



# Advising Process

## Step 1: Stop by the Running Start Office

We will get you started on determining:

- Possible careers that are a good match for you.
- Programs of study/degrees needed for different careers.
- Course requirements to complete specific degrees.

Use “Degree Audit” to help identify requirements for a degree.

- Go to [www.edmonds.edu](http://www.edmonds.edu).
- Search for “Degree Audit.”
- Click “Edmonds College: Degree Audit”
- Click “Student Login”
- Use your Student ID and PIN.
- Select a degree located in top left corner.
- Click “Run Audit.”

## Step 2: See an Edmonds College Career and Academic Advisor

After working through the materials we give you in the Running Start office:

- Stop by the Advising front desk on first floor of Lynnwood Hall for walk-in advising.
  - For time and dates of advising sessions and walk-in advising go to [students.edmonds.edu/advising/](http://students.edmonds.edu/advising/).
- Meet one-on-one with an advisor. To set up an appointment:
  - Visit the Advising front desk on the first floor of Lynnwood Hall, or
  - Call 425.640.1458, or
  - Email [advising@edmonds.edu](mailto:advising@edmonds.edu).



## Running Start Students - Edmonds College Worksheet for Associate of Arts – Direct Transfer Agreement (DTA)

This Running Start draft worksheet and list of requirements should be used only as a general guide. Please use these in conjunction with the College Catalog Associate in Arts – Direct Transfer Agreement (DTA) at <http://catalog.edmonds.edu/>. Also, be sure to meet with an Academic Advisor to ensure accuracy and that you are on track with your course selection for the DTA. Information about meeting with an advisor can be found at: <http://www.edmonds.edu/getting-started/advising>. Remember, the responsibility for ensuring you have properly selected courses and have met degree requirements is the student's.

<b>I. GENERAL EDUCATION COURSES (15 CREDITS – 3 COURSES)</b>	<b>D. Career and College Success (3 credits)</b> • The career and college success course credits apply to General electives in this degree and must be completed within first two quarters.	
A. Communication Skills (10 credits) <span style="float: right;">Credit Hours</span> • Must take both	1.	
1. ENGL& 101		
2. ENGL&102		
Total	Total	
B. Quantitative Analysis/Symbolic Reasoning Skills (5 Credits)	<b>III. ELECTIVES (27 CREDITS)</b>	
1.	A. Specified Electives (15 credits approximately 3 courses)	
	• Select additional courses from Specified Elective courselists	
Total	1.	
	2.	
	3.	
<b>II. DISTRIBUTION REQUIREMENT COURSES (45 CREDITS)</b>	Total	
A. Humanities (15 credits) • Select from at least 2 different departments. • Max. of 5 credits in foreign language. • Max. of 5 credits in Performance Skills Courses.	B. General Electives (12 credits approximately 3 courses) • Select from any courses numbered 100 or above. If selecting from PE courses, no more than three (3) credits from activity-based coursework can be applied to the degree.	
1.	1.	
2.	2.	
3.	3.	
Total	Total	
B. Natural Sciences & Mathematics (15 credits) • Select courses from at least 2 different departments. At least 10 credits of Natural Science Courses. Five (5) of which must be laboratory science	<b>GRAND TOTAL</b> <span style="float: right;"><b>90</b></span>	
1.	<b>At least 90 quarter credits can be transferred to a four-year institution for the purpose of satisfying most or all of the general education requirements of the receiving institution.</b>	
2.		
3.		
Total		
C. Social Sciences (15 credits) • Select courses from at least 2 different departments/disciplines within this distribution area	NOTES:	
1.		
2.		
3.		
Total		

# Associate of Arts (AA Degree) DTA Requirements (unofficial)

## Communication Skills Courses (10 credits)

Must take both  
 ENGL& 101 - English Composition I 5.0 Credits  
 ENGL& 102 - Composition II 5.0 Credits

## Quantitative Analysis/Symbolic Reasoning Skills Courses (5 credits)

Pick one  
 Math 107 - Mathematics in Society 5.0 cr  
 Math 140 - Business Precal 5.0 cr  
 Math 141 - Precalculus I 5.0 cr

Math 142 - Precalculus II 5.0 cr  
 Math 144 - Precalculus I & 2 5.0 cr  
 Math 146 - Intro to Statistics 5.0 cr  
 Math 148 - Business Calculus 5.0 cr  
 Math 151 Calculus 5.0 cr  
 Phil& 120 - Symbolic Logic 5.0 cr

## General Humanities Courses (15 credits)

- Select from at least 2 different departments
- Max of 5 credits in foreign language
- Max of 5 credits in Performance/Skills

ASL& 121, 122, 123 - American Sign Language I, II, III 5.0 Credits  
 ARAB 121, 122, 123 - Arabic I, II, III 5.0 Credits  
 ART& 100 - Art Appreciation: CD 5.0 Credits  
 ART 111 - Two-Dimensional Design: CD 5.0 Credits  
 ART 112 - Three-Dimensional Design: CD 5.0 Credits  
 ART 113 - Alternative Approaches to Design: CD 5.0 Cr  
 ART 126 - Survey of Western Art: Ancient 5.0 Credits  
 ART 127 - Survey of Western Art: Medieval-Renaissance 5.0 Cr  
 ART 128 - Survey of Western Art: Modern 5.0 Credits  
 ART 129 - Art of a Specific Culture 5.0 Credits  
 ART 130 - Contemporary Art 5.0 Credits  
 ART 155 - Special Topics 5.0 Credits  
 ART 160 - Printmaking CD 5.0 Credits  
 ART 225 - Introduction to Graphic Design 5.0 Credits  
 ART 255 - Special Topics 5.0 Credits  
 COMM 101 - Intercultural Communication:CD 5.0 Credits  
 CMST& 101 - Introduction to Communication:CD 5.0 Credits  
 CMST& 102 - Introduction to Media Studies: CD 5.0 Credits  
 CMST& 210 - Interpersonal Communication: CD 5.0 Credits  
 CMST 215 - Online Interpersonal Communications:CD 5.0 Cr  
 CMST& 220 - Public Speaking 5.0 Credits  
 CMST& 230 - Small Group Communication 5.0 Credits

### **Performance Skills Courses:**

ART 101, 102, 103 - Drawing I, II, III 5.0 Credits  
 ART 150, 151 152, 153 - Painting I, II, III, IV: CD 5.0 Cr  
 ART 170, 171, 172, 173 - Pottery I, II, III, IV: CD 5.0 Cr  
 ART 175, 176, 177- Jewelry & Metal Design I, II, III 5.0 Cr  
 ART 180 - Sculpture 5.0 Credits  
 ART 181 - Ceramic Sculpture: CD 5.0 Credits  
 ART 226 - Intermediate Graphic Design 5.0 Credits  
 MUSC 111, 112, 113 - Class Guitar 2.0 Credits  
 MUSC 114, 115, 116 - Class Piano 2.0 Credits

MUSC 117, 118, 119 - Class Voice 2.0 Credits  
 MUSC 133, 134, 135- Jazz Band 2.0 Credits  
 MUSC 138A - Chamber Ensemble: Jazz 1.0 Credits  
 DIVST 157 - Special Topics in Humanities:CD Max 5.0 Cr  
 DIVST 215 - Francophone Cultures:CD 5.0 Credits  
 DIVST 257 - Special Topics Humanities:CD Max 5.0 Cr  
 DRMA& 101 - Intro to Theater 5.0 Credits  
 ENGL& 111 - Introduction to Literature 5.0 Cr  
 ENGL 120 - Autobiography/Biography: Life Stories 5.0 Cr  
 ENGL 125 - Introduction to Current Authors 5.0 Cr  
 ENGL 131 - Introduction to Creative Writing 5.0 Cr  
 ENGL 140 - Introduction to the Ancient World 5.0 Cr  
 ENGL 141, 142 - Telling True Stories I, II 5.0 Cr  
 ENGL 151, 152 - Creative Writing: Poetry I, II 5.0 Cr  
 ENGL 155 - Special Topics Max of 5.0 possible Cr  
 ENGL 160 - Women's Writings in Modern Era: CD 5.0 Cr  
 ENGL 161, 162 - Creative Writing: Fiction I, II 5.0 Cr  
 ENGL 165 - Literature of the American West 5.0 Cr  
 ENGL 170 - Pop Literature Past and Present:CD 5.0 Cr  
 ENGL 171 - Writing Plays 5.0 Credits  
 ENGL 185 - Sports in Literature 5.0 Credits  
 ENGL& 220 - Introduction to Shakespeare 5.0 Cr  
 ENGL& 244, 245, 246 - American Literature I, II, III 5.0 Credits  
 ENGL 255 - Special Topics Max of 5.0 possible Cr  
 ENGL 275 - Topics in Pre-Twentieth Century Literature: Seminar Max of 5.0 possible Credits  
 ENGL 276 - Topics in Twentieth Century Literature: Seminar Max of 5.0 possible Credits

### **Performance Skills Courses:**

MUSC 147, 148, 149 - Symphonic Choir 2.0 Credits  
 MUSC 150A-G - Applied Music 1.0 Credits  
 MUSC 160, 161, 162- Jazz Workshop 2.0 Credits  
 MUSC 170 - Jazz and Pop Harmony 2.0 Credits  
 MUSC 171, 172, 173 - Soundsation Vocal Jazz Choir 2.0 Cr  
 MUSC 180, 181, 182 - Concert Band 2.0 Credits  
 MUSC 211, 212, 213 - Class Guitar 2.0 Credits  
 MUSC 214, 215, 216 - Class Piano 2.0 Credits

MUSC 217, 218, 219 - Class Voice 2.0 Credits  
 FRCH& 121, 122, 123 - French I, II, III 5.0 Credits  
 FRCH 210 - Francophone Cultures:CD 5.0 Credits  
 HUM 101 - Studies in American Culture 5.0 Credits  
 HUM 105 - Introduction to Film 5.0 Credits  
 HUM 106 - Film Genres 5.0 Credits  
 HUM 108 - World Mythology 5.0 Credits  
 HUM 109 - Greek Mythology 5.0 Credits  
 HUM 116 - Humanities I 5.0 Credits  
 HUM 155 - Special Topics Maximum of 5.0 Credits  
 HUM 201 - American People 5.0 Credits  
 HUM 155 - Special Topics Maximum of 5.0 Credits  
 HUM 201 - American People 5.0 Credits  
 HUM 202 - Studies in Culture 5.0 Cr  
 HUM 210 - Francophone Cultures: CD 5.0 Credits  
 HUM 235 - Publications 5.0 Credits  
 HUM 255 - Special Topics Max of 5.0 Credits  
 JAPN& 121, 122, 123 - Japanese I, II, III 5. credits  
 JOURN 125 - Into to journalism I: I, II, III CD 5.0 Cr  
 JOURN 135 - Writing the Feature: CD 5.0 Credits  
 MUSC 101, 102, 103 - Music Fundamentals I, II, III 5.0 Cr  
 MUSC& 105 - Music Appreciation: CD 5.0 Credits  
 MUSC 106 - American Popular Music 5.0 Credits  
 MUSC 107 - Survey of Jazz History: CD 5.0 Credits  
 MUSC 126 - Introduction to Electronic Music 5.0 Credits  
 MUSC& 141, 142, 143, 241, 242, 243 - Music Theory 5.0 Credits  
 PHIL& 101 - Intro to Philosophy 5.0 Credits  
 SPAN& 121, 121, 123 - Spanish I, II, III 5.0 Credits

### **Performance Skills Courses:**

MUSC 238 B-G - Chamber Ensemble 1.0 Credit  
 MUSC 247, 248, 249 - Symphonic Choir 2.0 Credits  
 MUSC 250A-G - Applied Music: Composition 1.0 Credits  
 MUSC 260, 261, 262 - Jazz Workshop 2.0 Credits  
 MUSC 270 - Jazz and Pop Harmony 2.0 Credits  
 MUSC 271,172,173 - Soundsation Vocal Jazz Choir 2.0 Cr  
 MUSC 280, 281, 282 - Concert Band 2.0 Credits  
 PHOTO 101 - Black and White Photography I 5.0 Credits  
 PHOTO 102 - Black and White Photography II 5.0 Credits  
 PHOTO 103 - Color and Digital Photography 5.0 Credit

## Natural Science & Math (15 credits)

- Select from at least 2 different departments
- At least 10 credits must be Natural Science
- 5 credits must be laboratory science\*

### **Natural Science Courses**

ANTH& 215 - Bioanthropology:CD 5.0 Credits \*  
 ASTR& 110 - The Solar System w/Lab 5.0 Credits \*  
 ASTR 120 - Stars and Galaxies 5.0 Credits  
 BIOL& 100 - Survey of Biology w/Lab 5.0 Credits \*  
 BIOL 105 - Western Washington Ecology w/Lab 5.0 Cr \*  
 BIOL 106 - Marine Biology w/Lab 5.0 Cr \*  
 BIOL& 175 - Human Biology w/Lab 5.0 Credits \*  
 BIOL 210 - Problem Solving Majors Cellular Biology 1.0 Cr \*  
 BIOL& 211 - Majors Cellular w/ Lab 5.5 Cr \*  
 BIOL& 212 - Majors Animal w/Lab 6.0 Credits \*  
 BIOL& 213 - Majors Plant w/Lab 6.0 Credits \*  
 BIOL& 241,242 -Human Anatomy & Physiology, II w/ Lab 6.0 Cr\*  
 BIOL& 260 - Microbiology w/Lab 6.0 Cr\*

CHEM& 110 - Chemical Concepts with Lab 5.0 Credits \*  
 CHEM& 121 - Intro to Chemistry with Lab 5.0 Cr \*  
 CHEM& 131 - Intro to Organic Chem& Biochem 5.0 Cr  
 CHEM& 139 - General Chemistry Preparation 5.0 Cr  
 CHEM& 161,162,163- General Chem I, II,III with Lab 6.0Cr \*  
 CHEM& 261,162,263 - Organic Chem I, II, III with Lab 6.0Cr \*  
 ENGR 240 - Applied Numerical Methods 5.0 Cr  
 ENV&S& 101 - Intro to Environmental Science w/Lab 5.0 Cr\*  
 ENV&S 105 - Weather w/Lab 5.0 Credits \*  
 GEOL& 101 - Intro to Physical Geology w/ Lab 5.0 Cr\*  
 GEOL& 103 - Historical Geology 5.0 Credits \*  
 NUTR& 101 - Nutrition w/Lab 5.0 Credits \*  
 PHYS& 110 - Physics Nonscience Majors with Lab 5.0 Cr \*  
 PHYS& 155 - Special Topics 5.0 Credit  
 PHYS& 114,115,116 -General Physics I, II, III I w Lab 5.0Cr \*  
 PHYS& 221, 222, 223 -Engineering Physics I, II, III w/ Lab 5.0 Cr \*

\*laboratory courses

### **Other Courses (NOT Natural Science)**

Max of 5 credits can be used to fulfill this section  
 CS 115 - Introduction to Programming 5.0 Cr  
 CS& 131 - Computer Science I C++ 5.0 Credits  
 CS 132 - Computer Science II C++ 5.0 Credits  
 CS 133 - Computer Science III C++ 5.0 Credits  
 CS& 141 - Computer Science I Java 5.0 Credits  
 CS 142 - Computer Science II Java 5.0 Credits  
 CS 143 - Computer Science III Java 5.0 Credits  
 CS 218 - Introduction to C# 5.0 Credits  
 MATH& 107 - Mathematics in Society 5.0 Credits  
 MATH 140 - Business Precalculus 5.0 Credits  
 MATH& 141,142 - Precalculus I, II 5.0 Credits  
 MATH& 144 - Precalculus I and II 5.0 Credits  
 MATH& 146 - Introduction to Statistics 5.0 Credits  
 MATH& 148 - Business Calculus 5.0 Credits  
 MATH& 151, 152, 153 - Calculus I, II, III 5.0 Credits  
 MATH& 254- Calculus IV 5.0 Credits  
 MATH 271 - Differential Equations 5.0 Credits  
 MATH 272 - Linear Algebra 5.0 Credits  
 PHIL& 120 - Symbolic Logic 5.0 Credits

## **Social Science Courses (15 credits)**

Select from at least 2 different departments

ANTH& 100 - Survey of Anthropology: CD 5.0 Credits  
ANTH 130 - American Religious Diversity:CD 5.0 Credits  
ANTH 155 - Special Topics Max 5.0 possible Credits  
ANTH& 201, 202, 203 - Human Ecology I, II, III CD 5.0 Cr  
ANTH& 204 - Archaeology: CD 5.0 Credits  
ANTH& 206 - Cultural Anthropology:CD 5.0 Credits  
ANTH& 207 - Linguistic Anthropology : CD 5.0 Credits  
ANTH& 210 - Indians of North America: CD 5.0 Credits  
ANTH& 215 - Bioanthropology:CD 5.0 Credits  
ANTH& 216 - Northwest Coast Indians:CD 5.0 Credits  
ANTH 220 - Women of the World: CD 5.0 Credits  
ANTH 255 - Special Topics Max 5.0 possible Credits  
ANTH 270 - Field Methods in Archaeology:CD 5.0 Credits  
ANTH 271 - Laboratory Methods in Archaeology: CD 2.0 Cr  
ANTH 272 - Field Methods in Archaeology II 5.0 Credits  
ANTH 273,274,275-Lab Method Archaeology I,II,III:CD 2.0 Cr  
BUS& 101 - Introduction to Business 5.0 Credits  
DIVST 100 - Introduction to Diversity Studies:CD 5.0 Cr  
DIVST 110 - Animals in Human Society: CD 5.0 Credits  
DIVST 115 - The Sociology of Gender:CD 5.0 Cr  
DIVST 117 - African-American History to 1865:CD 5.0 Cr  
DIVST 118 - African-American History 1865-1945:CD 5.0 Cr  
DIVST 119 - African-American History from 1945:CD 5.0 Cr  
DIVST 125 - Race and Ethnic Relations:CD 5.0 Credits  
DIVST 130 - American Religious Diversity:CD 5.0 Credits  
DIVST 150 - Global Economic Development: CD 5.0 Credits  
DIVST 151 - Health in Society:CD 5.0 Credits

DIVST 156 - Special Topics in Social Science:CD Max 5.0 Cr  
DIVST 200 - Introduction to Women's Studies:CD 5.0 Cr  
DIVST 210 - Masculinities in the U.S.: CD 5.0 Credits  
DIVST 256 - Special Topics in Social Science:CD Max 5.0 Cr  
ECON 120 - General Economics 5.0 Credits  
ECON 130 - American Economic History: CD 5.0 Credits  
ECON 140 - The World Economy:CD 5.0 Credits  
ECON 150 - Global Economic Development: CD 5.0 Credits  
ECON& 201, 202 - Microeconomics 5.0 Credits  
GEOG& 100 - Introduction to Geography 5.0 Credits  
GEOG 150 - Introduction to Sustainable Development 5.0 Cr  
GEOG& 207 - Economic Geography 5.0 Credits  
HIST 104 - African-American History to 1865:CD 5.0 Credits  
HIST 105 - African-American History 1865-1945:CD 5.0 Cr  
HIST 106 - African-American History from 1945:CD 5.0 Cr  
HIST 111 - Greek History 5.0 Credits  
HIST 112 - Roman History 5.0 Credits  
HIST& 116, 117, 118 - Western Civilization I, II, III 5.0 Credits  
HIST& 126, 127, 128 - World Civilizations I, II, III: CD 5.0 credits  
HIST& 146, 147, 148 - US History I, II, III :CD 5.0 Cr  
HIST 155 - Special Topics in History 5.0 Credits  
HIST& 214 - Pacific Northwest History 5.0 Credits  
HIST 215 - Technology and American Culture 5.0 Credits  
HIST 230 - Revolutions in Modern History 5.0 Credits  
HIST 246 - Modern East Asian History:CD 5.0 Credits  
HIST 248 - The United States in World Affairs: Since 1945  
5.0 Cr HIST 255 - Special Topics in History 5.0 Credits  
INSTD 200 - The Origins of the Modern Global System 5.0 Cr  
INSTD 201 - International Political Economy:CD 5.0 Credits  
INSTD 202 - Cultural Interactions: CD 5.0 Credits  
PHIL& 101 - Introduction to Philosophy 5.0 Credits

PHIL 110 - Contemporary Moral Issues 5.0 Credits  
PHIL& 115 - Critical Thinking 5.0 Credits  
PHIL& 120 - Symbolic Logic 5.0 Credits  
PHIL 155 - Special Topics Maximum of 5.0 Credits  
PHIL 255 - Special Topics Maximum of 5.0 Credits  
PHIL 267 - Comparison of Religions 5.0 Credits  
POLS& 101 - Introduction to Political Science 5.0 Cr  
POLS 155 - Special Topics in Poli Science 1.0 to 5.0 Cr  
POLS& 201 - Introduction to Political Theory 5.0 Credits  
POLS& 202 - American Government 5.0 Cr  
POLS& 203 - International Relations 5.0 Credits  
POLS& 204 - Comparative Government 5.0 Credits  
POLS 206 - State and Local Government 5.0 Credits  
POLS 255 - Special Topics in Poli Science 1.0 to 5.0 Cr  
PSYC& 100 - General Psychology 5.0 Credits  
PSYC& 200 - Lifespan Psychology 5.0 Credits  
PSYC 208 - Human Sexuality 5.0 Credits  
PSYC& 220 - Abnormal Psychology 5.0 Credits  
PSYC 290 - Social Psychology 5.0 Credits  
SOCSC 155, 255 - Special Topics Max of 5.0 possible Cr  
SOC& 101 - Introduction to Sociology:CD 5.0 Cr  
SOC 115 - The Sociology of Gender:CD 5.0 Cr  
SOC 118 - Introduction to Global Studies:CD 5.0 Cr  
SOC 125 - Race and Ethnic Relations:CD 5.0 Cr  
SOC 130 - Sociology of the Environment:CD 5.0 Cr  
SOC 150 - Health in Society:CD 5.0 Cr  
SOC& 201 - Social Problems:CD 5.0 Cr  
SOC 214 - Sociology of the Family:CD 5.0 Cr  
SOC 220 - Sociology of Deviance:CD 5.0 Cr  
WOMEN 200 - Intro to Women's Studies:CD 5.0 Cr  
WOMEN 220 - Women of the World: CD 5.0 Cr

## **Career and College Success (3 credits)**

Pick One

CCS 100 - Career and College Success 3.0 Credits  
ENGR 100 - Career and College Success in Engineering 3.0 Credits  
STEM 101 - Career and College Success in STEM

## **Specified Electives (15 Credits)**

Courses on the General Humanities Course List, AND/OR  
Courses on the Natural Science Course list AND/OR  
Courses on the Social Science Course List, AND/OR  
Courses from the List Below:

ACCT& 201,202,203 - Principles of Accounting I,II, III 5.0 Cr  
BUS& 201 - Business Law 5.0 Credits  
CS 102 - Introduction to Computer Animation 5.0 Credits  
DANCE 130 - Salsa Dance Styles 2.0 Credits  
DANCE 135 - Swing Dance 2.0 Credits  
DANCE 140 - Latin Dance Styles 2.0 Credits  
DANCE 145 - Ballroom Dance 2.0 Credits  
DANCE 150 - Introduction to Social Dance Styles 5.0 Cr  
ECED& 105 - Intro to Early Childhood Education 5.0 Cr  
EDUC& 202 - Introduction to Education 5.0 Credits ENGL&  
235 - Technical Writing 5.0 Cr  
ENGR& 114 - Engineering Graphics 5.0 Credits  
ENGR& 204 - Electrical Circuits 5.0 Credits  
ENGR& 214 - Statics 5.0 Credits  
ENGR& 215 - Dynamics 5.0 Credits  
ENGR& 225 - Mechanics of Materials 5.0 Credits  
ENGR 231 - Introduction to Technical Writing 5.0 Credits  
MUSC 190 - Introduction to Audio Production 2.0 Credits  
SHS 103 - Introduction to Human Services: CD 5.0 Credits  
SHS 104 - Introduction to Addiction Studies 5.0 Credits

**Three credits only of activity based courses from the following list will be applied to DTA.**

PE 100 - Introduction to Sports and Fitness Lab 2.0 Credits  
PE 101 - Sports and Fitness Lab: Beginning 2.0 Credits  
PE 102 - Sports and Fitness Lab: Intermediate 2.0 Credits  
PE 103 - Sports and Fitness Lab: Advanced 2.0 Credits  
PE 105 - Athletic Performance and Conditioning 3.0 Credits  
PE 107 - Baseball Conditioning 2.0 Credits  
PE 108 - Women's Softball 2.0 Credits  
PE 111, 112 - Jogging/Cardio Fitness 2.0 Credits  
PE 113 - Intro to Fitness Principles 3.0 Credits  
PE 117 - Yoga-Basic Poses for Strength & Flexibility 1.5 Cr  
PE 118 - Aerobic Bench and Exercise 1.5 Credits  
PE 119 - Aerobic Dance and Exercise 1.5 Credits  
PE 120 - Yoga Pilates 1.5 Credits  
PE 122 - Pilates Mat Work 1.5 Credits  
PE 124 - Men's Body Conditioning 2.0 Credits  
PE 129 - Aerobic Dance and Exercise: Intermediate 1.5 Cr  
PE 130 - Aerobics Hip-Hop 1.5 Credits  
PE 132 - Aerobic Instructor Training 3.0 Credits  
PE 133 - Body Sculpting and Stretching 1.5 Credits  
PE 134 - Women's Body Conditioning 2.0 Credits  
PE 136 - Women's Fastpitch Softball Conditioning 2.0 Cr  
PE 142 - Volleyball Co-ed 1.5 Credits  
PE 145 - Self Defense for Women and Men 1.0 Credits  
PE 146 - Beginning Karate Co-ed 1.0 Credits  
PE 150 - Soccer Co-ed Beginning 2.0 Credits

PE 160 - Men's Basketball Skills 3.0 Credits  
PE 161 - Women's Basketball 3.0 Credits  
PE 162 - Basketball Co-Ed Conditioning 3.0 Credits  
PE 170 - Men's Baseball Skills 3.0 Credits  
PE 205 - Athletic Performance & Conditioning: Advanced  
3.0 Credits  
PE 207 - Baseball Conditioning: Advanced 2.0 Credits  
PE 208 - Women's Advanced Softball 2.0 Credits  
PE 217 - Yoga-Poses for Strength & Flexibility:  
Advanced 1.5 Credits  
PE 218 - Aerobic Bench and Exercise: Advanced 1.5 Cr  
PE 219 - Aerobic Dance/Exercise: Advanced 1.5  
Credits  
PE 220 - Yoga Pilates: Advanced 1.5 Credits  
PE 222 - Pilates Mat Work: Advanced 1.5 Credits  
PE 224 - Men's Body Conditioning: Advanced 2.0 Credits  
PE 230 - Aerobics Hip-Hop: Advanced 1.5 Credits  
PE 234 - Women's Conditioning: Advanced 2.0 Credits  
PE 236 - Women's Advanced Fastpitch Conditioning 2.0  
Cr PE 242 - Volleyball Co-ed: Advanced 1.5 Credits  
PE 246 - Karate Co-ed: Advanced 1.0 Credits  
PE 250 - Soccer Co-ed: Advanced 2.0 Credits  
PE 260 - Men's Advanced Basketball Skills 3.0 Credits  
PE 261 - Women's Advanced Basketball 3.0 Credits  
PE 262 - Basketball Co-Ed Conditioning: ADV 3.0 Credits  
PE 270 - Men's Advanced Baseball Skills 3.0 Credits

## **General Electives (12 credits)**

Select from any courses numbered 100 or above.

If selecting from PE courses, no more than three (3) credits from activity-based coursework can be applied to the degree.

Cultural Diversity Requirement: All students must take at least 1 CD designated course (See courses with blue lettering).



Course	Credit Hours	Completed	Currently Enrolled	Needed
<b>GENERAL EDUCATION COURSES (15 Credits – 3 Courses)</b>				
Communication Skills (10 Credits – 2 Courses)				
<input type="checkbox"/>				
<input type="checkbox"/>				
Quantitative Analysis/Symbolic Reasoning (5 Credits – 1 Course)				
<input type="checkbox"/>				
<b>Total General Education Credits</b>	15			
<b>DISTRIBUTION REQUIREMENTS (45 Credits – 9 Courses)</b>				
Humanities (15 credit – 3 Courses)				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
Natural Science and Mathematics 15 credits – 3 Courses)				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
Social Sciences (15 credit – 3 Courses)				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<b>Total Distribution Credits</b>	45			
<b>CAREER AND COLLEGE SUCCESS (3 Credits – 1 course)</b>				
Career/College Success Class (3 Credits – 1 Course)				
<input type="checkbox"/>				
<b>Total Career/College Success</b>	3			
<b>ELECTIVES (27 Credits – 6 Courses)</b>				
Specified Electives (15 Credits – 3 Courses)				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
General Electives (12 Credits 2 – 3 Courses)				
<input type="checkbox"/>				
<input type="checkbox"/>				
<input type="checkbox"/>				
<b>Total Elective Credits</b>	27			
<b>GRAND TOTAL CREDITS FOR DEGREE</b>	90			

**CULTURAL DIVERSITY REQUIREMENT:** I have met my Cultural Diversity Requirement. The course that meets this requirement is \_\_\_\_\_.



EDMONDS COLLEGE

RUNNING START

# Academic Plan

<b>Name:</b>	<b>Degree:</b>
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Quarter:	
COURSE	CREDITS
Total Credits	

Quarter:	
COURSE	CREDITS
Total Credits	

Quarter:	
COURSE	CREDITS
Total Credits	

Quarter:	
COURSE	CREDITS
Total Credits	

Quarter:	
COURSE	CREDITS
Total Credits	

Quarter:	
COURSE	CREDITS
Total Credits	

Quarter:	
COURSE	CREDITS
Total Credits	

Quarter:	
COURSE	CREDITS
Total Credits	