

**PALOMAR COLLEGE**  
**Supplemental Associate Degree Advising Guide**  
**Fall 2025 - Summer 2026**

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**American History and Institutions/California Government Competence Requirement:**

"C" grade or higher is required. Demonstrate competence through course completion or examination.

US-1: American History (100 years)

Africana Studies 101	History 140
Africana Studies 102	History 141
American Indian Studies 101	Political Science 101+(F16)
American Indian Studies 102	Religious Studies 102+(F08)
Chicano Studies 101	AP Exam (Score of 3); U.S. History
Chicano Studies 102	CLEP (Score of 50): History of the U.S. I
History 101	CLEP (Score of 50): History of the U.S. II
History 102	

US-2: U.S. Constitution and Government

Africana Studies 101+(F16)	Political Science 101
American Indian Studies 101+(F16)	Religious Studies 103+(F19)
Chicano Studies 101	AP Exam (Score of 3): U.S. Government & Politics
History 101+(F16)	
History 140+(F16)	

US-3: California State and Local Government

Africana Studies 102	History 141
American Indian Studies 102	Political Science 120+(F09)
Chicano Studies 102	Religious Studies 103+(F19)
History 102	

Students who have completed coursework outside California should consult with a counselor to ensure completion of the three components.

**Examination:**

Palomar College Departmental Competency Exam:

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

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**Health and Fitness Requirement**

Demonstrate competence through course completion, examination, or military service.

**Course Completion (Select A or B): "C" grade or higher is required**

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| <p>A. Health 100 and<br/>One approved fitness activity course:<br/>ACS 100-level intercollegiate sport<br/>HE 100L</p> <p>B. Equivalent lecture and fitness activity course work<br/>Approved lecture course (9 units):<br/>HE/NUTR 165 or BIOL/NUTR 185 and<br/>PSYC 100 and<br/>BIOL 100 or 101 or 102 or 105 or 106 or 145 or 210 or 211<br/>Approved fitness activity courses (minimum of 1 unit):<br/>See fitness activity course list above in A.</p> | <p>KINE 105, 128A, 128B, 128C, 128D, 135A, 135B, 135C,<br/>140A, 140B, 140C, 150A, 150B, 150C; DNCE 115+(F20),<br/>149+(F20), 151+(F20), 153+(F20), 210+(F20); FIRE 151;<br/>or completion of the Police Academy</p> |
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**Competence Examination:**

Palomar College Departmental Competency Exam

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

Written Exam:

Achieve a minimum score of 70% (currently 179 out of 225) on the Palomar College written test covering principles of nutrition, first aid, cardiovascular 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.

Fitness exam (available only to students who have successfully passed the written 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 (JST, SMART, AARTS, CCAF, CGI, DD214, or DD295) to the Records Office.

**Nursing:**

Completion of the Nursing curriculum satisfies the Health and Fitness and Lifelong Learning and Self Development requirement

**Course Changes**

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

**Fall 2012:** GC 110 changed numbers to GC 115 and cross-listed with MCS 115; CSIT 105 removed from Area A2

**Fall 2013:** RTV 100 changed to DBA 100

**Fall 2014:** Philosophy courses re-numbered; OIS discipline deactivated

**Fall 2015:** Auto Body discipline created and some AT courses were renumbered to AB; Nutrition discipline created and some FCS courses were renumbered to NUTR

**Fall 2016:** Removed cross listing of FL 108A, 108B, 207A, and 207B with AIS

**Fall 2017:** BOT, MICR, and ZOO were renumbered into BIOL; AVIA courses deactivated

**Fall 2018:** ARCH 155 changed to ARCH 122; RS 101, SOC 175, TA 100 approved for multicultural; GERM 225 and ITAL 202, 225 added to Area C; RS 103 reactivated – no multicultural approval; PSYC 211, RS 103, SOC 175 added to Area D; BUS 204 added to Area A2; MCS 115 no longer cross listed with GC 115; FIRE 151 or Completion of Police Academy added to District Requirements to fulfill fitness activity

**Fall 2019:** Course deletions include CHEM 210; FCS 101, 105; ID 120; AIS 120, 121; AMS 121; AIS 153, 154; CS 105; MCS/RS 124; MCS 165; GE approvals include RS 103 for US 2, 3

**Fall 2020:** Course deletions include TA 140, 141; Course additions include CHDV 172+(F20); ESL 110; KINE 105; ID 121; MATH 101, 126, 127; READ 105; SPCH 170; DNCE 115, 149, 151, 153, 210 added to District health and fitness activity courses

**Fall 2021:** AIS 180B added to Area C

**Fall 2022:** District multicultural requirement replaced with the ethnic studies requirement. Ethnic studies course approvals are retroactive to Fall 2021 and include AIS 100, AIS 101, AIS 102, AIS 125; AS 101, AS 102; CS 100, CS 101, CS 102, CS 140. Course deletions include BIOL 105, 106, ENG 240, 245, 265, ID 115, 121, MCS 125, 160. New GE and District approvals: AIS 181A, 181B, CSIT 128, PHIL 142.

**Fall 2023:** Course deletions(s) include ESL 102. GBST 101, 102 added to Area D, AIS 282A, 282B added to area C, SOC 180 added to math competency and Area A.2.

**Fall 2024:** Course deletion(s) GCMW 100, GC 101, 102, BIOL 114, 114L, ENG 215, GEOG 125; AAS 100 and AIS 121 added to general education Area D. AS 100 and CS 160 added to Ethnic Studies requirement and general education Area D. CINE 106 added to general education Area C. ENG 100E added to general education Area A1. Math 100E, 101E, 110E, 115E, 120E, and 130E added to general education Area A2.

**Fall 2025:** SPCH 100 is now COMM C1000, ENG 100 is now ENGL C1000, ENG 100E is now ENGL C1000E, ENG 202 is now ENGL C1001, POSC 101/102 is now POLS C1000, PSYC 100 is now PSYC C1000, MATH 120 is now STAT C1000, MATH 120E is now STAT C1000E. Removed AIS 146, POSC 121, 240, BIOL 120, 141, 141L from GE