

First Year

Semester 1

14 Units

COURSE	UNITS	PRE-REQS [^]	SEMESTERS OFFERED*	GE AREA
HEED 300 Health Science	3	See Note Below	F, S	
ENGL C1000 Z Academic Reading and Writing or	3		F, S	1A
ENGL C1000H Academic Reading and Writing - Honors	3		F, S	1A
ARTS	3		F, S	3A
CHEM 400 ¹ General Chemistry I or	5		F, S	5A/5C
CHEM 305 Introduction to Chemistry	5		F, S	5A/5C

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](#).

¹ Chem 400 pre-requisites are intermediate algebra; and a college-level Chemistry course with a lab with a "C" or better or one year in high school Chemistry with a lab with a grade of "C" or better.

Semester 2

17-18 Units

COURSE	UNITS	PRE-REQS [^]	SEMESTERS OFFERED*	GE AREA
BIOL 400 ¹ Principles of Biology or	5	CHEM 400	F, S	5B
BIOL 310 ² Z General Biology or	4		F, S	5B
BIOL 430 ³ Anatomy and Physiology	5		F, S	5B

Notes:

- See [General Education requirements](#) for: CSU or UC
- 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.
- 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):

COURSE	UNITS	PRE-REQS [^]	SEMESTERS OFFERED*	GE AREA
HEED 302 Introduction to Public Health	3		F, S	
STAT C1000 Z Introduction to Statistics	4		F, S	2
Humanities Z	3		F, S	3B
HIST 310 Z History of the United States (To 1877) or	3		F, S	4
HIST 311 Z History of the United States (1865 - Present) or	3		F, S	4
HIST 331 Women in American History	3		F, S	4

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¹ Students who choose Biol 400 must choose Chem 400 in semester one.

² An additional unit is needed to reach 60 units if Biol 310 is selected.

³ Biol 430 & Biol 430 Recommended for Sacramento State University.

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.

Second Year

Semester 3

14 Units

COURSE	UNITS	PRE-REQS [^]	SEMESTERS OFFERED*	GE AREA
PSYC C1000 Z Introduction to Psychology or	3		F, S	
PSYC 356 Human Sexuality or	3		F, S	
PSYC 370 Z Human Development: A Life Span or	3		F, S	

COURSE	UNITS	PRE-REQS [^]	SEMESTERS OFFERED*	GE AREA
NUTRI 300 Z Nutrition	3		F, S	
Ethnic Studies Z	3		F, S	6
Critical Thinking and Composition Z	3		F, S	1B
Transferable Elective (CSUS Recommends Biol 430 & 431 series)	5		F, S	

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Semester 4

15-14 Units

COURSE	UNITS	PRE-REQS [^]	SEMESTERS OFFERED*	GE AREA
SOC 300 Z Introductory Sociology or	3		F, S	4
ECE 314 The Child, the Family and the Community or	3		F, S	4
PSYC 320 Z Social Psychology or	3		F, S	4
ANTH 310 Z Cultural Anthropology	3		F, S	4
POLS C1000 Z American Government and Politics	3		F, S	
Oral Communication Z	3		F, S	1C
Transferable Elective	1-0		F, S	
Transferable Elective	5		F, S	

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