

LA SIERRA UNIVERSITY  
 Division of Continuing Studies  
 Evening Adult Degree Program  
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The EVENING ADULT DEGREE PROGRAM is a baccalaureate degree completion program for students who are at least 22 years old and have completed at least 30 semester (45 quarter) units of baccalaureate degree applicable credit and wish to transfer to LA SIERRA UNIVERSITY.

The following designated CRAFTON HILLS COLLEGE courses are recommended for students who plan to complete the BSW (Bachelor of Social Work) degree in preparation for becoming a professional social worker.

This document is intended to guide your transfer class decisions; it is not an official articulation agreement.

**GENERAL STUDIES**

*(If you have questions about a class that doesn't appear on this list, contact us to inquire whether it can be applied to the area where you want to use it.)*

**Social Science (Choose 2, from 2 different areas) (6 units)**

___ ANTHRO 102	Cultural Anthropology	3 units
___ CD 100	Introduction to Child Development	3 units
___ CD 105	Child Growth and Development	3 units
___ ECON 100	Introduction to Economics	3 units
___ ECON 200	Principles of Macroeconomics-Honors	3 units
___ ECON 201	Principles of Microeconomics	3 units
___ GEOG 102	Cultural Geography	3 units
___ GEOG 120	World Regional Geography	3 units
___ POLIT 100	American Politics	3 units
___ POLIT 104	Introduction to Comparative Politics	3 units
___ POLIT 106	Introduction to World Politics	3 units
___ PSYCH 100	General Psychology ( <b>REQUIRED FOR SOCIAL WORK</b> )	3 units
___ PSYCH 102	Personal and Social Adjustment	3 units
___ PSYCH 103	Theories of Personality	3 units
___ PSYCH 110	Abnormal Psychology	3 units
___ PSYCH 111	Development Psychology: Lifespan	3 units
___ PSYCH 118	Human Sexual Behavior	3 units
___ SOC 100	Introduction to Sociology	3 units
___ SOC 105	Social Problems	3 units
___ SOC 106	Tribulation, Triumph and Transformation: Introduction to Women's Studies	3 units
___ SOC 130	Marriage, Family, and Intimate Relationships	3 units
___ SOC 132	Identity and Ideology: Introduction to Chicano/a and Latino/a Studies	3 units
___ SOC 141	Minority Relations	3 units
___ SOC 145	Sex, Gender, and Society	3 units
___ SOC 150	Gerontology	3 units

**Humanities (Choose 3, from at least 2 different areas) (9 units)**

___ ART 100	Art History I: Prehistoric Art to Medieval Art	3 units
___ ART 102	Art History II: Renaissance Art to Contemporary Art	3 units
___ ART 103	Art Appreciation	3 units
___ ART 105	History of Modern Art	3 units
___ COMMST 100	Elements of Public Speaking	3 units
___ COMMST 101	Advanced Public Speaking	3 units
___ COMMST 110	Voice and Diction	3 units
___ COMMST 111	Interpersonal Communication	3 units
___ COMMST 125	Critical Thinking through Argumentation and Debate	3 units
___ COMMST 135	Mass Communication in Society	3 units
___ COMMST 140	Small Group Communication	3 units
___ ENGL 150	Classical Mythology	3 units

___ ENGL 152	Intermediate Composition of Literature	3 units
___ ENGL 160	Literature by Women	3 units
___ ENGL 163	Chicano/Latino Literature	3 units
___ ENGL 175	Literature and Religion of the Bible	3 units
___ ENGL 232	Creative Writing	3 units
___ ENGL 233	Intermediate Creative Writing	3 units
___ ENGL 250	Fiction	3 units
___ ENGL 260	Survey of American Literature I	3 units
___ ENGL 261	Survey of American Literature II	3 units
___ ENGL 270	Survey of British Literature I	3 units
___ ENGL 271	Survey of British Literature II	3 units
___ ENGL 275	Shakespeare	3 units
___ ENGL 280	World Literature to the 17 <sup>th</sup> Century	3 units
___ ENGL 281	World Literature from the 17 <sup>th</sup> Century to the Present	3 units
___ HIST 100	History of the United States to 1877	3 units
___ HIST 101	History of the United States 1865 to Present	3 units
___ HIST 135	Religion in America	3 units
___ HIST 145	California History	3 units
___ HIST 150	Survey of Latin American History	3 units
___ HIST 170	World Civilizations	3 units
___ HIST 171	World Civilizations (1500 CE to the Present)	3 units
___ MUSIC 103	Appreciation of American Popular Music	3 units
___ MUSIC 120	Appreciation of Musical Literature	3 units
___ MUSIC 134	Jazz History	3 units
___ PHIL 101	Introduction to Philosophy	3 units
___ PHIL 103	Introduction to Logic: Argument and Evidence	3 units
___ PHIL 105	Introduction to Ethics: Moral Values in Today's Society	3 units
___ PHIL 107	Social and Political Philosophy	3 units
___ PHIL 109	Philosophy of Religion	3 units
___ RELIG 100	Introduction to Religious Studies	3 units
___ RELIG 101	Introduction to World Religions	3 units
___ RELIG 175	Literature and Religion of the Bible	3 units

### Scientific Inquiry (Choose 2, including 1 with laboratory) (4-9 units)

___ ANAT 101	Essentials of Human Anatomy and Physiology	4 units
___ ANAT 150	Human Anatomy and Physiology I (REQUIRED FOR SOCIAL WORK)	4 units
___ ANAT 151	Human Anatomy and Physiology II	4 units
___ ASTRON 150	Introduction to Astronomy (w/ lab ASTRON 160)	4 units
___ BIOL 100	General Biology	4 units
___ BIOL 130	Cell and Molecular Biology	4 units
___ BIOL 131	Populations and Organisms	4 units
___ CHEM 101	Introduction to Chemistry (includes lab)	4 units
___ CHEM 102	Introduction to Organic Chemistry (includes lab)	4 units
___ CHEM 123	Chemistry for Everyone	3 units
___ CHEM 150	General Chemistry I (includes lab)	5 units
___ CHEM 151	General Chemistry II (includes lab)	5 units
___ CHEM 212	Organic Chemistry I (includes lab)	4 units
___ CHEM 213	Organic Chemistry II (includes lab)	4 units
___ GEOG 110	Physical Geography (w/ lab GEOG 111)	4 units
___ GEOL 100	Physical Geology (includes lab)	4 units
___ GEOL 101	Introduction to Geology	3 units
___ GEOL 140	Earth Science (w/ lab GEOL 141)	4 units
___ MICRO 102	Introductory Microbiology (includes lab)	4 units
___ MICRO 150	Medical Microbiology (includes lab)	5 units
___ PHYSIC 100	Introduction to Physics (includes lab)	4 units
___ PHYSIC 110	General Physics I (includes lab)	4 units
___ PHYSIC 111	General Physics II (includes lab)	4 units

## COMPETENCIES

### English (2 classes, 8 units)

___ ENGL 101	Freshman Composition	4 units
___ ENGL 102	Intermediate Composition and Critical Thinking	4 units

### Quantitative Skills (0-4 units)

___ MATH 102	College Algebra	4 units
___ MATH 103	Plane Trigonometry	4 units
___ MATH 110	Introduction to Probability and Statistics <b>(REQUIRED FOR SOCIAL WORK)</b>	4 units
___ MATH 115	The Ideas of Mathematics	3 units

### World Language (2 classes, 10 units — one full academic year of same language)

___ SPAN 101	College Spanish I	5 units
___ SPAN 102	College Spanish II	5 units

*(Can take a different language, i.e. French, Japanese, American Sign Language, etc. Need one full year of same language or CLEP/ test out of an available language.)*

### Fitness & Wellness (3 units + .5-1.5 units) (NEED ONE THEORY AND ONE ACTIVITY)

___ HEALTH 102	Biological Principles of Health ( <b>THEORY</b> )	3 units
___ HEALTH 263	Nutrition and Health ( <b>THEORY</b> )	3 units
___ KIN/F 970A	Personal Fitness Assessment I	0.25 units
___ KIN/F 970B	Personal Fitness Assessment II	0.25 units
___ KIN/F 970C	Personal Fitness Assessment III	0.25 units
___ KIN/F 970D	Personal Fitness Assessment IV	0.25 units
___ KIN/F 105A	Aerobic Conditioning I	0.50-1 units
___ KIN/F 105B	Aerobic Conditioning II	0.50-1 units
___ KIN/F 105C	Aerobic Conditioning III	0.50-1 units
___ KIN/F 105D	Aerobic Conditioning IV	0.50-1 units
___ KIN/F 106A	Total Body Fitness I	0.50-1 units
___ KIN/F 106B	Total Body Fitness II	0.50-1 units
___ KIN/F 106C	Total Body Fitness III	0.50-1 units
___ KIN/F 106D	Total Body Fitness IV	0.50-1 units
___ KIN/F 108A	Resistance Weight Training I	0.50-1 units
___ KIN/F 108B	Resistance Weight Training II	0.50-1 units
___ KIN/F 108C	Resistance Weight Training III	0.50-1 units
___ KIN/F 108D	Resistance Weight Training IV	0.50-1 units
___ KIN/F 127A	Walking for Fitness I	0.50-1 units
___ KIN/F 127B	Walking for Fitness II	0.50-1 units
___ KIN/F 127C	Walking for Fitness III	0.50-1 units
___ KIN/F 127D	Walking for Fitness IV	0.50-1 units
___ KIN/F 155A	Conditioning with the Pilates Method I	0.50-1 units
___ KIN/F 155B	Conditioning with the Pilates Method II	0.50-1 units
___ KIN/F 155C	Conditioning with the Pilates Method III	0.50-1 units
___ KIN/F 155D	Conditioning with the Pilates Method IV	0.50-1 units
___ KIN/F 168A	Yoga I	0.50-1 units
___ KIN/F 168 B	Yoga II	0.50-1 units
___ KIN/F 168C	Yoga III	0.50-1 units
___ KIN/F 168D	Yoga IV	0.50-1 units
___ KIN/F 173A	Water Aerobics and Deep Water Exercise I	0.50-1 units
___ KIN/F 173B	Water Aerobics and Deep Water Exercise II	0.50-1 units
___ KIN/F 173C	Water Aerobics and Deep Water Exercise III	0.50-1 units
___ KIN/F 173D	Water Aerobics and Deep Water Exercise IV	0.50-1 units
___ KIN/F 190A	Tai Chi I	0.50-1 units
___ KIN/F 190B	Tai Chi II	0.50-1 units
___ KIN/F 190C	Tai Chi III	0.50-1 units
___ KIN/F 190D	Tai Chi IV	0.50-1 units
___ KIN/F 191A	Hiking for Fitness I	0.50-1 units

___	KIN/F 191B	Hiking for Fitness II	0.50-1 units
___	KIN/F 191C	Hiking for Fitness III	0.50-1 units
___	KIN/F 191D	Hiking for Fitness IV	0.50-1 units

**SOCIAL WORK COGNATES (11 units) (AS NOTED PREVIOUSLY)**

___	ANAT 150	Human Anatomy and Physiology I	4 units
___	MATH 110	Introduction to Probability and Statistics	4 units
___	PSYCH 100	General Psychology	3 units

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*Notes: The complete package outlined above includes 55-64.5 semester units. A minimum of 30 semester units is required for transfer to the Evening Adult Degree Program at La Sierra University. A total of 86 semester (129 quarter) units from a community college may be applied to a baccalaureate degree at La Sierra University.*