



- Students must complete a minimum of 3 credit hours in each area.
- Health and Wellness requires a minimum of 4 credit hours, with one course and two physical activities.
- Courses listed below are **JCCC courses** that will fulfill each area. Exceptions must be approved by the Academic Dean or University Registrar.

Area I: Creative and Performing Arts (3 credits)

ENGL	223	Creative Writing
HUM	122	Introduction to Humanities
MUS	126	Introduction to World Music
SPD	140	Oral Interpretation of Literature
THEA	120	Introduction to Theater
THEA	138	Oral Interpretation of Literature

Area II: Historical and Cultural Perspectives (3 credits)

ANTH	125	Cultural Anthropology
ENGL	130	Introduction to Literature
ENGL	250	World Masterpieces
HIST	140	US History to 1877
HIST	141	US History Since 1877
HIST	151	World History I: Traditional World
HIST	152	World History II: Modern World
POLS	124	American National Government

Area III: Social and Behavior Perspectives (3 credits)

ANTH	130	World Cultures
ECON	230	Economics I
EDUC	220	Survey of the Exceptional Child
EDUC	246	Multicultural Issues in Education (2 credits)
ENTR	180	Opportunity Analysis (2 credits)
GEOS	145	World Regional Geography
PSYC	130	Introduction to Psychology
PSYC	220	Social Psychology
SOC	122	Introduction to Sociology
SOC	131	Marriage and the Family
SOC	146	Introduction to Social Work & Social Welfare

Area IV: Mathematical Systems (3 credits)

CIS	134	Programming Fundamentals
MATH	171	College Algebra
MATH	173	Precalculus
MATH	181	Statistics
MATH	241	Calculus I

Area V: Natural Sciences (3 credits)

BIOL	122/BIOL 123	Principles of Biology and Lab
BIOL	130/BIOL 131	Environmental Science and Lab
BIOL	144	Human Anatomy and Physiology
CHEM	124/CHEM 125	General Chemistry I and Lab
PSCI	120	Physical Science
PSCI	130	General Physics I

Area VI: Language and Communication (3 credits)

ENGL	122	Composition II
ENGL	222	Advanced Composition
FL	130	Elementary Spanish I
FL	131	Elementary Spanish II
FL	140	Elementary French I
FL	141	Elementary French II
FL	230	Intermediate Spanish I
FL	231	Intermediate Spanish II
JOUR	122	Reporting for the Media
SPD	121	Public Speaking
SPD	125	Personal Communication
SPD	141	Voice and Speech
SPD	180	Intercultural Communication

**Area VII: Health and Wellness (4 credits)
4 credits – 1 course and 2 physical activities**

BIOL	235	General Nutrition
BUS	123	Personal Finance
HPER	202	Personal Community Health
HPER	204	Care and Prevention of Athletic Injury
PSYC	205	Human Sexuality
PSYC	250	Health Psychology

Activity Courses:

HPER	104	Yoga
HPER	134	Weight Training
HPER	140	Modern Dance
HPER	163	Ballroom Dance
HPER	165	Karate
HPER	240	Lifetime Fitness

Area VIII: Theological and Philosophical Perspectives (3 credits)

PHIL	121	Introduction to Philosophy
PHIL	143	Ethics
PHIL	176	Philosophy of Religion
REL	120	Exploring World Religions