

This program roadmap represents one possible pathway to complete the program. **Please see a counselor** to create an education plan that is customized to meet your needs. This roadmap is not a guarantee of course availability or financial aid applicability. For counseling appointments call 916.608.6510. **ATTENTION:** General Education requirements have changed for the 2025-2026 academic year. Please see [GE guidance page](#) for more information on the different pathways.

Total Units: 60

## First Year

### Semester 1

16-15 Units

COURSE	UNITS	PRE-REQS <sup>^</sup>	SEMESTERS OFFERED*	GE AREA
<b>DANCE 309</b> Introduction to Dance	2		F, S	
<b>DANCE 310</b> <sup>Z</sup> Jazz Dance I	1		F, S	L7A
<b>DANCE 320</b> <sup>Z</sup> Ballet I	1		F, S	
<b>ENGL C1000</b> <sup>Z</sup> Academic Reading and Writing	3		F, S	L1A
<b>Degree Applicable Elective</b>	3-2		F, S	
<b>INDIS 313</b> Freshman Seminar	3		F, S	L7B
<b>DANCE 380</b> World Dance History	3		F, S	L3

<sup>Z</sup> At least one section of this course is offered with free textbooks and is labeled as zero textbook costs (ZTC). If it is a GE area class or elective, there may be several ZTC offerings to fulfill the GE requirement. Use the Free Textbook filter to find these courses. Learn more on the [ZTC page of the college website](#).

### Semester 2

14-16 Units

COURSE	UNITS	PRE-REQS <sup>^</sup>	SEMESTERS OFFERED*	GE AREA
<b>DANCE 330</b> <sup>Z</sup> Modern Dance I	1		F, S	
<b>DANCE 382</b> <sup>Z</sup> Fitness Injury Prevention and Management <b>or</b>	2		F, S	
<b>KINES 417</b> Fitness Injury Prevention and Management	2		F, S	
<b>FITNS 392</b> <sup>Z</sup> Yoga	1		F, S	
<b>Dance Elective (See List below Semester 4)</b> <sup>1</sup>	1-3		F, S	
<b>Oral Communication and Critical Thinking</b> <sup>Z</sup>	3		F, S	L1B

## Notes

**ATTENTION:** General Education requirements have changed for the 2025-2026 academic year. Please see

[GE guidance page](#) for more information on the different pathways. For the previous academic year see [General Education requirements](#).

- FLC 2025-2026 [AA/AS](#) General Education requirements.
- A degree applicable elective is defined as any class with a course number between 100 and 499.
- Some English and math courses have support courses (co-requisites). See your assessment results for more details.
- Students may earn credit for College Entrance Board Advanced Placement (AP) tests with scores of 3, 4, or 5. AP scores can be used to meet Folsom Lake College associate degree general education, CSU, UC, and other 4 year University requirements --Check with your counselor to determine whether these test results will be accepted at the transfer institution of your choice.

## Zero Textbook Costs (ZTC):

The Zero Textbook Costs designation and logo are added to any course that provides free access to all required instructional materials. These are typically shared with students through Canvas. Courses that are

COURSE	UNITS	PRE-REQS^	SEMESTERS OFFERED*	GE AREA
<b>MATH 300</b> <sup>Z</sup> Introduction to Mathematical Ideas <b>or</b>	3		F, S	L2
<b>STAT C1000</b> <sup>Z</sup> Introduction to Statistics	4		F, S	L2
<b>Degree Applicable Elective</b>	3-2		F, S	

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designated as ZTC may still require students to purchase supplemental materials such as lab coats, a calculator, art supplies, etc. See full definitions and searching tips on the [Zero Textbook Costs page](#) of the college website.

## Second Year

### Semester 3

13-14 Units

COURSE	UNITS	PRE-REQS^	SEMESTERS OFFERED*	GE AREA
<b>DANCE 377</b> Musical Theatre Dance I	2		F, S	
<b>DANCE 410</b> <sup>Z</sup> Dance Composition and Production I	2		F, S	
<b>FITNS 395</b> <sup>Z</sup> Stretch	1		F, S	
<b>DANCE 498</b> <sup>Z</sup> Work Experience in Dance	0.5-4		F, S	
<b>Natural Science</b> <sup>Z</sup>	3		F, S	L5
<b>Dance Elective (See List below Semester 4)</b>	3-1		F, S	
<b>Degree Applicable Elective</b>	1.5-1			

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### Semester 4

17-15 Units

COURSE	UNITS	PRE-REQS^	SEMESTERS OFFERED*	GE AREA
<b>DANCE 381</b> Pedagogy: Theory and Practice	2		F, S	
<b>DANCE 440</b> Performing and Touring Group: MOSAIC Dance Company I	3		F, S	
<b>Social/Behavioral Science</b> <sup>Z</sup>	3		F, S	L4
<b>Ethnic Studies</b>	3		F, S	L6

COURSE	UNITS	PRE-REQS^	SEMESTERS OFFERED*	GE AREA
<b>Dance Elective (See List below)</b>	3-2		F, S	
<b>Degree Applicable Elective</b>	3-2		F, S	

**Z** At least one section of this course is offered with free textbooks and is labeled as zero textbook costs (ZTC). If it is a GE area class or elective, there may be several ZTC offerings to fulfill the GE requirement. Use the Free Textbook filter to find these courses. Learn more on the [ZTC page of the college website](#).

**Dance Elective List** (*A minimum of 4 units from the following*):

- COMM 321 Interpersonal Communication (3)
- DANCE 351 Urban Hip Hop I (1)
- DANCE 440 Performing and Touring Group: MOSAIC Dance Company I (3)
- DANCE 495 Independent Studies in Dance (1 - 3)
- DANCE 498 Work Experience in Dance (0.5 - 4)
- FITNS 392 Yoga (1)
- FITNS 395 Stretch (1)
- FITNS 414 Tai Chi (1)
- FITNS 324 Mat Pilates (1)
- INDIS 313 Freshman Seminar (3)
- KINES 300 Introduction to Kinesiology (3)
- MUFHL 300 Introduction to Music (3)
- MUFHL 330 World Music (3)
- TA 350 Theory and Techniques of Acting I (3)
- TAP 340 Musical Rehearsal and Performance I (1 - 3)
- DANCE 360 Tap Dance I (1)