Suggestion 1: CURRENT

Local District Requirement - Health and Kinesiology

Choose one of the Following Options

- Two **KINE** or **DANC** activity courses (one unit each) or **SPMD** 071
- Two **ATHL** intercollegiate athletics courses
- One KINE or DANC activity courses or SPMD 071 and one ATHL intercollegiate athletics course
- DD214 (military experience)
- One of the following courses:
 - **HED** 002, 003
 - **KINE** 020A, 020V, 020W, 057
 - **SPMD** 054, 055A, 055B

Suggestion 2: Current with Option C

DD214 (military experience);

Students pursuing degrees requiring 40 or more units in the major (Airframe/Powerplant, Automotive Technician, Biology, Cosmetology, Engineering, Nursing)

Suggestion 3:

Area G - Lifelong Learning and Self Development

Solano GELO: Students will demonstrate knowledge of the physical, psychological, cognitive, and/or developmental practices that foster personal well-being and human development

Choose Option A, B, or C	Toster personal well-being and numan development								
Complete 3 units minimum in Section 1 and 2 Complete a minimum of 1 unit Complete a minimum of 1 unit Activity Courses indicated by *A: ATHL BUS 074, 097 DANC DANC DIMA (one unit courses) DRFT 145 HORT 301A KINE 050A, 050B Complete one 3+ unit course Complete one 3+ unit course Complete one 3+ unit course ATHL 001, 003, 003A, 004, 010, 015, 015A, 022, 022 DANC 004E EMT 128 HED 002, 003 KINE 020A, 020S, 020V, 020W, 057 NUTR 010, 012 SPMD 054, 055A, 055B Complete one 3+ unit courses DMA? ACCT 180 ACCT 18	Choose Option A, B, or C								
Minimum in Section 1 and 2 Activity Courses indicated by *A: BSOT 105, 106, 110, 111, 112, 113, 114 BUS 074, 097 DMA (one unit courses) OCED 070, 071, 090, 091 OT 056, 162 PHOT 163, 164, 165 SPMD 071	Option A:	Section 1:		Section 2:					
Section 1 and 2 indicated by *A: ATHL BUS 074, 097 DMA (one unit courses) DMA (one unit courses) DRFT 145 HORT 301A KINE 050A, 050B Option B: Complete one 3+ unit course Course ATHL 001, 003, 003A, 004, 010, 015, 015A, 022, 022 DANC 004E EMT 128 HED 002, 003 KINE 020A, 020S, 020V, 020W, 057 NUTR 010, 012 SPMD 054, 055A, 055B Option C: Option C: Indicated by *A: BSOT 105, 106, 110, 111, 112, 113, 114 BUS 074, 097 DMA (one unit courses) OCED 070, 071, 090, 091 OT 056, 162 PHOT 163, 164, 165 SPMD 071 ACCT 180 ACC	Complete 3 units	Complete a minimum of 1 unit		Complete a minimum of 1 unit					
ATHL DANC DMA (one unit courses) DMA (one unit courses) DMA (one unit courses) DRFT 145 HORT 301A KINE 050A, 050B Option B: Complete one 3+ unit course Course ATHL 001, 003, 003A, 004, 010, 015, 015A, 022, 022 DANC 004E EMT 128 HED 002, 003 KINE 020A, 020S, 020V, 020W, 057 NUTR 010, 012 SPMD 054, 055A, 055B Option C: ATHL 001, 097 DMA (one unit courses) OCED 070, 071, 090, 091 OT 056, 162 PHOT 163, 164, 165 SPMD 071 ACCT 180 ARCT 180 ARCT 01 ART Activity courses indicated by *A IT 151, 179 BUS 005 CDFS 052, 077, 078 MKT 171 CIS 061 OT 101 CJ 057 PHOT 029 THEA? Option C: Option C: DD214 (military experience)	minimum in	Activity Courses	Section 2:						
DANC KINE DMA (one unit courses) DCED 070, 071, 090, 091 OFFT 145 HORT 301A KINE 050A, 050B OPTION B: Complete one 3+ unit course DANC 004E EMT 128 HED 002, 003 KINE 020A, 020S, 020V, 020W, 057 NUTR 010, 012 SPMD 054, 055A, 055B OPTION C: ODED 070, 071, 090, 091 OT 056, 162 PHOT 163, 164, 165 SPMD 071 ACCT 180 ACCT 180 ASL 006 ENGR 001 ART Activity courses indicated by *A IT 151, 179 BUS 005 CDFS 052, 077, 078 MKT 171 CIS 061 CJ 057 PHOT 029 THEA? OPTION C: OPTION C: ODD214 (military experience)	Section 1 and 2	indicated by *A:	BSOT 105,	106, 110, 111, 112, 113, 114	LR 010				
Name		ATHL	BUS 074, 09	97	MUSC (or	ne-two unit courses)			
HORT 301A KINE 050A, 050B Option B: Complete one 3+ unit course DANC 004E EMT 128 BUS 005 HED 002, 003 KINE 020A, 020S, 020V, 020W, 057 NUTR 010, 012 SPMD 054, 055A, 055B Option C: Option B: Complete one 3+ unit course ATHL 001, 003, 003A, 004, 010, 020K, 050B ACCT 180 ACCT 180 ACCT 180 ACCT 180 ART Activity courses indicated by *A IT 151, 179 BUS 005 CDFS 052, 077, 078 MKT 171 CIS 061 CJ 057 PHOT 029 THEA?		DANC	DMA (one unit courses)						
Note		KINE	DRFT 145	DRFT 145		•			
Option B: Complete one 3+ unit course ATHL 001, 003, 003A, 004, 010, 015, 015A, 022, 022 DANC 004E EMT 128 HED 002, 003 KINE 020A, 020S, 020V, 020W, 057 NUTR 010, 012 SPMD 054, 055A, 055B Option C: ACCT 180 ACCT 180 ART Activity courses indicated by *A IT 151, 179 BUS 005 CDFS 052, 077, 078 CIS 061 CJ 057 COMM 008 THEA?			HORT 301A		1				
Complete one 3+ unit course O15, 015A, 022, 022 DANC 004E EMT 128 HED 002, 003 KINE 020A, 020S, 020V, 020W, 057 NUTR 010, 012 SPMD 054, 055A, 055B O25, 077, 078 CIS 061 CJ 057 CJ 057 COMM 008 ENGR 001 ART Activity courses indicated by *A BUS 005 CDFS 052, 077, 078 CIS 061 CJ 057 CJ 057 COMM 008 THEA?			KINE 050A,	050B	SPMD 073	1			
Course DANC 004E EMT 128 BUS 005 MGMT 055, 191 MC 171 D10 D29 THEA? DANC 004E EMT 128 BUS 005 MGMT 055, 191 MC 171 D10 D29 THEA? ART Activity courses indicated by *A IT 151, 179 MGMT 055, 191 MGMT 055, 191 MGMT 055, 191 MGMT 055, 191 MGMT 057 D7 O77, 078 MKT 171 CIS 061 OT 101 CI 057 PHOT 029 THEA?	Option B:	ATHL 001, 003, 003A	, 004, 010,	ACCT 180		DMA?			
EMT 128	Complete one 3+ unit	DANC 004E EMT 128 HED 002, 003 KINE 020A, 020S, 020V, 020W, 057 NUTR 010, 012		ASL 006		ENGR 001			
HED 002, 003 KINE 020A, 020S, 020V, 020W, 057 NUTR 010, 012 SPMD 054, 055A, 055B Option C: DD214 (military experience) DD214 (military experience)	course			BUS 005 CDFS 052, 077, 078 CIS 061 CJ 057		IT 151, 179			
KINE 020A, 020S, 020V, 020W, 057 CIS 061 OT 101 CJ 057 PHOT 029 SPMD 054, 055A, 055B COMM 008 THEA? Option C: DD214 (military experience)						MGMT 055, 191			
057 NUTR 010, 012 SPMD 054, 055A, 055B CIS 061 CJ 057 PHOT 029 THEA? Option C: DD214 (military experience)						MKT 171			
NUTR 010, 012 CJ 057 PHOT 029 THEA? Option C: DD214 (military experience)						OT 101			
SPMD 054, 055A, 055B COMM 008 THEA? Option C: • DD214 (military experience)						PHOT 029			
						THEA?			
Requirement waived • Students pursuing degrees requiring 40 or more units in the major	Option C:	DD214 (military	experience)						
- Stadents parsang degrees requiring 40 or more units in the major	Requirement waived	Students pursuing degrees requiring 40 or more units in the major							
(Airframe and/or Powerplant, Automotive Technician, Biology, Cosmetology, Fire, Engineering, Nursin									

Suggestion 4:						
Area G - Health, PE & Lifelong Learning Requirement						
Complete a minimum of 3 units in both Area A and B OR complete C						
A. 1-2 units	ATHL DANC KINE SPMD	And/or 3+ unit course:	ATHL DANC	HED KINE	NUTR 010 SPMD	
B. 1-2 units	Lifelong Learning:					
C. DD214 (military ex	kperience)					

Requirements from 115 Community	Of the 115 colleges		
Colleges in California (not including SCC):			
54 Activity/Lifelong Learning	Activity	Lifelong Learning	
32 Activity/Health Education	46 require Activity	35 require 2+ units of LL	
7 Activity Only	29 - 1 unit, 16 – 2 unit, 1 – 3 unit		
2 Health Education Only			
4 Lifelong Learning Only	HED		
16 have no requirement	22 require HED		