

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

15-16 Units

| COURSE | UNITS | PRE-REQS^ | SEMESTERS OFFERED* | GE AREA |
|---|-------|-----------|--------------------|---------|
| NUTRI 300 ^Z Nutrition | 3 | | F, S | |
| PSYC C1000 ^Z Introduction to Psychology | 3 | | F, S | |
| ENGL C1000 ^Z Academic Reading and Writing or | 3 | | F, S | |
| ENGL C1000H Academic Reading and Writing - Honors | 3 | | F, S | |
| Oral Communication | 3 | | F, S | |
| PSYC 330 ^Z Introductory Statistics for the Behavioral Sciences or | 3 | | F, S | |
| STAT C1000 ^Z Introduction to Statistics | 4 | | 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](#).

Semester 2

14 Units

| COURSE | UNITS | PRE-REQS^ | SEMESTERS OFFERED* | GE AREA |
|--|-------|---|--------------------|---------|
| CHEM 400 General Chemistry I | 5 | CHEM 300, CHEM 305 or CHEM 310 AND MATH 120 | F, S | |
| ECON 302 ^Z Principles of Macroeconomics or | 3 | | F, S | |
| ECON 304 ^Z Principles of Microeconomics | 3 | | F, S | |
| Arts | 3 | | F, S | |

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.

- See [General Education requirements](#) for: CSU or UC for the previous 2024-25 academic year.
- See [ASSIST.ORG](#) for the transfer requirements for the institution to which you plan to transfer.
- A transferable elective is defined as any class with a course number between 300 and 499. Electives may vary for the CSU and UC systems.
- U.S. History/American Ideals is a graduation requirement for all CSUs.
- Foreign Language may be required for CSU Sacramento IF student did not complete 3 years in high school. This requirement may vary at different colleges.
- Some English and Math courses have support courses (co-requisites). See your assessment results for more details.

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 designated as ZTC may still require students to purchase supplemental

| COURSE | UNITS | PRE-REQS^ | SEMESTERS OFFERED* | GE AREA |
|-----------------------------------|-------|-----------|--------------------|---------|
| US History/American Ideals | 3 | | 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](#).

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

14 Units

| COURSE | UNITS | PRE-REQS^ | SEMESTERS OFFERED* | GE AREA |
|---|-------|-----------|--------------------|---------|
| CHEM 401 General Chemistry II | 5 | CHEM 400 | F, S | |
| Humanities | 3 | | F, S | |
| Critical Thinking | 3 | | F, S | |
| US History/American Ideals | 3 | | F, S | |

Semester 4

17-16 Units

| COURSE | UNITS | PRE-REQS^ | SEMESTERS OFFERED* | GE AREA |
|---|-------|-----------|--------------------|---------|
| BIOL 440 Z General Microbiology or | 4 | | F, S | |
| BIOL 442 General Microbiology and Public Health | 5 | | F, S | |
| Arts or Humanities | 3 | | F, S | |
| Ethnic Studies | 3 | | F, S | |
| Transferable Elective | 3 | | F, S | |
| Transferable Elective | 4-2 | | 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](#).

Catalog Year: 2025-2026

Published May 10, 2025