

# 26-27 A.S. Human Biology and Wellness (HBW)



## ABOUT THIS MAJOR

The Associate of Science in Human Biology and Wellness program provides students with a comprehensive understanding of the human body, health, and wellness.

This interdisciplinary program combines foundational biological sciences with practical wellness principles, preparing students for careers in healthcare, fitness, and wellness industries or for transfer to a four-year university to pursue further studies in fields such as biology, nursing, physical therapy, radiologic technology, and respiratory care. Through a combination of classroom instruction, laboratory experiences, and hands-on activities, students will explore human anatomy and physiology, nutrition, exercise science, and the principles of holistic health. The curriculum emphasizes the importance of maintaining a healthy lifestyle, understanding disease prevention, and promoting overall well-being. For more information on Engineering, visit the [Mathematics, Sciences, and Engineering](#) division.

### TO EARN A DEGREE A STUDENT MUST COMPLETE THE FOLLOWING:

- [1] Completion of a minimum of 60-semester units or 90 quarter units of degree applicable courses
- [2] A minimum of 18-semester units in a major
- [3] Completion of 21 units AVC General Education Requirements
- [4] Minimum overall grade point average of 2.0
- [5] A "C" or better in all courses required for the major

## A.S. Human Biology and Wellness (HBW)

[Total Units Required for the Major 24]

| Required Courses (Total 9 units)                                                                                                         |   |
|------------------------------------------------------------------------------------------------------------------------------------------|---|
| BIOLC1001 - Introduction to Biology<br><i>Co-Requisite: Concurrent enrollment in BIOL C1001L</i>                                         | 3 |
| BIOLC1001L - Introduction to Biology Lab<br><i>Prerequisites: Completion of or concurrent enrollment in BIOL C1001</i>                   | 1 |
| CHEM101 - Introductory Chemistry<br><i>Prerequisite: Completion of Intermediate Algebra or higher or placement by multiple measures.</i> | 5 |

| Anatomy and Physiology Options: CHOOSE ONE ( TOTAL 8 UNITS)                                                                                                                                                                    |   |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|
| BIOL OPTION 1 : (BIOL 201 & BIOL 202)<br>BIOL201 - General Human Anatomy<br><i>*pre-req: BIOL 100 or 101 or 102 or 110+ or 120+</i>                                                                                            | 4 |
| BIOL202 - General Human Physiology<br><i>*pre-req: BIOL 201+ &amp; CHEM 101+</i>                                                                                                                                               | 4 |
| OR                                                                                                                                                                                                                             |   |
| BIOL OPTION 2: (BIOL 203A & BIOL 203B)<br>BIOL203A - General Human Anatomy and Physiology I<br><i>Prerequisite: Completion of BIOL C1001 and BIOL C1001L or BIOL 102 or BIOL 110. &amp; Completion of Chem 101 is required</i> | 4 |
| BIOL203B - General Human Anatomy and Physiology II<br><i>Prerequisite: Completion of BIOL 203A</i>                                                                                                                             | 4 |

| Required Psychology Course (Total 3 units)                           |   |
|----------------------------------------------------------------------|---|
| PSYCC1000 <b>OR</b> PSYCC1000H - Introduction to Psychology - Honors | 3 |

| Required Math Course (Total 4 units)                                                                                                                                                                                                                      |   |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---|
| STATC1000 <b>OR</b> STATC1000H - Introduction to Statistics/ Honors<br><i>Prerequisite: Placement as determined by the college's multiple measures assessment process or completion of a course taught at or above the level of intermediate algebra.</i> | 4 |

## RECOMMENDED PATHWAY

### A.S. Human Biology and Wellness

The Recommended Plan of Study is determined by the discipline faculty. Take classes in **Summer** or **Interession** if needed to complete your degree in a timely manner!

Fall/Spring: Max 19 units | Summer: Max 9 units | Interession: Max 6 units

| SEMESTER 1                              |       |
|-----------------------------------------|-------|
| Course                                  | Units |
| STATC1000 OR STATC1000H (AVC GE AREA 2) | 4     |
| BIOLC1001 (AVC GE AREA 5)               | 3     |
| BIOLC1001LAB (AVC GE AREA 5)            | 1     |
| AVC GE AREA 1A: ENGLC1000               | 4     |
| GENERAL ELECTIVE                        | 3     |
| Total Units                             | 15    |

| SEMESTER 2                         |       |
|------------------------------------|-------|
| Course                             | Units |
| BIOL 201 OR BIOL203A               | 4     |
| PSYCC1000 OR PSYCC100H             | 3     |
| AVC GE AREA 1B: ORAL COMMUNICATION | 3     |
| GENERAL ELECTIVE                   | 3     |
| GENERAL ELECTIVE                   | 2     |
| Total Units                        | 15    |

| SEMESTER 3                       |       |
|----------------------------------|-------|
| Course                           | Units |
| CHEM 101                         | 5     |
| AVC GE AREA 3: ARTS & HUMANITIES | 3     |
| AVC GE AREA 6: ETHNIC STUDIES    | 3     |
| GENERAL ELECTIVE                 | 3     |
| GENERAL ELECTIVE                 | 1     |
| Total Units                      | 15    |

| SEMESTER 4                              |           |
|-----------------------------------------|-----------|
| Course                                  | Units     |
| BIOL 202 OR BIOL 203B                   | 4         |
| AVC GE AREA 4: SOCIAL & BEHAV. SCIENCES | 3         |
| GENERAL ELECTIVE                        | 2         |
| GENERAL ELECTIVE                        | 3         |
| GENERAL ELECTIVE                        | 3         |
| Total Units                             | 15        |
| <b>TOTAL UNITS</b>                      | <b>60</b> |

## Counseling Notes

Effective Fall 2026 (CNN)  
BIOLC1001 (formally BIOL 101)  
BIOLC1001L (formally BIOL 101LAB)

HONORS COURSES: PSYCC100H, STATC1000H

Students may take either PSYCC1000, STATC1000 or PSYCC1000H, STATC1000H. Duplicate credit will not be awarded. This honors course is intended for students in the Honors Transfer Program. For more information about Honors Transfer Alliance Program visit: <https://www.avc.edu/academics/programs-and-pathways/honors>

# 2026-2027 AVC General Education Requirements

Advising Form Effective Fall 2026 - Summer 2027

| GE AREA                                                                                                                                                                 | COMPLETED | IN PROGRESS | NEED                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <p>The requirements for an AA or AS degree include the following:</p> <p>1. A minimum of 60 semester units; with at least 12 semester units completed in residence at AVC for an AA/AS degree (credit earned by examination will not be included in these 12 units); <b>maximum of 12 pass/no-pass credit units</b> can be accepted towards an AA/AS degree.</p> <p>2. Refer to each individual program for major requirements. <b>All major courses</b> as specified in the AVC catalog <b><u>must</u></b> be completed with a grade of "C" or better.</p> <p>3. An overall grade point average (GPA) of 2.0 ("C" average) is required.</p> <p><b>Double counting:</b> While a course may satisfy more than one general education requirement, it may not be counted more than once for these purposes. A course may be used to satisfy both a general education requirement and a major or area of emphasis requirement.</p> <p><b>Prerequisite:</b> If a course is listed as a prerequisite for another course, that prerequisite course must be completed with a satisfactory grade in order to enroll in the next course. A satisfactory grade is a grade of "A," "B," "C" or "P". Students who enroll in classes for which they do not meet the prerequisites will be involuntarily dropped. Students will be notified of this involuntary drop.</p> <p><b><u>Complete at least 3 semester units from each of the following areas below: 1A, 1B, 2, 3, 4, 5, and 6. Completion of 1a requires a minimum a grade of "C" or "P". Minimum Total GE Units Required 21 semester units or 28-31.5 quarter units.</u></b></p> |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------|-------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>AREA 1: ENGLISH COMPOSITION, ORAL COMMUNICATION, AND CRITICAL THINKING</b><br>2 courses required, one from Area A and one from Area B, 6 semester or 8 quarter units |           |             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| 1A                                                                                                                                                                      |           |             | Group A: English Composition: ENGL C1000, ENGL C1000H                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| 1B                                                                                                                                                                      |           |             | Group B: Oral Communication and Critical Thinking: COMM C1000, C1000H; ENGL C1001, C1001H, <b>C1002, C1002H</b> ; PHIL 201                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>AREA 2: Mathematical Concepts and Quantitative Reasoning</b><br>1 course, 3 semester or 4 quarter units                                                              |           |             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| 2                                                                                                                                                                       |           |             | MATH 103, 110, 116, 124, 128, 140, 148, <b>149</b> , 150, 150H, 160, 220, 230, 250; STAT C1000, C1000H                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>AREA 3: ARTS AND HUMANITIES</b><br>1 courses, 3 semester units or 4 quarter units                                                                                    |           |             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| 3                                                                                                                                                                       |           |             | ART 100, 103, 104, 106, 113, 132, 135, 137, 140, 145, 163, 170, 213; <b>ARTH C1100, C1100H, C1200, C1200H</b> ; CHIN 101, 102, 201, 202; DFST 101, 102, 201, 202; COMM 112, 114, 217, 219; DA 101, 113; ENGL 114, 221, 222, 225, 227, 230, 231, 235, 242, 253, 253H, 256, 257, 259, 265, 279, <b>C1002, C1002H</b> ; FREN 101, 102, 201, 202, 203; FTV 101, 107, 108, 201, 203, 251, <b>261</b> ; GER 101, 102, 201, 202; HIST 104, 105, 110, 110H, 111, 111H, 113, 115, 119, <b>C1001, C1001H, C1002, C1002H</b> ; LATN 101, 102, 201; MUS 101, 101H, 105, 106, 110, 111, 120, 151; MUSC 102, 103, 107, 108, 109; PHIL 105, 105H, 106, 108, 109, <b>230, 240</b> ; NF 150; PHOT 107; PHTC 101, 150, 201; SPAN 101, 102, 110SS, 201, 202, 203, 210SS, 220SS; THA 101, 101H, 102, 103, 104, 106, 110, 111, 130, 225, 239, 239H, 240 |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>AREA 4: SOCIAL AND BEHAVIORAL SCIENCE</b><br>1 course, 3 semester units or 4 quarter units                                                                           |           |             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| 4                                                                                                                                                                       |           |             | AJ 206; ANTH 102, 103, 110, 112, 112H, 140; BUS 212; CFE 102, 103; DFST 105, 106, 110; ECON 100, 110, <b>C2001, C2001H, C2002, C2002H</b> ; GEOG 105, 106, 110; HIST 104, 105, 110, 110H, 111, 111H, 113, 114, 116, 118, 119, <b>C1001, C1001H, C1002, C1002H</b> ; POLS 103, 200, 201, 202, 203, C1000, C1000H; PSY 200, 201, 212, 230, 232, 233, 234, 235, 236; PSYC C1000, C1000H; SOC 105, 110, 111, 112, 115, 116, 120, 200; <b>SOCI C1000, C1000H</b>                                                                                                                                                                                                                                                                                                                                                                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>AREA 5: NATURAL SCIENCES</b><br>1 course, 3 semester units or 4 quarter units                                                                                        |           |             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| 5                                                                                                                                                                       |           |             | ANTH 101, 101H; ASTR <b>C1001, C1001H</b> ; BIOL 100, <b>C1001#</b> , 102, 103, 104, 104H, 110, 120, 201, 202, 204, 205; CHEM 101, 102, 110, 120, 210, 220; ELTE 101; ERSC 101; GEOG 101, 102; GEOL 101, 101H, 102; PHYS 101, 102, 110, 120, 211; PSCI 101<br># Students must register separately for the required lab component of BIOL 101L                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| <b>AREA 6: ETHNIC STUDIES</b><br>1 course, 3 semester units or 4 quarter units                                                                                          |           |             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
| 6                                                                                                                                                                       |           |             | ETHN 101, 102, 110, 111, 112, 113, <b>114</b> ; ENGL 257 or ETHN 257EN                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |

## COUNSELING NOTE SECTION

**Prerequisite:** If a course is listed as a prerequisite for another course, that prerequisite course must be completed with a satisfactory grade to enroll in the next course. A satisfactory grade is a grade of "A," "B," "C" or "P". Students who enroll in classes for which they do not meet the prerequisites will be involuntarily dropped. Students will be notified of this involuntary drop. Title 5, Section 55200(d)

### Application for Graduation:

Antelope Valley College awards degrees three times annually following the Fall, Spring, and summer semesters. Students must apply for graduation to earn their degree or certificate. Applications are due by September 6 for spring/summer graduates and by February 14 for fall graduates.

AVC 26-27 CATALOG: [ACADEMIC POLICIES](#)

### INFORMATION and RESOURCES

Tutoring Assistance  
Transfer Center  
Basic Needs

Career Center  
Office of Students with Disabilities  
Financial Aid

AVC Student Health Services  
Palmdale Center  
Counseling Division