

Possible Patterns for GE Area 7

CSM Proposal for Area 7

Area 7: Self-Development & Kinesiology Activity	3 units required
	Two (2) units from 7A
	One (1) unit from 7B
7A: Lecture courses to be determined i.e. COUN, HSCI 100, KINE 101, etc.	
7B: Any Physical Education Activity Courses	

Cañada Counselor's Recommendation for Area 7

Area 7: (Title to be determined)	3 units required
(Lecture courses to be determined)	
BIOL 310, CRER 110, 127, 137, 401 HSCI 100 KINE 101, 105, 109, LIBR 100, IDST 150	
All Physical Activity Courses: AQUA, DANC, FITN, INDV, TEAM, VARS	

Provides students with the maximum flexibility to take courses according to interest and scheduling needs.

Another Scenario: PE requirement with more flexibility

Area 7: (Title to be determined)	3 units required
	minimum of one (1) unit from 7B
7A: Lecture courses to be determined i.e. COUN, HSCI 100, KINE 101, etc.	
7B: Any Physical Education Activity Courses	

This pattern would benefit athletes, for example, who have a high number of units in PE – they can use 3 PE units to satisfy the Area. For students who want to only take one PE class, they will have the choice of several 1-2 unit classes under 7A to meet the 3-unit requirement.