

# Minneapolis College

## Direct Equivalencies for Augsburg General Education - 2025 Catalog Year

If you receive a passing grade for the course listed after the word "take," Augsburg will transfer it in as the Augsburg equivalent listed right after the bullet. The number of required credits for the below Requirement is four (4).

For additional course options, follow the Transferology Steps found on the Registrar website page called Pathways/Equivalents for General Education."

### Courses that Satisfy the Arts Requirement

- MUE341 CONCERT BAND , MUE341 CONCERT BAND take [MUSC1340](#)
- THR232 ACTING , THR232 ACTING take [THTR1104](#)
- VIZ240 ART HISTORY SURVEY , VIZ240 , ARTNOEQ take [ARTS1111](#) , [ARTS1114](#)
- ART223 PRINT MAKING I , ART223 PRINT MAKING I take [ARTS1132](#)
- VIZ133 DIGITAL PHOTOGRAPHY , VIZ133 DIGITAL PHOTOGRAPHY take [PHDI1110](#)
- MUE321 ORCHESTRA , MUE321 ORCHESTRA take [MUSC1330](#)
- DES201 GRAPHIC DESIGN , DES201 GRAPHIC DESIGN , ARTNOEQ take [GRPH1120](#) , [GRPH2530](#)
- STU247 LIFE DRAWING , STU247 LIFE DRAWING take [ARTS2221](#)
- STU250 CERAMICS , STU250 take [ARTS1125](#)
- STU132 PHOTOGRAPHY , STU132 PHOTOGRAPHY take [PHOT1100](#)
- MUS207 FROM BOOGIE WOOGIE TO ROCK AND HIP HOP: THE CULTURE, ARTISTS, AND SOUNDS OF POP , MUS207 FROM BOOGIE WOOGIE TO ROCK AND HIP HOP: THE CULTURE, ARTISTS, AND SOUNDS OF POP MUSIC take [MUSC1020](#)
- MUS220 WORLDS OF MUSIC , MUS220 take [MUSC1060](#)
- MUS241 HISTORY OF JAZZ , MUS241 HISTORY OF JAZZ take [MUSC1010](#)
- VIZ102 VISUAL LITERACY , VIZ102 VISUAL LITERACY take [ARTS1110](#)
- OR
- VIZ102 VISUAL LITERACY , VIZ102 VISUAL LITERACY take [ARTS1141](#)
- MUE311 AUGSBURG CHOIR , MUE311 AUGSBURG CHOIR take [MUSC1320](#)
- OR
- MUE311 AUGSBURG CHOIR , MUE311 AUGSBURG CHOIR take [MUSC1310](#)
- ART215 INTRODUCTION TO WEB DESIGN , ART215 INTRODUCTION TO WEB DESIGN take [WEBI1416](#)

- THR222 THEATER APPRECIATION , THR222 THEATER APPRECIATION take [THTR1131](#)
  - STU257 WATERCOLOR PAINTING , STU257 WATERCOLOR PAINTING take [ARTS2213](#)
  - THR228 INTRODUCTION TO STAGECRAFT , THR228 INTRODUCTION TO STAGECRAFT take [THTR1145](#)
  - STU218 PAINTING , STU218 PAINTING take [ARTS1142](#)
  - ART290 NATIVE AMERICAN ART , ART290 take [AMIS1200](#)
  - STU221 SCULPTURE , STU221 SCULPTURE take [ARTS1133](#)
  - MUS130 INTRODUCTION TO MUSIC IN THE FINE ARTS , MUS130 take [MUSC1000](#)
  - VIZ102 VISUAL LITERACY , VIZ102 VISUAL LITERACY , ARTNOEQ take [ARTS1110](#) , [ARTS1141](#)
  - VIZ107 DRAWING , VIZ107 DRAWING take [ARTS1121](#)
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For additional course options, follow the Transferology Steps found on the Registrar website page called Pathways/Equivalents for General Education."

### Courses that Satisfy the Equity, Power, and Social Justice Requirement

- SOC265 RACE, CLASS AND GENDER , SOC265 RACE, CLASS AND GENDER take [SOCI2145](#)
  - HIS282 WOMEN AND GENDER IN U.S. HISTORY SINCE 1848 , HIS282 WOMEN AND GENDER IN U.S. HISTORY SINCE 1848 take [HIST2242](#)
  - WST201 INTRODUCTION TO GENDER, SEXUALITY, AND WOMEN'S STUDIES , WST201 INTRODUCTION TO GENDER, SEXUALITY, AND WOMEN'S STUDIES take [WGSS1101](#)  
**OR**
  - WST201 INTRODUCTION TO GENDER, SEXUALITY, AND WOMEN'S STUDIES , WST201 INTRODUCTION TO GENDER, SEXUALITY, AND WOMEN'S STUDIES take [WOST1101](#)
  - HIS122 GENDER, RACE, CLASS AND DEMOCRACY IN THE MODERN U.S , HIS122 GENDER, RACE, CLASS AND DEMOCRACY IN THE MODERN U.S take [HIST1110](#)
  - SWK280 DIVERSITY AND INEQUALITY IN PROFESSIONAL PRACTICE , SWK280 take [HSER1002](#)
  - POL170 LAW IN THE UNITED STATES , POL170 take [PSCI2000](#)
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# Minneapolis Community and Technical College

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For additional course options, follow the Transferology Steps found on the Registrar website page called Pathways/Equivalents for General Education."

### Courses that Satisfy the Humanities Requirement

- ENL241 INTRODUCTION TO CINEMA ART , ENL241 INTRODUCTION TO CINEMA ART take [CIST1101](#)
- COM254 INTERPERSONAL COMMUNICATION , COM254 INTERPERSONAL COMMUNICATION take [CMST1010](#)
- PHI120 ETHICS , PHI120 take [PHIL1171](#)
- PHI230 LOGIC , PHI230 take [PHIL2110](#)
- PHI110 INTRODUCTION TO PHILOSOPHY , PHI110 take [PHIL1115](#)
- PHI180 ETHICS OF MEDICINE AND HEALTH CARE , PHI180 take [PHIL2121](#)
- HIS101 THE STORY OF HUMANITY: FROM THE NEOLITHIC REVOLUTION TO THE COLUMBIAN EXCHANGE , HIS101 THE STORY OF HUMANITY: FROM THE NEOLITHIC REVOLUTION TO THE COLUMBIAN EXCHANGE take [HIST1000](#)
- HIS103 A GLOBAL HISTORY OF EUROPE SINCE 1750 , HIS103 A GLOBAL HISTORY OF EUROPE SINCE 1750 take [HIST1210](#)
- HIS282 WOMEN AND GENDER IN U.S. HISTORY SINCE 1848 , HIS282 WOMEN AND GENDER IN U.S. HISTORY SINCE 1848 take [HIST2242](#)
- AIS264 AMERICAN INDIANS IN THE CINEMA , AIS264 AMERICAN INDIANS IN THE CINEMA take [AMIS1300](#)
- WST201 INTRODUCTION TO GENDER, SEXUALITY, AND WOMEN'S STUDIES , WST201 INTRODUCTION TO GENDER, SEXUALITY, AND WOMEN'S STUDIES take [WGSS1101](#)
- OR
- WST201 INTRODUCTION TO GENDER, SEXUALITY, AND WOMEN'S STUDIES , WST201 INTRODUCTION TO GENDER, SEXUALITY, AND WOMEN'S STUDIES take [WOST1101](#)
- HIS121 AN EMPIRE FOR LIBERTY: U.S. HISTORY TO 1877 , HIS121 AN EMPIRE FOR LIBERTY: U.S. HISTORY TO 1877 take [HIST1100](#)
- HIS122 GENDER, RACE, CLASS AND DEMOCRACY IN THE MODERN U.S , HIS122 GENDER, RACE, CLASS AND DEMOCRACY IN THE MODERN U.S take [HIST1110](#)

- COM180 INTRODUCTION TO COMMUNICATION STUDIES , COM180 take [CMST1000](#)
  - COM260 ENVIRONMENTAL COMMUNICATION , COM260 take [CMST1650](#)
  - AIS105 INTRODUCTION TO AMERICAN INDIAN STUDIES , AIS105 INTRODUCTION TO AMERICAN INDIAN STUDIES take [AMIS1000](#)
  - COM120 MASS MEDIA AND POPULAR CULTURE , COM120 take [CMST1015](#)  
**OR**
  - COM120 MASS MEDIA AND POPULAR CULTURE , COM120 take [AMST1152](#)
  - ENL226 INTRODUCTION TO CREATIVE WRITING , ENL226 INTRODUCTION TO CREATIVE WRITING take [ENCW2213](#)
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For additional course options, follow the Transferology Steps found on the Registrar website page called Pathways/Equivalents for General Education.

### Courses that Satisfy the Language and Oral Communication Requirement

- COM111 PUBLIC SPEAKING , COM111 PUBLIC SPEAKING take [CMST1005](#)
- MDLML1 MODERN LANGUAGE 1 , MDLNOEQ take [ARAB1000](#)  
**OR**
- MDLML1 MODERN LANGUAGE 1 , MDLNOEQ take [DAKO1000](#)  
**OR**
- MDLML1 MODERN LANGUAGE 1 , MDLNOEQ take [SOMI1000](#)  
**OR**
- MDLML1 MODERN LANGUAGE 1 , MDLNOEQ take [JAPN1000](#)
- SPA111 BEGINNING SPANISH I , SPA111 BEGINNING SPANISH I , SPANOEQ take [SPAN1000](#)
- COM117 BUSINESS AND PROFESSIONAL SPEAKING , COM117 BUSINESS AND PROFESSIONAL SPEAKING take [BUSN1154](#)
- SPA112 BEGINNING SPANISH II , SPA112 BEGINNING SPANISH II , SPANOEQ take [SPAN1100](#)
- MDLML3 MODERN LANGUAGE 3 , ASLNOEQ take [AMSL2000](#)
- MDLML4 MODERN LANGUAGE 4 , ASLNOEQ take [AMSL2100](#)
- OJB112 BEGINNING OJIBWE II , OJB112 BEGINNING OJIBWE II , OJBNOEQ take [OJIB1100](#)
- MDLML2 MODERN LANGUAGE 2 , MDLNOEQ take [DAKO1100](#)  
**OR**
- MDLML2 MODERN LANGUAGE 2 , MDLNOEQ take [ARAB1100](#)  
**OR**
- MDLML2 MODERN LANGUAGE 2 , MDLNOEQ take [JAPN1100](#)  
**OR**
- MDLML2 MODERN LANGUAGE 2 , MDLNOEQ take [SOMI1100](#)
- SPA211 INTERMEDIATE SPANISH I , SPA211 INTERMEDIATE SPANISH I , SPANOEQ take [SPAN2000](#)
- ASL102 BEGINNING AMERICAN SIGN LANGUAGE II , ASL102 BEGINNING AMERICAN SIGN LANGUAGE II , ASLNOEQ take [AMSL1100](#)
- OJB111 BEGINNING OJIBWE I , OJB111 BEGINNING OJIBWE I , OJBNOEQ take [OJIB1000](#)

- MDLML3 MODERN LANGUAGE 3 , MDLNOEQ take [ARAB2000](#)
  - MDLML2 MODERN LANGUAGE 2 take [ESOL0042](#)  
**OR**
  - MDLML2 MODERN LANGUAGE 2 take [ESOL0041](#)  
**OR**
  - MDLML2 MODERN LANGUAGE 2 take [ESOL0051](#)
  - ASL101 BEGINNING AMERICAN SIGN LANGUAGE I , ASL101 BEGINNING AMERICAN SIGN LANGUAGE I , ASLNOEQ take [AMSL1000](#)
  - SPA212 INTERMEDIATE SPANISH II , SPA212 INTERMEDIATE SPANISH II , SPANOEQ take [SPAN2100](#)
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For additional course options, follow the Transferology Steps found on the Registrar website page called Pathways/Equivalents for General Education."

### Courses that Satisfy the Local and Global Perspectives Requirement

- MDLML1 MODERN LANGUAGE 1 , MDLNOEQ take [SOMI1000](#)  
**OR**
- MDLML1 MODERN LANGUAGE 1 , MDLNOEQ take [JAPN1000](#)  
**OR**
- MDLML1 MODERN LANGUAGE 1 , MDLNOEQ take [ARAB1000](#)  
**OR**
- MDLML1 MODERN LANGUAGE 1 , MDLNOEQ take [DAKO1000](#)
- SPA111 BEGINNING SPANISH I , SPA111 BEGINNING SPANISH I , SPANOEQ take [SPAN1000](#)
- POL158 INTRODUCTION TO POLITICAL SCIENCE , POL158 INTRODUCTION TO POLITICAL SCIENCE take [PSCI1110](#)
- SPA112 BEGINNING SPANISH II , SPA112 BEGINNING SPANISH II , SPANOEQ take [SPAN1100](#)
- HIS103 A GLOBAL HISTORY OF EUROPE SINCE 1750 , HIS103 A GLOBAL HISTORY OF EUROPE SINCE 1750 take [HIST1210](#)
- MDLML3 MODERN LANGUAGE 3 , ASLNOEQ take [AMSL2000](#)
- MDLML4 MODERN LANGUAGE 4 , ASLNOEQ take [AMSL2100](#)
- OJB112 BEGINNING OJIBWE II , OJB112 BEGINNING OJIBWE II , OJBNOEQ take [OJIB1100](#)
- MDLML2 MODERN LANGUAGE 2 , MDLNOEQ take [ARAB1100](#)  
**OR**
- MDLML2 MODERN LANGUAGE 2 , MDLNOEQ take [JAPN1100](#)  
**OR**
- MDLML2 MODERN LANGUAGE 2 , MDLNOEQ take [SOMI1100](#)  
**OR**
- MDLML2 MODERN LANGUAGE 2 , MDLNOEQ take [DAKO1100](#)
- SPA211 INTERMEDIATE SPANISH I , SPA211 INTERMEDIATE SPANISH I , SPANOEQ take [SPAN2000](#)
- ASL102 BEGINNING AMERICAN SIGN LANGUAGE II , ASL102 BEGINNING AMERICAN SIGN LANGUAGE II , ASLNOEQ take [AMSL1100](#)



- HIS121 AN EMPIRE FOR LIBERTY: U.S. HISTORY TO 1877 , HIS121 AN EMPIRE FOR LIBERTY: U.S. HISTORY TO 1877 take [HIST1100](#)
  - OJB111 BEGINNING OJIBWE I , OJB111 BEGINNING OJIBWE I , OJBNOEQ take [OJIB1000](#)
  - MDLML3 MODERN LANGUAGE 3 , MDLNOEQ take [ARAB2000](#)
  - MDLML2 MODERN LANGUAGE 2 take [ESOL0042](#)  
**OR**
  - MDLML2 MODERN LANGUAGE 2 take [ESOL0051](#)  
**OR**
  - MDLML2 MODERN LANGUAGE 2 take [ESOL0041](#)
  - ASL101 BEGINNING AMERICAN SIGN LANGUAGE I , ASL101 BEGINNING AMERICAN SIGN LANGUAGE I , ASLNOEQ take [AMSL1000](#)
  - SPA212 INTERMEDIATE SPANISH II , SPA212 INTERMEDIATE SPANISH II , SPANOEQ take [SPAN2100](#)
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### Courses that Satisfy the Mathematics Part 1 (College Algebra) Requirement

- MAT145 CALCULUS I , MAT145L CALCULUS I LAB , MAT145# , MATNOEQ take [MATH1180](#)
- MAT114 PRECALCULUS , MAT114 PRECALCULUS take [MATH1120](#)
- MAT255 MULTIVARIABLE CALCULUS , MAT255 MULTIVARIABLE CALCULUS , MATNOEQ take [MATH2220](#)
- MAT114 PRECALCULUS , MAT114 PRECALCULUS , MATNOEQ take [MATH1119](#) , [MATH1120](#)
- MAT146 CALCULUS II , MAT146L CALCULUS II LAB , MAT146# , MATNOEQ take [MATH1190](#)
- MAT114 PRECALCULUS , MAT114 PRECALCULUS , MATTRNS take [MATH1125](#)

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### Courses that Satisfy the Mathematics Part 2 (Mathematical Sciences) Requirement

- MAT163 INTRODUCTORY STATISTICS , MAT163 INTRODUCTORY STATISTICS , MATNOEQ take [MATH1150](#)
- MAT111 MATHEMATICS IN SOCIETY , MAT111 MATHEMATICS IN SOCIETY take [MATH1001](#)
- MAT145 CALCULUS I , MAT145L CALCULUS I LAB , MAT145# , MATNOEQ take [MATH1180](#)
- MAT114 PRECALCULUS , MAT114 PRECALCULUS take [MATH1120](#)
- MAT114 PRECALCULUS , MAT114 PRECALCULUS , MATNOEQ take [MATH1119](#) , [MATH1120](#)
- MAT204 MATHEMATICS FOR ELEMENTARY TEACHERS I , MAT204 MATHEMATICS FOR ELEMENTARY TEACHERS I , MATNOEQ take [MATH1165](#)
- MAT114 PRECALCULUS , MAT114 PRECALCULUS , MATTRNS take [MATH1125](#)
- MAT163 INTRODUCTORY STATISTICS , MAT163 INTRODUCTORY STATISTICS take [MATH1090](#)  
**OR**
- MAT163 INTRODUCTORY STATISTICS , MAT163 INTRODUCTORY STATISTICS take [MATH1145](#)  
**OR**
- MAT163 INTRODUCTORY STATISTICS , MAT163 INTRODUCTORY STATISTICS take [MATH1140](#)

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For additional course options, follow the Transferology Steps found on the Registrar website page called Pathways/Equivalents for General Education."

### Courses that Satisfy the Natural Sciences with Lab Requirement

- PHY108L COLLEGE PHYSICS II LAB , PHY107L COLLEGE PHYSICS I LAB , PHY107 COLLEGE PHYSICS I , PHY108 COLLEGE PHYSICS II , PHY107L COLLEGE PHYSICS I LAB , PHY108L COLLEGE PHYSICS II LAB , PHY107# , PHY108# , PHYNOEQ take [PHYS1131](#) , [PHYS1132](#)
- BIO102 THE BIOLOGICAL WORLD , BIO102L THE BIOLOGICAL WORLD LAB , BIO102L THE BIOLOGICAL WORLD LAB , BIO102# , BIONOEQ take [BIOL1100](#)
- BIO121 HUMAN BIOLOGY , BIO121# take [BIOL1127](#)
- CHM116L GENERAL CHEMISTRY II LAB , CHM116 GENERAL CHEMISTRY II , CHM116L GENERAL CHEMISTRY II LAB , CHM116# , CHMNOEQ take [CHEM1152](#)
- PHY121 GENERAL PHYSICS I , PHY121L GENERAL PHYSICS I LAB , PHY121L GENERAL PHYSICS I LAB , PHY121# , PHYNOEQ take [PHYS1211](#)
- SCI110 NATURAL SCIENCE I , SCI110L NATURAL SCIENCE I LAB , SCI110L , SCI110# , SCINOEQ take [PHYS1100](#)
- CHM115L GENERAL CHEMISTRY I LAB , CHM115 GENERAL CHEMISTRY I , CHM115L GENERAL CHEMISTRY I LAB , CHM115# , CHMNOEQ take [CHEM1151](#)
- CHM102L CHEMISTRY FOR CHANGING TIMES LAB , CHM102 CHEMISTRY FOR CHANGING TIMES , CHM102L CHEMISTRY FOR CHANGING TIMES LAB , CHM102# , CHMNOEQ take [CHEM1140](#)
- PHY122 GENERAL PHYSICS II , PHY122L GENERAL PHYSICS II LAB , PHY122L GENERAL PHYSICS II LAB , PHY122# , PHYNOEQ take [PHYS1221](#)
- BIO152 EVOLUTION, ECOLOGY AND DIVERSITY , BIO152L EVOLUTION, ECOLOGY AND DIVERSITY LAB , BIO152L EVOLUTION, ECOLOGY AND DIVERSITY LAB , BIO152# , BIONOEQ take [BIOL2202](#)
- PHY107L COLLEGE PHYSICS I LAB , PHY107 COLLEGE PHYSICS I , PHY107L COLLEGE PHYSICS I LAB , PHY107# , PHYNOEQ take [PHYS1131](#)
- BIO151L INTRODUCTORY BIOLOGY LAB , BIO151 INTRODUCTORY BIOLOGY , BIO151L INTRODUCTORY BIOLOGY LAB , BIO151# , BIONOEQ take [BIOL2200](#)

- BIO121L HUMAN BIOLOGY LAB , BIO121 HUMAN BIOLOGY , BIO121L HUMAN BIOLOGY LAB , BIO121# , BIONOEQ take [BIOL1127](#) , [BIOL1128](#)
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# Minneapolis Community and Technical College

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### Courses that Satisfy the Social and Behavioral Sciences Requirement

- ECO113 PRINCIPLES OF MICROECONOMICS , ECO113 PRINCIPLES OF MICROECONOMICS take [ECON2200](#)
- ECO112 PRINCIPLES OF MACROECONOMICS , ECO112 PRINCIPLES OF MACROECONOMICS take [ECON2000](#)
- POL121 AMERICAN GOVERNMENT AND POLITICS , POL121 AMERICAN GOVERNMENT AND POLITICS take [PSCI1101](#)
- SOC121 INTRODUCTION TO SOCIOLOGY , SOC121 INTRODUCTION TO SOCIOLOGY take [SOCI1105](#)
- SOC231 FAMILY SYSTEMS: CROSS CULTURAL PERSPECTIVES , SOC231 FAMILY SYSTEMS: CROSS CULTURAL PERSPECTIVES take [SOCI1110](#)
- ENV100 ENVIRONMENTAL CONNECTIONS , ENV100 take [PSCI1137](#)  
**OR**
- ENV100 ENVIRONMENTAL CONNECTIONS , ENV100 take [PHIL2171](#)
- POL158 INTRODUCTION TO POLITICAL SCIENCE , POL158 INTRODUCTION TO POLITICAL SCIENCE take [PSCI1110](#)
- ANT141 INTRODUCTION TO CULTURAL ANTHROPOLOGY , ANT141 INTRODUCTION TO CULTURAL ANTHROPOLOGY take [ANTH1105](#)
- POL170 LAW IN THE UNITED STATES , POL170 take [PSCI2000](#)
- POL160 WORLD POLITICS , POL160 take [PSCI1104](#)
- PSY105 PRINCIPLES OF PSYCHOLOGY , PSY105 PRINCIPLES OF PSYCHOLOGY take [PSYC1110](#)

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For additional course options, follow the Transferology Steps found on the Registrar website page called Pathways/Equivalents for General Education."

### Courses that Satisfy the Sustainability and Wellness Requirement

- WEL118 RECREATIONAL WELLNESS: YOGA , WEL118 RECREATIONAL WELLNESS: YOGA , HPETRNS take [PHED2002](#)
- WEL102 RECREATIONAL WELLNESS ACTIVITY , WEL102 RECREATIONAL WELLNESS , HPETRNS take [PHED1191](#)  
**OR**
- WEL102 RECREATIONAL WELLNESS ACTIVITY , WEL102 RECREATIONAL WELLNESS , HPETRNS take [PHED2100](#)  
**OR**
- WEL102 RECREATIONAL WELLNESS ACTIVITY , WEL102 RECREATIONAL WELLNESS , HPETRNS take [PHED2208](#)  
**OR**
- WEL102 RECREATIONAL WELLNESS ACTIVITY , WEL102 RECREATIONAL WELLNESS , HPETRNS take [PHED1128](#)
- WEL102 RECREATIONAL WELLNESS ACTIVITY , WEL102 RECREATIONAL WELLNESS take [PHED1138](#)  
**OR**
- WEL102 RECREATIONAL WELLNESS ACTIVITY , WEL102 RECREATIONAL WELLNESS take [PHED1109](#)  
**OR**
- WEL102 RECREATIONAL WELLNESS ACTIVITY , WEL102 RECREATIONAL WELLNESS take [PHED1180](#)  
**OR**
- WEL102 RECREATIONAL WELLNESS ACTIVITY , WEL102 RECREATIONAL WELLNESS take [PHED1157](#)  
**OR**
- WEL102 RECREATIONAL WELLNESS ACTIVITY , WEL102 RECREATIONAL WELLNESS take [PHED1199](#)  
**OR**
- WEL102 RECREATIONAL WELLNESS ACTIVITY , WEL102 RECREATIONAL WELLNESS take [PHED1114](#)  
**OR**
- WEL102 RECREATIONAL WELLNESS ACTIVITY , WEL102 RECREATIONAL WELLNESS take [PHED1132](#)  
**OR**

- WEL102 RECREATIONAL WELLNESS ACTIVITY , WEL102 RECREATIONAL WELLNESS take [PHED1101](#)
  - WEL113 RECREATIONAL WELLNESS: VOLLEYBALL , WEL113 RECREATIONAL WELLNESS: VOLLEYBALL take [PHED1164](#)
  - WEL103 RECREATIONAL WELLNESS: BADMINTON , WEL103 RECREATIONAL WELLNESS: BADMINTON take [PHED1103](#)
  - ENV100 ENVIRONMENTAL CONNECTIONS , ENV100 take [PSCI1137](#)  
**OR**
  - ENV100 ENVIRONMENTAL CONNECTIONS , ENV100 take [PHIL2171](#)
  - WEL100 FOUNDATIONS OF WELLNESS , WEL100 take [PHED1100](#)
  - WEL111 RECREATIONAL WELLNESS: RACQUET SPORTS , WEL111 RECREATIONAL WELLNESS: RACQUET SPORTS take [PHED1113](#)
  - COM260 ENVIRONMENTAL COMMUNICATION , COM260 take [CMST1650](#)
  - WEL106 RECREATIONAL WELLNESS: BOWLING , WEL106 RECREATIONAL WELLNESS: BOWLING take [PHED1105](#)
  - WEL116 RECREATIONAL WELLNESS: WEIGHT TRAINING , WEL116 RECREATIONAL WELLNESS: WEIGHT TRAINING take [PHED1123](#)
  - WEL108 RECREATIONAL WELLNESS: GOLF , WEL108 RECREATIONAL WELLNESS: GOLF take [PHED1110](#)
  - WEL107 RECREATIONAL WELLNESS: FITNESS WALKING , WEL107 RECREATIONAL WELLNESS: FITNESS WALKING take [PHED1134](#)
  - WEL118 RECREATIONAL WELLNESS: YOGA , WEL118 RECREATIONAL WELLNESS: YOGA take [PHED1108](#)
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For additional course options, follow the Transferology Steps found on the Registrar website page called Pathways/Equivalents for General Education."

### Courses that Satisfy the Writing Requirement

- ENL111 EFFECTIVE WRITING II , ENL111 EFFECTIVE WRITING II take [ENGL1111](#)
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