



Social Work/Human Services, General A.A. Degree - (Certified Wellness Coach Educational Pathway) Fall 2025 Catalog Rights

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 Units

COURSE	UNITS	PRE-REQS [^]	SEMESTERS OFFERED*	GE AREA
SWHS 300 Z Introduction to Social Work & Human Services	3		F, S	
SWHS 302 Z Introduction to Psychology of Human Relations	3		F, S	L7B
ENGL C1000 Z Academic Reading and Writing or	3		F, S	L1A
ENGL C1000H Academic Reading and Writing - Honors	3			L1A
Arts & Humanities Z	3		F, S	L3
SWHS 350 Ethical Issues in Social Work/Human Services	3		Fall Only	

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

16 Units

General Education 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.

Program Notes:

COURSE	UNITS	PRE-REQS [^]	SEMESTERS OFFERED*	GE AREA
PSYC 368 Cross Cultural Psychology	3		F, S	
SWHS Elective: See List Below Semester 4 (ECE 312 required for CWC Pathway)	3		F, S	
STAT C1000 Z Introduction to Statistics	4		F, S	L2
PSYC C1000 Z Introduction to Psychology	3		F, S	L4
SWHS 360 Techniques for Interviewing and Case Management Services	3	SWHS 302	Spring Only	

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Second Year

Semester 3

13-14 Units

COURSE	UNITS	PRE-REQS [^]	SEMESTERS OFFERED*	GE AREA
ANTH 300 Z Biological Anthropology or	3		F, S	L5
BIOL 300 Z The Foundations of Biology or	3		F, S	L5
BIOL 310 Z General Biology	4		F, S	L5
Ethnic Studies	3		F, S	L6
Degree Applicable Elective	3		F, S	
SWHS 366 Practices in Human Services	3	SWHS 300	F, S	

How to become a **Certified Wellness Coach** ([more details here](#)):

- Attend FLC as a Social Work & Human Services Major seeking the SWHS General AA Degree
- Complete CWC required courses (selected from SWHS electives list) as outlined in this document
- Complete a minimum of 150 hours of supervised practicum experience providing behavioral health services to children & youth. Student must demonstrate core competency skills as part of their practicum experience.
- Complete the SWHS General AA degree requirements
- Apply for certification through the [California Department of Health Access and Information \(HCAI\)](#).

CWC educational pathway students must complete a minimum of 150 practicum hours (as compared to the 108 practicum hours required of all students in the SWHS 366 practicum course). Please note that the initial HCAI CWC certification application is accepted with 150 practicum hours, but a total of 400 hours is required for full certification. Any practicum hours (beyond the minimum 150 hours) not completed as a student while enrolled at FLC can be completed post-graduation via internship, volunteer, or work experience in a relevant setting. We recommend that your final elective course be SWHS 367, which is a second practicum course with the same format and expectations as SWHS 366 ([see other options here](#)).

If planning to transfer to a 4-year BSW (Bachelor's in Social Work) program, use [ASSIST](#) to look at the articulation agreements between FLC and your

COURSE	UNITS	PRE-REQS^	SEMESTERS OFFERED*	GE AREA
Living Skills: Physical Education Activity Z	1		F, S	L7A

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Semester 4

16-15 Units

COURSE	UNITS	PRE-REQS^	SEMESTERS OFFERED*	GE AREA
Oral Communication and Critical Thinking Z	3		F, S	L1B
Degree Applicable Elective	4-3		F, S	
Degree Applicable Elective	3		F, S	
SWHS Elective: See List Below Semester 4 (SWHS 340 required for CWC pathway)	3		F, S	
SWHS Elective: See List Below Semester 4 (SWHS 367 recommended for CWC to meet 150 practicum hrs).	3	SWHS 366 prerequisite for SWHS 367	F, S	

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- SWHS 367 - Recommended for CWC Pathway. [See other options here](#).

SWHS Elective List:

ADMJ 300 Introduction to Administration of Justice (3)

ANTH 310 Cultural Anthropology (3)

ECE 312 Child Development (3)

ECE 314 The Child, the Family and the Community (3)- Required for CWC Pathway

intended transfer college. Review the pre-major course requirements, and choose a degree-applicable elective that meets those requirements.

Students planning to transfer to a 4-year BSW program should carefully review transfer information available through [ASSIST](#) or school websites. Many BSW programs require that students earn a "B" grade or higher in all pre-major required courses (including SWHS 300: Introduction to Social Work & Human Services). Most BSW programs only start in the Fall semester. (Example: [Sacramento State Social Work Articulation Agreement](#)).

SWHS 366 is a practicum course (1 unit lecture / 2 units lab). Students work or volunteer a minimum of 108 during the course of the semester in a community-based agency that provides behavioral health services to children and youth. Work or volunteer hours are negotiated between the student and practicum site. The student is responsible for securing the practicum site, with resources provided by the instructor.

Please note that SWHS 350 is only scheduled in the Fall term, and SWHS 360 is only scheduled in the Spring term.

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 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.

ENGWR 302 Advanced Composition and Critical Thinking (3)

HIST 331 Women in American History (3)

PHIL 310 Introduction to Ethics (3)

PSYC 312 Biological Psychology (4)

PSYC 320 Social Psychology (3)

PSYC 340 Abnormal Behavior (3)

PSYC 356 Human Sexuality (3)

PSYC 370 Human Development: A Life Span (3)

SJS 300 Introduction to Social Justice Studies (3)

SOC 300 Introductory Sociology (3)

SOC 301 Social Problems (3)

SOC 321 Race, Ethnicity and Inequality in the United States (3)

SOC 341 Sex and Gender in the U.S. (3)

SOC 379 Making Social Change (3)

SWHS 340 Introduction to Chemical Dependency (3)- Required for CWC Pathway

SWHS 365 Techniques of Group Counseling (3)

SWHS 367 Advanced Practices in Human Services (3)

SWHS 494 Topics in Human Services (0.5 - 4)

SWHS 498 Work Experience in Human Services (0.5 - 4)

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