This sheet is intended as a tool for students that are exploring and/or testing out their major options. If you know what major you want to focus on, the classes you choose should be in line with your certificate/degree/transfer goals and you should choose your courses in consultation with a counselor.

### Recommended First Semester

**Science and Health**

“I am interested in understanding the natural world and improving people’s health.”

<table>
<thead>
<tr>
<th>Select 1 English Course</th>
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<tbody>
<tr>
<td><strong>Suggested English Courses</strong></td>
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</table>
| • ENGL 122* - First-Year College Composition and Reading (Support Course ENGL 120)  
  or  
  • ENGL 122A* - First-Year College English for Multilingual Students (Support Course ENGL 120A)  |

<table>
<thead>
<tr>
<th>Select 1 Math Course</th>
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| • Math 121 - Plane Trigonometry (Support Course MATH 021)  
  or  
  • Math 142* - Statistics (Support Course MATH 042)  
  or  
  • Math 191* - Pre-Calculus  
  or  
  • Math 192* - Analytic Geometry and Calculus I  |

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<tr>
<th>Select 1 Meta-Major Course</th>
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<tbody>
<tr>
<td><strong>Life Science</strong></td>
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</table>
| • BIOSC 102* - Fundamentals of Biological Science With Laboratory  
  or  
  • BIOSC 171* - Environmental Science with Laboratory  
  or  
  • HORT 110 - Introduction to Horticulture and Plant Science  |

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<th><strong>Physical Science</strong></th>
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</table>
| • CHEM 108* - Introductory Chemistry  
  or  
  • PHYS 120* - General College Physics I or PHYS 129* - Introductory Physics for Engineers  
  or  
  • ENGIN 110 - Introduction to Engineering  
  or  
  • GEOG 120* - Physical Geography + GEOG 121* - Physical Geography Laboratory  
  or  
  • GEOG 125 - Introduction to Geographic Information Systems (GIS)  
  or  
  • GEOL 121* - Earth and Life Through Time + GEOL 124* - Earth and Life Through Time Laboratory  
  or  
  • OCEAN 101* - Fundamentals of Oceanography or OCEAN 102* - Fundamentals of Oceanography w/ Lab  |

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<tr>
<th><strong>Health and Wellness</strong></th>
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| • ADS 170 - Introduction to Codependency and Family Issues  
  or  
  • CULN 110 - Orientation to Hospitality  
  or  
  • HSCI 124 - Health and Wellness or HSCI 130* - Introduction to Public Health  
  or  
  • KINES 210 - Introduction to Kinesiology  
  or  
  • NUTRI 160 - Nutrition: Science and Applications  
  or  
  • *IGETC approved course  |

*IGETC approved course