**American History and Institutions/California Government Requirement**  
Demonstrate competence through course completion or examination

**Course and/or Exam Completion:** "C" grade or higher required

### US-1: American History (100 years)

- Africana Studies 101
- Africana Studies 102
- American Indian Studies 101
- American Indian Studies 102
- Chicano Studies 101
- Chicano Studies 102
- History 101
- History 102

- History 140
- History 141
- Political Science 101+F16
- Religious Studies 102+F08
- AP Exam (Score of 3); U.S. History
- CLEP (Score of 50): History of the U.S. I
- CLEP (Score of 50): History of the U.S. II

### US-2: U.S. Constitution and Government

- Africana Studies 101+F16
- American Indian Studies 101+F16
- Chicano Studies 101
- Chicano Studies 102
- History 101+F16
- History 140+F16

- Political Science 101
- Political Science 102
- Political Science/Legal Studies 240+F16
- AP Exam (Score of 3): U.S. Government & Politics

### US-3: California State and Local Government

- Africana Studies 102
- American Indian Studies 102
- Chicano Studies 102
- History 102

- History 141
- Political Science 102
- Political Science 120+F09

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

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**Health and Fitness Requirement**

Demonstrate competence through course completion, examination, or military service.

**Course Completion (Select A or B): "C" grade or higher required**

**A. Health 100 and**

- One approved fitness activity course:
  - ACS 100-level intercollegiate sport
  - HE 100L

**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.

**Competence Examination:**

- Palomar College Departmental Competency Exam

Successfully pass both the lecture and activity exams administered by the Heath, 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.

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**Jogging (12 minutes)**

<table>
<thead>
<tr>
<th>Age</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>Under 30</td>
<td>6 1/2 laps</td>
<td>5 1/2 laps</td>
</tr>
<tr>
<td>30 – 39</td>
<td>5 3/4 laps</td>
<td>4 3/4 laps</td>
</tr>
<tr>
<td>40 – 49</td>
<td>4 1/4 laps</td>
<td>3 laps</td>
</tr>
<tr>
<td>50 and over</td>
<td>3 3/4 laps</td>
<td>2 3/4 laps</td>
</tr>
</tbody>
</table>
### Swimming (20 minutes)
- **Age**
  - 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
- **Age**
  - Under 40:
    - **Men**: 175 watts
    - **Women**: 150 watts
  - 40 and over:
    - **Men**: 150 watts
    - **Women**: 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 Basic/Recruit Training. Submit copy of military transcripts (JST, SMART, AARTS, CCAF, CGI, DD214, or DD295) to the Records Office.

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

### Mathematics Requirement
Demonstrate competence through course completion or examination

**Course Completion:** “C” grade or higher required

**Complete Math 56, 60, 63 or a higher-level Math course**

**Examination:**
Successfully pass one of the approved exams

**National Exams:**
- **ACT:** Minimum score of 23 on the mathematics section
- **CLEP:** Minimum score of 50 on an approved mathematics exam
- **AP:** Minimum score of 3 on the Calculus AB or BC exam
- **SAT:** Minimum score of 550 on the mathematics section

### Multicultural Requirement
Complete 3 semester units. The course selected must be completed during or after the approval date listed below.

<table>
<thead>
<tr>
<th>Fall 1997</th>
<th>Fall 2007</th>
</tr>
</thead>
<tbody>
<tr>
<td>AIS 100, 101, 115, 120, 125 140, 145, 150; AJ 103; AMS 100, 200; ANTH 105, 140; ARCH (DT) 121; ECON 115; HIST 130; MCS 200; RS 110; SOC 200; SPCH 131</td>
<td>AMS 105</td>
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<td>Fall 1998</td>
<td>Fall 2008</td>
</tr>
<tr>
<td>AIS 110; AS 120; COMM 105; CS 105; DNCE 101; FCS 150; FASH 132; MCS 100, 165; MUS 171</td>
<td>ANTH 137; CHDV 172; CINE 122; RS 102, 103 (RS 103 approval ended Fall 2010); SOC 130</td>
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<tr>
<td>Fall 1999</td>
<td>Fall 2009</td>
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<tr>
<td>AIS 105, 165; DNCE 105; HIST 121; PLS 240 (F99-X11)</td>
<td>AIS 104</td>
</tr>
<tr>
<td>Fall 2000</td>
<td>Fall 2010</td>
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<tr>
<td>LS 240 (F00-X11)</td>
<td>MUS 102</td>
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<td>Fall 2001</td>
<td>Fall 2011</td>
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<tr>
<td>COUN 110, 120; NURS 103 and 217, NURS 110 and 217</td>
<td>AMS 104; GC 110; SOC 135</td>
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<td>Fall 2002</td>
<td>Fall 2012</td>
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<td>ENG 280</td>
<td>GC 115; GEOG 105; MCS 115, 125</td>
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<td>Fall 2003</td>
<td>Fall 2014</td>
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<td>HIST 140, 141</td>
<td>SOC 165</td>
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<td>Fall 2004</td>
<td>Fall 2015</td>
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<tr>
<td>SOC 115</td>
<td>LT 100; NUTR 120</td>
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<td>Fall 2005</td>
<td>Fall 2016</td>
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<tr>
<td>IBUS 110</td>
<td>AIS 121; AMS 121; ANTH 107; AS 100, 101, 102; CS 101, 102, 140; SOC 170</td>
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<tr>
<td>Fall 2006</td>
<td>Fall 2017</td>
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<tr>
<td>DNCE 102; HIST 150, 151</td>
<td>ANTH 135; ASL 110; COUN 148</td>
</tr>
<tr>
<td>Fall 2007</td>
<td>Fall 2018</td>
</tr>
<tr>
<td></td>
<td>RS 101; SOC 175; TA 100</td>
</tr>
</tbody>
</table>

### Course Changes
Courses listed here meet GE requirements as indicated if completed during or after the approval date listed with the course.

- **Fall 2009:** AIS 143 and 144 renumbered to AIS 108A and 108B; ANTH 145 also approved for Area C; CHEM 105, 220, and 221 approved for Area B back to Fall 1991; PHYS 121, 231, and 232 approved for Area B back to Fall 1991
- **Fall 2010:** Drafting Technology GE courses changed to Architecture; JOUR 101 deleted from Area A2; GCMW 100 approved for Area D effective Fall 09 (backdated); RS 103 deactivated
- **Fall 2011:** Physical Education changed to Kinesiology; LS/PLS 240 removed from Multicultural Requirement; Military Service (Basic/Recruit Training) added to Area E (retroactive)
- **Fall 2012:** GC 110 changed numbers to GC 115 and cross-listed with MCS 115; CSIT 105 removed from Area A2
- **Fall 2013:** RTV 100 changed to DBA 100
- **Fall 2014:** Philosophy courses re-numbered; OIS discipline deactivated
- **Fall 2015:** Auto Body discipline created and some AT courses were renumbered to AB; Nutrition discipline created and some FCS courses were renumbered to NUTR
- **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