSA 0003	Precertification Nursing Assistant Training	
NUTF 0005	Food Preparation for Nutrition and Life Fitness	
NUTF 0010	Principles of Nutrition	
NUTF 0013	Nutrition Throughout the Life Cycle	
NUTF 0014	Sports Nutrition	
PDEV 0001	College and Life Success	
PDEV 0070	Stress and Well Being	
PSYC 0130	Human Sexuality	

PSYC 0150	Alcohol, Drugs and Society
RECM 0070	Backpacking
RECM 0071	Rock Climbing
RECM 0072	Wilderness Survival
SOC 0005	Sociology of Women's Health

II. Learning Skills

Courses used to fulfill learning skills requirements may also be used to satisfy major and/or general education requirements.

1. Writing

Completion of one of the following courses with grade of "C" or better:

Code	Title	Units
ENGL 0001A	College Reading, Writing and Research	
ENGL 0012	Writing in the Workplace	

2. Reading

Completion of one of the following courses with grade of "C" or better:

Code	Title	Units
ENGL 0001A	College Reading, Writing and Research	
ENGL 0011	Analytical and Critical Thinking in Reading	

3. Oral Communications

Demonstrated proficiency by one of the following:

Code	Title	Units
1. Completion of one of the following courses with grade of "C" or better:		
BUS 0265	Business Communications	
BUS 0266	Introduction to Oral Communication	
COMM 0001	Fundamentals of Public Speaking	
COMM 0002	Argumentation and Rhetorical Criticism	
COMM 0003	Small Group Communication	
COMM 0005	Communication Foundations	
COMM 0008	Interpersonal Communication	
PDEV 0009	Assertiveness Training	
THEA 0010A	Acting I	
THEA 0010B	Acting II	

4. Mathematics

Demonstrated proficiency by one of the following:

Code	Title	Units
1. Completion of one of the following courses with grade of "C" or better:		
BUS 0215	Personal Finance	
MATH 0000B	Plane Geometry	
MATH 0000D	Intermediate Algebra	
MATH 0000E	Practical Mathematics	
MATH 0000G	B-STEM Intermediate Algebra	
MATH 0010	Problem Solving	
MATH 0012	College Algebra	
MATH 0013	Elementary Statistics	
MATH 0015	Discrete Mathematics	
MATH 0016A	Calculus for Social and Life Sciences	
MATH 0016B	Calculus for Social and Life Sciences	
MATH 0017	Concepts of Mathematics	
MATH 0018	The Nature of Mathematics	
MATH 0019	Mathematical Concepts for Elementary School Teachers	
MATH 0024	Modern Business Mathematics	
MATH 0027	Trigonometry	
MATH 0029	Pre-Calculus Mathematics	
MATH 0030	Analytical Geometry and Calculus I	
MATH 0031	Analytical Geometry and Calculus II	
MATH 0032	Analytical Geometry and Calculus III	
MATH 0033	Differential Equations and Linear Algebra	
MATH 0042	Business Calculus	
PSYC 0142	Introduction to Psychological Statistics	
SOC 0015	Introduction to Statistics in Sociology	
2. Completion of one year (or block schedule equivalent) of Algebra II or Integrated Mathematics III or higher level mathematics in high school with grades of "C-" or better (no college units granted).		
3. Minimum score on ACT of 25 or SAT of 560 (no college units granted).		

5. Ethnic Studies

Completion of one of the following courses with grade of "C" or better:

Code	Title	Units
ETHN 0011	Introduction to Ethnic Studies	
ETHN 0014	Introduction to Asian American Studies	
ETHN 0020	Introduction to African American Studies	
ETHN 0030	Introduction to Chicana/o Studies	
ETHN 0045	Federal Indian Law and Policy	
ETHN 0050	Ethnic Images in Film	
ETHN 0053	Introduction to Native American Studies	

III. Major

Minimum of 18 units in a group of courses described in the catalog. Courses must be completed with grades of "C" or better	18-44

IV. Electives

Any additional degree-applicable credit courses	0-22

Total Degree-Applicable Units Required for the AA or AS Degree:

(At least 12 of the 60 degree-applicable units must be completed at Sierra College. Units received through Credit by Examination do not count toward this requirement. A cumulative grade point average of 2.0 or better in all degree-applicable coursework is required.)	60

Notes

1. Credit for only one course from English N, 50, 50L, or 60 may be applied to the degree.
2. While a course may be listed in multiple areas of general education breadth (Areas A-F), it may only be applied to one area.
3. A course may be applied to a general education breadth requirement (Areas A-F), a learning skills requirement (Areas 1-4), and a major requirement.
4. These AA/AS associate degree requirements do not meet transfer general education requirements.
5. Students pursuing an AA or AS have the option of completing these associate degree requirements, the CSU General Education Breadth requirements, or the IGETC requirements.
6. Students pursuing an AA-T or AS-T must complete the CSU General Education Breadth requirements or the IGETC requirements. (Some majors are restricted to IGETC; consult with a counselor.)
7. Students may check their degree status using Degree Works; access is through mySierra.
8. See the catalog rights policy for information pertaining to major and general education options.