

School of Fitness & Health Professions

Athletic Training/Sports Medicine

Athletic Training/Sports Medicine (AS)

Biological Sciences

Anatomy/Physiology

Emergency Medical Technician (EMT)

Emergency Medical Technician (SR)

Food and Nutrition

Health Education

Kinesiology

Kinesiology (AAT)

Physical Education (AA)

Medical Assisting

Medical Assisting (C/AS)

Nursing

Nursing, (AS)

Nursing, LVN to ADN (AS)

Public Health Science

Public Health Science (AST)

Respiratory Care

Respiratory Care (AS/BS)

School of Fitness & Health Professions

Flexible 1st Fifteen Units

Instructions:

1. Take GUIDE 120
2. Pick one courses from the list of Introduction to Majors/Programs Courses.
3. Take MATH 134/135 (may need Math 34) or SOCIO 105*.
4. Take ENGL 100 or 101
5. Pick one course from the list of General Education Options – CSU GE: E

* Please see a counselor to verify this class transfers to your institution(s) of choice.

Course Selections:

Units Term

- | | | |
|--|-------|-------|
| 1. GUIDE 120 | 3 | _____ |
| 2. _____
<small>majors/programs selection</small> | _____ | _____ |
| 3. MATH 134/135 or SOCIO 105* | _____ | _____ |
| 4. ENGL 100 or 101 | _____ | _____ |
| 5. _____
<small>general education selection</small> | _____ | _____ |

Flexible 2nd Fifteen Units

Instructions:

1. Take CHEM 101*+ or CHEM 143
2. Pick one courses from the Major Related list
3. Take COMM 100 or COMM 102
4. Pick one course from the list of General Education Options – CSU GE: C
5. Pick one course from the list of General Education Options – CSU GE: D

* Before enrolling in this course students are strongly advised to complete CHEM 142 or H.S. Chemistry with a B or better.

+ CHEM 101 has a Math 90 or 111 prerequisite.

Course Selections:

Units Term

- | | | |
|--|-------|-------|
| 1. CHEM 101 or CHEM 143 | _____ | _____ |
| 2. _____
<small>major related selection</small> | _____ | _____ |
| 3. COMM 100 or COMM 102 | 3 | _____ |
| 4. _____
<small>general education selection</small> | _____ | _____ |
| 5. _____
<small>general education selection</small> | _____ | _____ |

School of Fitness & Health Professions

Instructions:

Choose Courses until you find a major. Then work with a Counselor to switch to a Program Coursework Roadmap.

1. Take GUIDE 120
2. Pick one courses from the list of Introduction to Majors/Programs Courses.
3. Take MATH 134/135 (may need Math 34) or SOCIO 105*.
4. Take ENGL 100 or 101
5. Pick one course from the list of General Education Options – CSU GE: E
6. Take CHEM 101**+ or CHEM 143
7. Pick one courses from the Major Related list
8. Take COMM 100 or COMM 102
9. Pick one course from the list of General Education Options – CSU GE: C
10. Pick one course from the list of General Education Options – CSU GE: D

* Please see a counselor to verify this class transfers to your institution(s) of choice.
 ** Before enrolling in this course students are strongly advised to complete CHEM 142 or H.S. Chemistry with a B or better.
 + CHEM 101 has a Math 90 or 111 prerequisite.

Course Selections:	Units	Term
1. GUIDE 120	<u>3</u>	_____
2. _____ <small>majors/programs selection</small>	_____	_____
3. MATH 134/135 or SOCIO 105*	_____	_____
4. ENGL 100 or 101	_____	_____
5. _____ <small>general education selection</small>	_____	_____
6. CHEM 101 or CHEM 143	_____	_____
7. _____ <small>major related selection</small>	_____	_____
8. COMM 100 or COMM 102	<u>3</u>	_____
9. _____ <small>general education selection</small>	_____	_____
10. _____ <small>general education selection</small>	_____	_____

Introduction to Major/Program Courses

Major/Program	Course #	Course Title
Emergency Medical Service	EMS 350	First Responder With Healthcare Provider CPR
Public Health	HE 112	Introduction to Public Health
Nurse	NURSE 115	Introduction for Nursing Majors
Nurse Assistant	NURSE 52	Nurse Assistant
Athletic Training	PE 108	Care and Prevention of Athletic Injuries
Kinesiology & Physical Education	PE 124	Introduction to Kinesiology

LEGEND - WORK IN PROGRESS

General Education Options - CSU GE: E

Course #	Course Title	GE Area(s)*
FDNTR 219	Introduction to Nutrition Science	CSU GE: E*
HE 110	Healthful Living (recommended for Public Health & Athletic Training)	CSU GE: E**
PSYCH 141	Human Lifespan Development (recommended for Nursing [RN & BSN])	CSU GE: E / IGETC: 4**

* This courses also meet the MJC GE Area A and E requirements.

** This courses also meet the MJC GE Area E requirement.

These are recommendations from area faculty alternative selections can be made using MJC's general education lists in the catalog. Please see your Counselor for assistance in choosing alternate courses.

Major Related Courses

Major/Program	Course #	Course Title
Kinesiology and Athletic Training, Public Health, Registered Nurse, and Respiratory Care	ANAT 125	Human Anatomy
Kinesiology and Athletic Training	HE 101	Emergency Medical Response: CPR Pro/ Healthcare Provider
Health Education and Public Health	HE 110	Healthful Living
Medical Assisting, Nursing Assistant, Registered Nurse, and Respiratory Care	MDAST 321	Medical Terminology

General Education Options – CSU GE: C

Course #	Course Title	GE Area(s)*
ART 160	Appreciation of Art	CSU GE: C1 / IGETC: 3A
COMM 132	Introduction to Mass Communication	CSU GE: C1 / IGETC: 3A**
HUMAN 101	Introduction to the Humanities	CSU GE: C2 / IGETC: 3B
MUSG 101	Music Appreciation	CSU GE: C1 / IGETC: 3A
PHILO 101	Philosophy	CSU GE: C2 / IGETC: 3B
SPAN 101	Spanish 1	CSU GE: C2 / IGETC: 6A
SIGN 125	ASL: Beginning Communication with the Deaf	CSU GE: C2 / IGETC: 6A

* All courses also meet the MJC GE Area C requirement.

** This course also meets the MJC GE Area D2, CSU GE D and IGETC: 4 requirements. These are recommendations from area faculty alternative selections can be made using MJC's general education lists in the catalog. Please see your Counselor for assistance in choosing alternate courses.

General Education Options – CSU GE Area D

Course #	Course Title	GE Area(s)*
Recommended for Nursing		
ANTHR 102	Cultural Anthropology	CSU GE: D / IGETC: 4
SOCIO 101	Introduction to Sociology	CSU GE: D / IGETC: 4
SOCIO 102	Social Problem in the United States	CSU GE: D / IGETC: 4
SOCIO 125	Sociology of the Family	CSU GE: D / IGETC: 4
SOCIO 150	Ethnicity and Culture in America	CSU GE: D / IGETC: 4
SOCIO 154	African-American Cultures and Communities	CSU GE: D / IGETC: 4
SOCIO 156	Mexican Culture in the United States	CSU GE: D / IGETC: 4
Recommended for Medical Assisting		
PSYCH 51	Psychology in Everyday Life	Not Transferable *
Recommended for Fitness		
PSYCH 101	General Psychology	CSU GE: D / IGETC: 4
General Interest		
HIST 101	History of the United States to 1877	CSU GE: D / IGETC: 4**
HIST 102	History of the United States since 1865	CSU GE: D / IGETC: 4**
HIST 112	20 th Century America	CSU GE: D / IGETC: 4
HIST 113	Social and Cultural History of the United States Prior to the 20 th Century	CSU GE: D / IGETC: 4**
HIST 115	Economic History of the United States	CSU GE: D / IGETC: 4**
HIST 116	Women in American History	CSU GE: D / IGETC: 4**
HIST 119	Social and Cultural History or 20 th Century America	CSU GE: D / IGETC: 4**
HIST 154	African Americans through the 19 th Centuries.	CSU GE: D / IGETC: 4**
HIST 155	African Americans in the 20 th and 21 st Centuries.	CSU GE: D / IGETC: 4**
POLSC 101	American Politics	CSU GE: D / IGETC: 4**
POLSC 102	The Constitution and Rights of Persons	CSU GE: D / IGETC: 4**
POLSC 120	California Politics and Problems	CSU GE: D / IGETC: 4**

* All of these courses also meet the MJC GE Area B requirement.

** This course also meets additional CSU GE Area A1 requirements. These are recommendations from area faculty alternative selections can be made using MJC's general education lists in the catalog. Please see your Counselor for assistance in choosing alternate courses.