

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: 63

First Year

Semester 1

14 Units

COURSE	UNITS	PRE-REQS [^]	SEMESTERS OFFERED*	GE AREA
NUTRI 300 Nutrition	3		F, S	L7B
CHEM 400 General Chemistry I	5	See Note Below	F, S	L5
ENGL C1000 College Composition or ENGL C1000H Honors College Composition	3		F, S	L1A
PSYC C1000 General Principles	3		F, S	L4

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 Units

COURSE	UNITS	PRE-REQS [^]	SEMESTERS OFFERED*	GE AREA
NUTRI 340 Nutrition and Metabolism	3		F, S	
CHEM 401 General Chemistry II	5	CHEM 400	F, S	
BIOL 400 Principles of Biology	5	CHEM 400	F, S	
PSYC 330 Introductory Statistics for the Behavioral Sciences	3		F, S	L2

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.

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

Second Year

Semester 3

16 Units

COURSE	UNITS	PRE-REQS^	SEMESTERS OFFERED*	GE AREA
BIOL 420 Principles of Zoology	5	BIOL 400	F, S	
CHEM 420 Organic Chemistry I	5	CHEM 401	F, S	
PSYC 335 Research Methods in Psychology	3	PSYC 300 AND PSYC 330	F, S	
Art and Humanities	3		F, S	L3

Semester 4

16 Units

COURSE	UNITS	PRE-REQS^	SEMESTERS OFFERED*	GE AREA
BIOL 410 Principles of Botany	5	BIOL 400	F, S	
CHEM 421 Organic Chemistry II	5	CHEM 420	F, S	
Oral Communication & Critical Thinking	3	ENGWR 300	F, S	L1B
Ethnic Studies	3		F, S	L6

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.

Catalog Year: 2026-2027

Published April 22, 2026