

PALOMAR COLLEGE

Associate Degree Competency and General Education Requirements

Fall 2026 - Summer 2027

The following list will assist you in choosing courses to fulfill general education requirements for the Associate in Arts or Associate in Science Degree.

- The course must be on the list at the time it was completed.
- Competency courses in American History and Institutions/California Government may double count in the general education areas they are listed in.
- No course may be used in more than one General Education Area.
- Consult a counselor for specific information regarding major prep and additional GE requirements.

Major: Complete a program as outlined in the Palomar College catalog. Major course work must be completed with a "C" or better.

Grade Point Average: A minimum cumulative GPA of 2.0 ("C" average) or higher is required. Some programs may require a higher GPA.

Residency: A minimum of 12 units in residence as an officially enrolled student at Palomar College is required.

Total Units: A minimum of 60 degree applicable semester units are required. Courses numbered 1-49 are non-degree applicable and do not count toward the degree.

Competence in American History and Institutions/California Government - A "C" grade or higher is required.

- The American History and Institutions/California Government courses may double count in the appropriate general education area they are listed in.
- A single US-1, 2, 3 course may be used in multiple US-1, 2, 3 areas where they are listed.

Option I: Choose a pair: AIS 101+102; AS 101+102; CS 101+102; HIST C1001+C1002; HIST 140+141; RS 102+RS 103

Option II: Choose two courses to complete US Areas 1, 2, and 3.

Option III: Complete POLS C1000

US – 1		US - 2		US - 3	
AIS 101, 102	POLS C1000	AIS 101	LS 240	AIS 102	HIST C1002, 141
AS 101, 102	RS 102	AS 101	POLS C1000	AS 102	POLS C1000
CS 101, 102		CS 101	RS 103	CS 102	POSC 120
HIST C1001, C1002, 140, 141		HIST C1001, 140			RS 103

Circle each US Area completed or in progress. US 1, 2, 3 Course: _____ C IP N

Circle each US Area completed or in progress. US 1, 2, 3 Course: _____ C IP N

Competence in Health and Fitness - A "C" grade or higher is required:

Complete **HE 100** and one fitness activity course: **HE 100L**; **KINE 105**, 128ABCD, 135ABC, 140ABC, 150ABC; **ACS 100** level intercollegiate sport; **DNCE 115**, 149, 151, 153, 210; **FIRE 151**; or completion of the **Police Academy**. *See supplemental guide for exceptions, including military service.*

Course: _____ C IP N

Course: _____ C IP N

General Education Requirements

Minimum 21 semester units required. No course may be used to satisfy more than one General Education Requirement

Area 1: English Composition, Oral Communication and Critical Thinking (7 – 8 units)

1A. English Composition – A “C” grade or higher. Choose one course (3 semester units):

ENGL C1000, 1000E or **ESL** 110

Course: _____ C IP N

1B. Oral Communication and Critical Thinking – Choose one course (3 semester units):

COMM C1000; **CSIT** 110; **ENGL** C1001, C1003; **PHIL** 116, 200; **READ** 120; **SPCH** 105, 170

Course: _____ C IP N

Area 2: Mathematical Concepts and Quantitative Reasoning* – A “C” grade or higher. Choose one course (3 semester units):

BUS 110, 204, 136; **CSCI** 112, 114, 210, 212, 222, 260, 290; **CSIT** 128, 165, 175, 180, 275, 280; **MATH** 100, 100E, 101, 101E, 105, 106, 110, 110E, 115, 115E, 126, 127, 130, 130E, 132E, 135, 141E, 200, 205, 206, 245; **C2210**, **C2210E**, **C2220**; **PHIL** 116, 201; **PSYC** 205; **SOC** 180, 205; **STAT** C1000, C1000E

*Completion of a college-level intermediate algebra course or the equivalent may satisfy this requirement

Course: _____ C IP N

Area 3 Arts and Humanities – Choose one course (3 semester units):

AIS 100, 104, 105, 108A, 108B, 135, 145, 150, 166A, 166B, 167A, 167B, 180B, 181A, 181B, 207A, 207B, 266A, 266B, 282A, 282B; **AMS** 100, 105; **ANTH** 135, 155; **ARAB** 101, 102, 201; **ARCH** 120, 121, 122; **ART** 100, 102, 104, 105, 163, 164, 169; **ARTH** C1100, C1200; **ASL** 100, 101, 110, 205, 206; **CHIN** 101, 102, 201; **CINE** 100, 102, 103, 106, 110, 120, 122, 123; **CS** 100, 140, 155; **DBA** 100, 230; **DNCE** 100, 101, 102, 105; **ENG** 210, 211, 220, 221, 225, 226, 230, 250, 255, 260, 270, 280, 290; **ENGL** C1002; **ESL** 106; **FASH** 130; **FREN** 101, 102, 201, 202; **GC** 115; **GERM** 101, 102, 201, 202, 225; **HIST** 105, 106; **HUM** 100, 101; **ITAL** 101, 102, 201, 202, 225; **JAPN** 101, 102, 130, 201, 202; **MUS** 100, 101, 102, 103, 169, 171; **PHIL** 111, 114, 121, 122, 125, 126, 140, 141, 142, 250; **PHOT** 125; **RS** 101, 105, 108; **SPAN** 101, 101A, 101B, 102, 201, 202, 211, 212, 235; **TA** 100, 150

Course: _____ C IP N

Area 4: Social and Behavioral Sciences – Choose one course (3 semester units):

AAS 100; **AIS** 101, 102, 110, 115, 121, 125, 130, 140, 165; **AJ** 100; **AMS** 200; **ANTH** 105, 107, 110, 115, 125, 126, 130, 137, 140; **AS** 100, 101, 102, 120; **CHDV** 110, 115, 172; **CDEV** C1000; **COMM** 100, 105; **CS** 101, 102, 140, 160; **ECON** 100, 110, 115, 120, 125, C2001, C2002; **EDUC** 172; **ENG** 150; **ETHN** 100; **GBST** 101, 102; **GEOG** 103, 105; **HIST** 107, 108, 121, 130, 140, 141, 150, 151, 160, C1001, C1002; **LS** 121, 240; **MCS** 100, 200; **NUTR** 120; **POLS** C1000; **POSC** 100, 103, 110, **PSYC** C1000, 105, 110, 120, 125, 130, 211, 225, 235; **RS** 102, 103, 108; **SOC** 105, 110, 115, 125, 130, 135, 165, 175, 200; **SOCI** C1000; **SPCH** 120, 131

Course: _____ C IP N

Area 5: Natural Sciences – Choose one course (3 semester units). The underlined courses include a laboratory.

ANTH C1000, C1001; **ASTR** 120, C1001; **BIOL** 102, 110, 118, 125, 126, 130, 131, 135, 140, 145, 200, 201, 210, 211, 212, C1000, C1001; **CHEM** 100, 104, 105, 110, 115, 205, 220, 221; **ENGR** 210; **ES** 115; **GEOG** 100, 110, 115; **GEOL** 100, 110, 120, 150; **NUTR** 165, 185; **OCN** 100; **PHSC** 101; **PHYS** 101, 102, 120, 121, 200, 201, 230, 231, 232; **PSYC** 210

Course: _____ C IP N

Area 6: Ethnic Studies – Choose one course (3 semester units):

AIS 100, 101, 102, 125; **AS** 100, 101, 102; **CS** 100, 101, 102, 140, 160; **ETHN** 100

Course: _____ C IP N

Notes:

PALOMAR COLLEGE
Supplemental Associate Degree Advising Guide
Fall 2026 - Summer 2027

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 C1000
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 C1001	CLEP (Score of 50): History of the U.S. II
History C1002	

US-2: U.S. Constitution and Government

Africana Studies 101+(F16)	Political Science C1000
American Indian Studies 101+(F16)	Religious Studies 103+(F19)
Chicano Studies 101	AP Exam (Score of 3): U.S. Government & Politics
History C1001	
History 140+(F16)	

US-3: California State and Local Government

Africana Studies 102	History 141
American Indian Studies 102	Political Science C1000
Chicano Studies 102	Political Science 120+(F09)
History C1002	Religious Studies 103+(F19)

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

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

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

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 181 days of continuous active duty.

Nursing:

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

Course Changes

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 101, 102, 121, 240, BIOL 120, 141, 141L, ESL 101, 103 from GE. Added POSC 103 to Area 4, NUTR 165 to Area 5, POLS C1000 to US-1, 2, 3.

Fall 2026: CSIT 110 added to AAGE Area 1B; ETHN 100 added to AAGE Area 4 and Area 6, NUTR 120 added to Area 4, ART 165 is now ARTH C1100, ART 166 is now ARTH C1200, ECON 102 is now ECON C2001, ECON 101 is now ECON C2002, ENG 205 is now ENGL C1002, ENG 203 is now ENGL C1002, ENG 203 is now ENGL C1003, HIST 101 is now HIST C1001, HIST 102 is now HIST C1002, ANTH 100 is now ANTH C1001, ANTH 100L is now ANTH C1001L, ANTH 101 is now ANTH C1000, ASTR 100 is now ASTR C1001, ASTR 105L is now ASTR C1001L, BIOL 100 is now BIOL C1000, BIOL 101 is now BIOL C1001, BIOL 101L is now BIOL C1001L, CHDV 100 is now CDEV C1000, SPCH 115 is now COMM C1004, SOC 100 is now SOCI C1000