

# Associate Degree in General Studies Pattern I

## General Studies (AA) Pattern I

This pattern provides an opportunity to earn an Associate in Arts in General Studies. This degree covers a broad area of study and is intended for students who may not be planning to transfer to a four-year university or who may need to explore possibilities before committing themselves to a major. Students are required to:

1. Complete Ventura College's General Education requirements to include areas A-F (page 60)
  2. Choose an area of emphasis from one of four categories listed below:
    - Natural Sciences Emphasis
    - Social and Behavioral Sciences Emphasis
    - Arts and Humanities Emphasis
    - Holistic Studies Emphasis
  3. Complete a minimum of **18 units in the chosen area of emphasis** with a grade of "C or P" or better in each of the courses selected within the chosen area (Title 5, section 55063). Even though a grade of "P" is allowed, it is highly recommended that students complete all their area of emphasis coursework for a letter grade (A, B, or C). **Complete a minimum of 6 of the 18 units within a single discipline.** Courses in the area of emphasis may also be used to fulfill general education requirements but the units may count only once.
- Note:** Universities have limitations on the number of the units that can be taken "P/NP" (Pass/No Pass).
4. Complete a minimum of 60 degree-applicable units.
  5. Complete the college's other graduation requirements in competency (Math and English), scholarship, and residency.
  6. Apply for the AA degree in the Counseling Office by stated deadline dates.

**NOTE:** Students planning to transfer to a four-year university are advised that this curriculum may not adequately prepare them for transfer. General Studies Patterns II and III are designed for transfer students.

## Areas of Emphasis

### Natural Sciences Emphasis

The courses that fulfill the **Natural Sciences** area of emphasis will examine the physical universe, its life forms and natural phenomena. The courses are designed to develop students' appreciation and understanding of the scientific method, and encourage an understanding of the relationships between science and other human activities.

**ANAT** V01; **ANPH** V01; **ANTH** V01, V01L, V35, V35L; **AST** V01, V01L; **BIOL** V01, V01L, V03, V04, V10, V12, V14, V18, V23, V29, V29L, V40, V42; **BIOT** V18, V42; **CHEM** V01A, V01AL, V01B, V01BL, V05, V12A, V12AL, V12B, V12BL, V20, V20L, V21, V21L, V30, V30L; **CJ** V35, V35L; **ESRM** V01, V02, V10, V11, V14; **GEOG** V01, V01L, V05; **GEOL** V02, V02L, V03, V03L, V07, V11, V21; **MICR** V01; **PHSC** V01; **PHYS** V01, V02A-V02AL, V02B-V02BL, V03A-V03AL, V03B-V03BL, V04-V04L, V05-V05L, V06-V06L; **PHSO** V01; **PSY** V03.

### Social and Behavioral Sciences Emphasis

The courses that fulfill the Social and Behavioral Sciences area of emphasis will examine people as members of society. The courses are designed to develop students' awareness of the method of inquiry used by the social and behavioral sciences; to stimulate critical thinking about the ways people respond to their societies; and to promote appreciation of how societies and social subgroups operate.

**AES** V01, V02A, V02B, V11, V20, V21A, V21B, V22, V23, V24, V40A, V40B, V41, V42A, V42B, V61, V63; **ANTH** V02, V03, V04, V05, V06, V07, V35, V35L; **BUS** V30; **CHST** V01, V02, V24; **CD** V02, V03, V05, V61; **CJ** V01, V02, V03, V15, V19, V35, V35L; **COMM** V12, V15, V16; **ECON** V01A, V01B; **ESRM** V03; **GEOG** V02, V06, V08; **HIST** V01A, V01B, V02A, V02B, V03A, V03B, V04A, V04B, V05A, V05B, V07A, V07B, V08, V10B, V12, V13, V14A, V14B, V15, V16, V17, V18A, V18B, V21; **HMSV** V50; **POLS** V01, V02, V03, V04, V05, V09, V10, V11, V12, V14, V15, V16; **PSY** V01, V02, V05, V07, V15, V25, V29, V30, V31; **SOC** V01, V02, V03, V04, V05, V07, V13, V24, V31.

### Arts and Humanities Emphasis

The courses that fulfill the Arts and Humanities area of emphasis will examine the cultural activities and artistic expressions of human beings. The courses are designed to develop students' awareness of the ways in which people throughout the ages and in different cultures have responded to themselves and the world around them in artistic and cultural creation and to develop students' aesthetic understanding and ability to make value judgments.

**AES** V10, V12, V30, V31, V61, V63, V65, V66, V67; **ART** V01, V02A, V02B, V02C, V03, V04, V05, V06, V07, V08, V09, V11A, V12A, V13A, V19, V50A, V51A; **COMM** V01, V03, V05, V10, V12, V15, V16; **DANC** V01, V02; **ENGL** V01B, V06B, V10, V11A, V11B V15, V16, V21A, V21B, V22A, V22B, V23, V26, V29A, V29B, V30, V31, V33, V34, V35, V36A, V36B, V133, V134, V135, V136A, V136B; **FREN** V01, V02, V03, V04, V51A, V51B, V51C; **GERM** V01, V02, V03, V04, V51A, V51B, V51C; **HIST** V01A, V01B, V15, V17, V18A, V18B; **IDS** V08; **ITAL** V01, V02, V03, V04, V51A, V51B; **JAPN** V01, V02, V51A, V51B; **MUS** V01, V03, V06, V07, V08, V09A, V09B; **PHIL** V01, V02, V03A, V03B, V04, V06A, V06B, V09, V10; **PHOT** V01, V02, V07; **SL** V10A, V10B, V10C; **SPAN** V01, V02, V03, V03S, V04, V04S, V20, V51A, V51B; **THA** V01, V02A, V05A, V05B, V06A, V06B, V20, V22A, V22B, V23, V29, V30A, V31A, V31B.

### **Holistic Studies Emphasis**

The courses that fulfill the Holistic Studies area of emphasis will examine the study of the principles underlying the mind, body, spirit connection, and their relevance for guiding human beings through the major foundational experiences of life. This emphasis is visionary in nature, reflecting changes already occurring in society in general and in the local community specifically.

### **REQUIRED CORE COURSES ..... UNITS**

HED V71 ..... Survey of Alternative and Integrative Medicine .....3

HED V73 ..... Introduction to Holistic Health and Healing .....3

### **REQUIRED ADDITIONAL COURSES:**

#### Select one (1) of the following Spiritual courses:

HED V70 ..... Spiritual Health .....3

PHIL V09 ..... Zen Buddhism.....3

#### Select one (1) of the following Culture, Philosophy, and Religion courses:

ANTH V07 ..... The Anthropology of Magic, Witchcraft, and Religion.....3

PHIL V03A ..... Survey of World Religions: West .....3

PHIL V03B ..... Survey of World Religions: East .....3

SOC V02 ..... Social Problems.....3

#### Select one (1) of the following Health and Human Development courses:

EAC V13 ..... Holistic Health and Disabilities ..... 1.5

HED V76 ..... Managing Stress .....3

HED V82 ..... Health and Fitness Activities .....3

HED V87 ..... Nutrition.....3

HED V93 ..... Health and Wellness.....3

HED V95 ..... Health and Wellness: Designed for Women.....3

HED V97 ..... Fundamentals of Nutrition and Fitness.....3

PSY V02 ..... Personal Growth and Social Awareness.....3

#### Select one (1) of the following Mind, Body, and Spirit Courses:

KIN V50A ..... Aikido I .....1

KIN V50B ..... Aikido II .....1

KIN V70A ..... Yoga I .....1

KIN V70B ..... Yoga II .....1

KIN V72 ..... Stress Management Relaxation Exercises .....1

KIN V73 ..... Holistic Movement .....1

KIN V74A ..... Core Balance and Fitness.....1

KIN V74B ..... Advanced Core Balance and Fitness.....1

KIN V76A ..... Tai Chi I .....1

KIN V76B ..... Tai Chi II .....1

#### Select one (1) of the following Aerobic and Resistance Training courses:

KIN V10 ..... Aerobic and Strength Training .....1

KIN V12 ..... Bicycle Conditioning.....1

KIN V14 ..... Step Aerobics .....1

KIN V16 ..... Aerobic Kickboxing .....1

KIN V18 ..... Cardiovascular Fitness: Machine Training .....1

KIN V19 ..... Indoor Cross Fitness Training.....1

KIN V20 ..... Walking to Restore Fitness .....1

KIN V21 ..... Fitness Walking/Jogging for Cardiovascular Health .....1

KIN V22 ..... Running for Fitness .....1

KIN V23 ..... Advanced Running/Interval Training .....1

KIN V26 ..... Weight Training and Conditioning .....1

KIN V28 ..... Conditioning: Designed for Women.....1

KIN V32 ..... Power Body Building and Sculpting.....1

KIN V34 ..... Circuit Training .....1

#### Select one (1) of the following Science and the Environment courses:

BIOL V01 ..... Principles of Biology .....3

BIOL V10/ESRM V01 ... Introduction to Environmental Issues .....3

BIOL V12 ..... Principles of Human Biology .....3

GEOG V01 ..... Elements of Physical Geography.....3

GEOG V02 ..... Introduction to Human Geography.....3

GEOG V06 ..... Geography of California .....3

**TOTAL UNITS:**

**18.5–20**



# Associate Degree in General Studies Pattern II and III

## General Studies Pattern II

This pattern is intended for students who are planning to transfer to a four-year university in high-unit majors or where completion of CSU GE-Breadth or IGETC is not appropriate or advisable. See [www.assist.org](http://www.assist.org) for guidance. Independent or out-of-state universities may also fall in this category.

1. Select and complete courses from the general education of a transfer institution to include, at a minimum, the following Title 5 requirements:

- Natural Sciences (3 units)
- Social and Behavioral Sciences (3 units)
- Arts and Humanities (3 units)
- Language and Rationality – English Composition (3 units)
- Communication and Analytical Thinking (3 units)

## General Studies Pattern III

This pattern is intended for students who are planning to transfer to a California public four-year university (UC or CSU) and plan to use the CSU GE or IGETC to fulfill their lower division general education.

- Complete CSU GE-Breadth (page 70) or IGETC (page 78)

**NOTE:** Students who complete CSU GE-Breadth or IGETC need to apply for GE certification in the Career and Transfer Center or Counseling Office. Along with GE Certification, students will be awarded a Certificate of Achievement in CSU GE-Breadth or a Certificate of Achievement in IGETC General Education.

2. Complete local graduation requirements to include:

- **Health Education** (one course/no unit minimum): **CD** V24; **EMT** V01; **HED** V70, V71, V73, V76, V82, V87, V93, V95, V97; **HS** V10; **KIN** V80.
- **Physical Education/Kinesiology** (one course/no unit minimum): **CJ** V11A, V11B; **DANC** V03-V50D; **EAC** V21, V25-V28; **ICA** V02-V69; **KIN** V02-V76B; **THA** V14.
- **Ethnic/Gender Studies:** (A minimum of 3 units)  
**AES** V01, V02A, V02B, V10, V11, V12, V20, V21A, V21B, V22, V23, V24, V30, V31, V40A, V40B, V41, V42A, V42B, V61, V63, V65, V66, V67; **ANTH** V02, V04, V06; **ART** V02C, V03, V07, V08, V09; **CD** V05; **CHST** V01, V02, V24; **CJ** V03; **COMM** V12; **ENGL** V06B, V33, V34, V35, V36A, V36B, V133, V134, V135, V136A, V136B; **GEOG** V02; **HIST** V02A, V02B, V03A, V03B, V05A, V05B, V10A, V10B, V12, V13, V14A, V14B, V15, V17, V21; **MUS** V03, V07; **POLS** V11, V14; **PSY** V30; **SOC** V03, V04, V24; **SPAN** V20.

3. Choose an area of emphasis from one of four categories listed below.

- Complete a minimum of **18 units in the chosen area of emphasis** with a grade of "C or P" or better in each of the courses selected within the chosen area (Title 5, section 55063). Even though a grade of "P" is allowed, it is highly recommended that students complete all their area of emphasis coursework for a letter grade (A, B, or C).
- Complete a minimum of **6 of the 18 units within a single discipline**.
- Select courses that fulfill major preparation requirements for the chosen transfer institution. CSU and UC articulation can be found at [www.assist.org](http://www.assist.org). Other articulation can be found in the Transfer Center. If no articulation exists with the intended transfer institution, you may obtain guidance from recruitment counselors, the transfer institution's departmental advisors in your major, and their catalog/website.

4. Complete a minimum of 60 transferable units.

5. Complete competency requirements in Math and English (see page 47) for options in meeting competencies).

**NOTE:** Courses used to fulfill the CSU GE-breadth or IGETC requirements in Math and Written Communication or English Composition will fulfill this requirement.

6. Complete requirements in scholarship (2.0 minimum cumulative degree-applicable GPA).

7. Complete residency requirements. Students must complete at least 12 semester units in residence at Ventura College in order to receive a degree from Ventura College. The same policy applies to all colleges in the district: a minimum of 12 semester units must be completed at the college granting the degree.

8. Apply for the degree in the Counseling Office by stated deadline dates.

# Associate Degree in General Studies Pattern II and III

## Areas of Emphasis for Patterns II and III:

### Natural Sciences or Mathematics Emphasis

The courses that fulfill the Natural Sciences or Mathematics area of emphasis will examine the physical universe, its life forms and the measurement of natural phenomena. The courses are designed to develop students' appreciation and understanding of the scientific method, along with mathematical evaluation, and to encourage an understanding of the relationships between science/mathematics and other human activities. This emphasis enables the student to take courses that will satisfy lower division major preparation requirements for areas including but not limited to Allied Health, Biology, Chemistry, Environmental Science, Geological Sciences, Geography, Health Sciences, Mathematics, Nursing, Physics, and Pre-Medicine.

**ANAT** V01; **ANPH** V01; **ANTH** V01, V01L, V02; **AST** V01, V01L; **BIOL** V01, V01L, V03, V04, V10, V18, V23, V30; **BIOT** V18, V30; **CHEM** V01A, V01AL, V01B, V01BL, V05, V12A, V12AL, V12B, V12BL, V20, V20L, V21, V21L, V30, V30L; **ESRM** V01, V02, V03, V11, V14; **GEOL** V02, V02L, V03, V03L, V07, V11, V21; **GEOG** V01, V01L, V02, V05, V06, V08, V16, V22, V26; **GIS** V22, V26; **MATH** V04, V05, V20, V21A, V21B, V21C, V22, V23, V44, V46; **MICRO** V01; **PHYS** V01, V02A-V02AL, V02B-V02BL, V03A-V03AL, V03B-V03BL, V04-V04L, V05-V05L, V06-V06L; **PHSO** V01; **PSY** V04.

### Social and Behavioral Sciences Emphasis

The courses that fulfill the Social and Behavioral Sciences area of emphasis will examine people as members of society. The courses are designed to develop students' awareness of the method of inquiry used by the social and behavioral sciences; to stimulate critical thinking about the ways people respond to their societies; and to promote appreciation of how societies and social subgroups operate. This emphasis enables the student to take courses that will satisfy lower division major preparation requirements for areas within the fields of Anthropology, Economics, Ethnic Studies, Geography, History, Political Science, Psychology, and Sociology.

**AES** V01, V02A, V02B, V11, V20, V22, V23, V24, V40A, V40B, V63; **ANTH** V02, V03, V04, V05, V06, V07, V35, V35L; **BUS** V01A, V01B, V17, V30, V33, V45, V53; **CD** V02, V05, V11, V14, V19, V24, V28, V61, V62, V63, V64A, V64B; **CHST** V01, V02, V24; **CJ** V01, V02, V03, V04, V05, V08, V14, V25, V35, V35L; **ECON** V01A, V01B; **GIS** V22; **GEOG** V01, V02, V05, V08, V22; **HIST** V01A, V01B, V02A, V02B, V03A, V03B, V04A, V04B, V05A, V05B, V07A, V07B, V12, V17, V18A, V18B; **MATH** V40, V44; **POLS** V01, V02, V03, V04, V05; **PSY** V01, V02, V03, V04, V05, V07, V15, V25, V29, V30, V31; **SOC** V01, V02, V03, V04, V05, V07, V13, V24, V31.

### Arts and Humanities Emphasis

The Arts and Humanities area of emphasis will examine the cultural activities and artistic expressions of human beings. The courses are designed to develop students' awareness of the ways in which people throughout the ages and in different cultures have responded to themselves and the world around them in artistic and cultural creation and to develop students' aesthetic understanding and ability to make value judgments. This emphasis enables the student to take courses that will satisfy lower division major preparation requirements for areas within the fields of Fine Arts, Performing Arts, English, Ethnic Studies, Foreign Languages, Music, and Philosophy.

**AES** V10, V65, V66, V67; **ART** V02A, V02B, V02C, V03, V04, V05, V06, V07, V08, V09, V11A, V12A, V13A, V16A, V19, V25A, V51A, V73A; **COMM** V01, V03, V05, V10, V12, V15, V16; **DANC** V01, V02, V10A, V14, V15A, V15B, V50A; **ENGL** V01B, V01C, V10, V21A, V21B, V22A, V22B, V26, V30, V31; **FREN** V01, V02, V03, V04, V51A; **GERM** V01, V02, V03, V04, V51A; **ITAL** V01, V02, V03, V04, V51A; **JAPN** V01, V02, V51A; **MUS** V02A-V02AL, V02B-V02BL, V02C-V02CL, V02D-V02DL, V09A, V09B, V24A, V24B, V24C, V24D; **PHIL** V01, V02, V03A, V03B, V04, V05, V06A, V06B, V09, V10; **PHOT** V01, V02, V04A, V06A, V09A; **SL** V10A, V10B, V10C; **SPAN** V01, V02, V03, V03S, V04, V04S, V51A; **THA** V01, V02A, V02B, V05A, V06A, V10A, V10B, V10C, V14, V20, V21, V22A, V31A.

### Liberal Studies Emphasis

The courses that fulfill the Liberal Studies area of emphasis will examine a diverse array of academic disciplines providing a breadth of knowledge necessary to prepare students in the subject matter required for a multiple subject teaching credential in elementary or special education. In addition, the coursework is designed to enable students to: explore how knowledge across multiple disciplines is interrelated; think critically and creatively; write and speak clearly, coherently, and thoughtfully; read, understand, and evaluate all forms of text; evaluate the positive value and essential role of diversity; and formulate their own goals for continued learning and inquiry based on a foundation of intellectual curiosity.

**ART** V01; **AST** V01, V01L; **BIOL** V01, V01L; **CD** V02, V03, V05; **COMM** V01; **DANC** V01; **ENGL** V01A, V01B; **GEOG** V02, V08, V22; **GEOL** V02, V02L, V03, V03L; **GIS** V22; **HIST** V07A, V08, V18A; **MATH** V38; **MUS** V08; **PHIL** V04, V05, V10; **PHSC** V01; **POLS** V01; **PSY** V05; **THA** V01.

### **Note:**

1. Students choosing the Liberal Studies Emphasis should follow CSU GE-Breadth pattern only, not IGETC, to satisfy the General Education requirements of this degree.
2. A single course may be used to fulfill a general education requirement, a graduation or competency requirement, and a requirement in an area of emphasis, but the units can only count once toward the 60 units required for the Associate Degree and for transfer. A single course may not be used to fulfill more than one GE requirement nor more than one emphasis requirement.