

A.S. Human Biology and Wellness Degree 25-26

ABOUT THIS MAJOR

The Associate of Science in Human Biology and Wellness program offers students a strong foundation in human biology, health, and wellness. The curriculum blends biological sciences with wellness principles, focusing on biological sciences and holistic health practices.

For more information, 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

[Total Units Required for the Major 24]

Required Courses (Total 17 units)	
BIOL101 - General Biology	3
BIOL101L - General Biology Lab	1
CHEM101 - Introductory Chemistry	5
BIOL201 - General Human Anatomy	4
<i>*pre-req: BIOL 100 or 101 or 102 or 110+ or 120+</i>	
BIOL202 - General Human Physiology	4
<i>*pre-req: BIOL 201+ & CHEM 101+</i>	

Required Psychology Course (Total 3 units)	
PSYC C1000H - Introduction to Psychology - Honors	3
Or	
PSYC C1000 - Introduction to Psychology	3

Required Math Course (Total 4 units)	
STAT C1000H - Introduction to Statistics - Honors	4
Or	
STAT C1000 - Introduction to Statistics	4

RECOMMENDED PATHWAY

Associate of Science in Human Biology & Wellness

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

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

Major 

General Education 

Electives 

SEMESTER 1

Course Advisement	Units
 AVC GE Area 1A: Engl C1000/H {formally Engl 101}	3
 STAT C1000/STAT C1000H {formally MATH 115}	4
 BIOL 101 & BIOL 101 LAB	4
 General Elective	3
 General Elective	3
Total Semester Units	15

SEMESTER 2

Course Advisement	Units
 BIOL 201	4
 PSYC C1000 or PSYC C1000H	3
 AVC GE AREA 1B: ORAL COMM. & CRITICAL THINK.	3
 General Elective	3
 General Elective	2
Total Semester Units	15

SEMESTER 3

Course Advisement	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 Semester Units	15

SEMESTER 4

Course Advisement	Units
 BIOL 202	4
 AVC GE AREA 4: SOCIAL & BEHAVIORAL SCIENCES	3
 General Elective	3
 General Elective	3
 General Elective	2
Total Semester Units	15

TOTAL DEGREE UNITS	60
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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 25-26 CATALOG: [ACADEMIC POLICIES](#)

INFORMATION and RESOURCES

Tutoring Assistance	Career Center	AVC Student Health Services
Transfer Center	Office of Students with Disabilities	Palmdale Center
Basic Needs	Financial Aid	Counseling Division

2025-2026 AVC General Education Requirements									
Advising Form Effective Fall 2025 - Summer 2026									
GE AREA	COMPLETED	IN PROGRESS	NEED	The requirements for an AA or AS degree include the following: 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); maximum of 12 pass/no-pass credit units can be accepted towards an AA/AS degree. 2. Refer to each individual program for major requirements. All major courses as specified in the AVC catalog and <u>AVC Area 1A must be completed with a grade of "C" or better.</u> 3. An overall grade point average (GPA) of 2.0 ("C" average) is required. <u>Double counting:</u> 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. <u>Prerequisite:</u> 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. <i>Title 5, Section 55200(d)</i> <u>Complete at least 3 semester units from each of the following areas below: 1A, 1B, 2, 3, 4, 5, and 6.</u> <u>Minimum Total GE Units Required 21 semester units or 28-31.5 quarter units.</u>					
				AREA 1: ENGLISH COMPOSITION, ORAL COMMUNICATION, AND CRITICAL THINKING 2 courses required, one from Area A and one from Area B, 6 semester or 8 quarter units					
				1A				Area 1A: English Composition: ENGL C1000, ENGL C1000H	
				1B				Area 1B: Oral Communication and Critical Thinking: COMM C1000, C1000H; ENGL C1001, C1001H, 102, 102H; PHIL 201	
				AREA 2: Mathematical Concepts and Quantitative Reasoning 1 course, 3 semester or 4 quarter units					
2				MATH 103, 110, 116, 124, 128, 140, 148, 150, 150H, 160, 220, 230, 250; STAT C1000, C1000H					
AREA 3: ARTS AND HUMANITIES 1 courses, 3 semester units or 4 quarter units									
3				ART 100, 101, 101H, 102, 102H, 103, 104, 106, 113, 132, 135, 137, 140, 145, 163, 170, 213; CHIN 101, 102, 201, 202; DFST 101, 102, 201, 202; COMM 112, 114, 217, 219; DA 101, 113; ENGL 102, 102H, 114, 221, 222, 225, 227, 230, 231, 235, 242, 253, 253H, 256, 257, 259, 265, 279; FREN 101, 102, 201, 202, 203; FTV 101, 107, 108, 201, 203, 251; GER 101, 102, 201, 202; HIST 104, 105, 107, 107H, 108, 108H, 110, 110H, 111, 111H, 113, 115, 119; 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, 130, 140; 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, 225, 239, 239H, 240					
AREA 4: SOCIAL AND BEHAVIORAL SCIENCE 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, 101, 101H, 102, 102H, 110; GEOG 105, 106, 110; HIST 104, 105, 107, 107H, 108, 108H, 110, 110H, 111, 111H, 113, 114, 116, 118, 119; POLS C1000, C1000H, 103, 200, 201, 202, 203; PSY 200, 201, 212, 230, 232, 233, 234, 235, 236; PSYC C1000, C1000H; SOC 101, 101H, 105, 110, 111, 112, 115, 116, 120, 200;					
AREA 5: NATURAL SCIENCES 1 course, 3 semester units or 4 quarter units									
5				ANTH 101, 101H; ASTR 101, 101H; BIOL 100, 101#, 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, 102; PHYS 101, 102, 110, 120, 211; PSCI 101 #Students must register for the required lab component (BIOL 101L) separately.					
AREA 6: ETHNIC STUDIES 1 course, 3 semester units or 4 quarter units									
6				ETHN 101, 102, 110, 111, 112, 113, ENGL 257 or ETHN 257EN					