

GENERAL STUDIES: LIFELONG HEALTH, WELL-BEING AND SELF-DEVELOPMENT



The Associate Degree in General Studies with an Area of Emphasis provides an opportunity for students to design a program of study meaningful and appropriate to their own needs and academic interests. The degree includes general education and a focused area of study. Students may choose to earn this degree for preparation for employment or for personal development.

Requirements

To meet the General Studies degree requirements, a student must complete the following:

- I. **AS or AA General Education Requirements** (see Degree Requirements and Transfer Information section)
and
- II. **Choose a minimum of 18 units**
Students must take a minimum of three units in Health, three units in Exercise Science, three units in Nutrition, and three units in Self-Development. The remaining six units may be taken from any category. A maximum of one course may be earned from any combination of ES-206 Intercollegiate Basketball, ES-209 Intercollegiate Cross-Country, ES-213 Intercollegiate Golf, ES-218 Intercollegiate Soccer, ES-224 Intercollegiate Tennis, ES-227 Intercollegiate Track, ES-230 Intercollegiate Volleyball and ES-249 Competencies for Intercollegiate Athletes.

The Associate in Arts in General Studies with an Emphasis in Lifelong Health, Well-Being and Self-Development will be awarded to students upon completion of general education degree requirements and 18 units in this area. These courses focus on the improvement of health and well-being and are designed to provide knowledge and tools of how to obtain optimal physical, psychological and emotional health and well-being throughout the lifespan. Potential entry-level positions of employment that students will be prepared for upon completion include those in recreation, education, and health fields.

Program Learning Outcomes

Upon successful completion of this program, students will be able to:

- Demonstrate an understanding of optimal health and fitness in daily life through informed decision-making.
- Describe basic principles of nutrition.
- Value the importance of physical activity through the lifespan.

Code	Title	Units
Health		
BIO-115	Biology of Alcohol and Other Drugs	3
HED-105	Health Education for Teachers	1
HED-120	Personal Health and Lifestyles	3

HED-201	Introduction to Public Health	3
HED-202	Health Professions and Organizations	3
HED-203	Substance Abuse and Public Health	3
HED-204	Health and Social Justice	3
HED-251	Healthy Lifestyles: Theory and Application	3
Exercise Science		
ES-206	Intercollegiate Basketball	3
ES-209	Intercollegiate Cross-Country	3
ES-213	Intercollegiate Golf	3
ES-218	Intercollegiate Soccer	3
ES-224	Intercollegiate Tennis	3
ES-227	Intercollegiate Track	3
ES-230	Intercollegiate Volleyball	3
ES-248	Conditioning for Intercollegiate Athletes	1
ES-249	Competencies for Intercollegiate Athletes	2-4
ES-250	Introduction to Kinesiology	3
ES-253	Physical Education in Elementary Schools	3
ES-255	Care and Prevention of Athletic and Recreational Injuries	3
ES-270	Cooperative Games	1
ES-271	Fitness Walking with Children	1
ES-272	Issues in Childhood Obesity	1
Nutrition		
NUTR-155	Introduction to Nutrition	3
NUTR-158	Nutrition for Fitness and Sports	3
NUTR-255	Science of Nutrition	3
Self-Development		
COUN-110	Career Decision Making	1
COUN-120	College and Career Success	3
COUN-130	Study Skills and Time Management	1
COUN-140	Self Awareness and Interpersonal Relationships	3
COUN-150	Transfer Success	1