

# Palomar College

## Supplemental AA Degree Advising Guide

### 2011-2012

#### American History and Institutions/California Government Requirement

Demonstrate competence through course completion or examination

##### Course Completion:

Complete **one pair** of courses with "C" grades or better:

AIS 101 & 102	HIST 101 & 102	* AIS 101, HIST 140, and HIST 141 may
AS 101 & 102	HIST 140 & 141	also fulfill the Multicultural Requirement
CS 101 & 102	POSC 101 & 102	

Complete equivalent\* course work with "C" grades or better

\*Equivalent course work must address the following three areas:

- US-1: The historical development of American institutions and ideals
- US-2: The Constitution of the United States and the operation of representative democratic government under that Constitution
- US-3: The process of California state and local government

##### Examination:

Palomar College Departmental Competency Exam

Successfully pass the exam administered by the Economics, History, and Political Science Department

AP: Minimum score of 3 on the American History exam plus POSC 102 with a "C" grade or better.

CLEP: Minimum score of 50 on either of the U.S. History I or II exams plus POSC 102 with a "C" grade or better.

SAT II: Minimum score of 550 on the U.S. History exam plus POSC 102 with a "C" grade or better.

#### Health and Kinesiology Requirement

Demonstrate competence through course completion, examination, or military service

##### Course Completion:

- A. Complete Health 100 and 100L with "C" grades or better
- B. Complete equivalent lecture (#1) and laboratory (#2) course work with "C" grades or better

See approved course lists (1 and 2) below.

1. Approved lecture courses (9 units):
  - HE/FCS 165 **or**
  - BIOL/FCS 185 **and**
  - PSYC 100 **and**
  - BIOL 100 or 101 or 102 or 105 or 106 **or**
  - ZOO 145 or 200 or 203
2. Approved laboratory courses (minimum of 1 unit):
  - KINE 125 or 127 or 128 or 129 or 130 or 135 or 136 or 150 or 151 **or**
  - Any ACS course excluding ACS 50, 55, and 197

##### Competence Examination:

Palomar College Departmental Competency Exam

Successfully pass both the lecture and lab exams administered by the Health, Kinesiology, and Recreation Management Department

Lecture exam:

Achieve a minimum score of 70% (currently 179 out of 225) on the Palomar College written test covering principles of nutrition, first aid, cardio-vascular fitness, flexibility, anatomy and physiology, substance abuse, sexually transmitted diseases, and other health-related topics as listed in the Course Outline of Record. This test may be taken only one time in a 3-year period. Contact the Health, Kinesiology, and Recreation Management Department for the testing schedule.

Laboratory exam:

Participate in a 12-minute run, 20-minute swim, or 30-minute stationary bike test. Students with physical limitations may be required to obtain a physician's approval to take the test.

##### **Jogging** (12 minutes)

<u>Age</u>	<u>Men</u>	<u>Women</u>
Under 30	6 1/2 laps	5 1/2 laps
30 - 39	5 3/4 laps	4 3/4 laps
40 - 49	4 1/4 laps	3 laps
50 and over	3 3/4 laps	2 3/4 laps

##### **Swimming** (20 minutes)

<u>Age</u>	<u>Men and Women</u>
Under 40	1/2 mile
40 and over	1/2 mile (no time limit)

##### **Stationary Bike** (30 minutes)

Warm-up 5 minutes at 100 watts\*, test 20 minutes at required watt output, cool down 5 minutes at 100 watts

<u>Age</u>	<u>Men</u>	<u>Women</u>
Under 40	175 watts	150 watts
40 and over	150 watts	125 watts

\*Watt = energy output by cadence of pedaling (faster pedaling = increased watts)

**Military Service:**

United States military personnel and veterans may fulfill this requirement, and be awarded up to 4 units of credit, with proof of completion of Basic/Recruit Training. Submit copy of military transcripts (SMART, AARTS, CCAF, CGI, DD214, or DD295) to the Records Office.

**Mathematics Requirement**

Demonstrate competence through course completion or examination

**Course Completion:**

Complete Math 56 or 60 with a "C" grade or better, or a higher level Math course

**Examination:**

Successfully pass one of the approved exams

Palomar College Assessment Tests:

COMPASS: Minimum score of 57 on the College Algebra section

CPT: Minimum score of 86 on the College-level Math section

National Exams:

ACT: Minimum score of 19 on the mathematics section

AP: Minimum score of 3 on the Calculus AB or BC exam

CLEP: Minimum score of 50 on an approved mathematics exam

SAT I: Minimum score of 550 on the mathematics section

**Multicultural Requirement**

Complete 3 semester units. The course selected must be completed during or after the approval date listed below.

**Fall 1997:** AIS 100, 101, 115, 120, 125, 140, 145, 150; AJ 103; AMS 100, 200; ANTH 105, 140; ARCH (DT) 121; COUN 120#; ECON 115; HIST 130; MCS 200; RS 110; SOC 200; SPCH 131

**Fall 1998:** AIS 110; AS 120; COMM 105; COUN 110#; CS 105; DNCE 101; FCS 150; FASH 132; MCS 100, 165; MUS 171

**Fall 1999:** AIS 105, 165; DNCE 105; HIST 121; PLS 240 (F99-X11)

**Fall 2000:** LS 240 (F00-X11)

**Fall 2001:** NURS 103 and 217, NURS 110 and 217

**Fall 2002:** ENG 280

**Fall 2003:** HIST 140, 141

**Fall 2004:** SOC 115

**Fall 2005:** IBUS 110

**Fall 2006:** DNCE 102; HIST 150, 151

**Fall 2007:** AMS 105

**Fall 2008:** ANTH 137; CHDV 172; CINE 122; RS 102, 103; SOC 130

**Fall 2009:** AIS 104

**Fall 2010:** MUS 102

**Fall 2011:** AMS 104, GC 110, SOC 135

# Designated sections only through Summer 2001, all sections approved effective Fall 2001.

**GE Course Area Changes**

Courses listed here meet GE requirements as indicated if completed during or after the approval date listed below.

**Fall 2005:** CHDV 100 (Added to Area E); LS/PLS 121 (Area D), LS/PLS 240 (Area D); PSYC/SOC 105 (Added to Area D)

**Fall 2006:** PHIL 101 (Moved from Area A2 to Area C)

**Fall 2007:** FASH 132 (Moved from Area C to Area D)

**Fall 2008:** AS 100 (Moved from Area C to Area D)

**Fall 2009:** AIS 143 and 144 renumbered to AIS 108A and 108B; ANTH 145 also approved for Area C; CHEM 105, 220, and 221 approved for Area B back to Fall 1991; PHIL 135 and 136 added to Area C; PHYS 121, 231, and 232 approved for Area B back to Fall 1991; POSC 125 added to Area D; SPCH/TA 125 removed from Area C

**Fall 2010:** Drafting Technology GE courses changed to Architecture; JOUR 101 deleted from Area A2; ECHT 160 deleted from Area E; GCMW 100 approved for Area D effective Fall 09 (backdated)

**Fall 2011:** Physical Education changed to Kinesiology; LS/PLS 240 removed from Multicultural Requirement; BIOL 215 deleted from Area A2; BOT 110, 115, ZOO 115, 116 deleted from Area B; CHIN 101A, 101B, 102A, 102B, 201A, 201B, FREN 101A, 101B, 102A, 102B, GERM 101A, 101B, 102A, 102B, ITAL 201A, 201B, JAPN 101A, 101B, RS 120, TAG 101, 102, 201 deleted from Area C; AMS 104, SOC 135 added to Area D; RS 103 deleted from Area D; Military Service (Basic/Recruit Training) added to Area E