



Faculty Senate

Operational Definitions for Local General Education Curriculum

Approved: March 25, 2025

In Fall 2024, the Faculty Senate approved the addition of American Institutions, Self-Development, and Physical Activity sections to the Local General Education (GE) requirements. To ensure clarity and consistency in course approvals, the Curriculum Committee requires operational definitions for each section.

Below are the Senate-approved operational definitions for each section:

- **American Institutions** – Aligned with the CSU American Institutions requirement.
- **Self-Development** – Based on the current Self-Development definition used for Plan B.
- **Physical Activity** – Adapted from the Health and Wellness model in the current Local AA, emphasizing courses that include a physical activity component.

AMERICAN INSTITUTIONS: 3 units minimum

This requirement is designed to equip students with a foundational understanding of the nation's historical and political development through the study of U.S. history or government, equipping them with the civic knowledge necessary for active and informed participation in a democratic society. Students will fulfill this requirement by completing either a course dealing with U.S. history or U.S. government:

- **U.S. History Option:** Courses in this area will examine significant events spanning at least one hundred years within the territory that now comprises the United States. Students will analyze historical developments within a framework that highlights the continuity of the American experience, incorporating perspectives from politics, economics, social movements, and geography. The study will explore regional relationships within the U.S. and, where relevant, interactions with external regions and powers to provide context for understanding historical change and its impact on the nation.
- **U.S. Government Option:** Courses in this area will examine the principles and structure of the U.S. government, as established by the Constitution and shaped by amendments, interpretation, and political practice. Students will study the political philosophies of the framers, the development of American political institutions, the evolving relationships between federal, state, and local governments, and the rights and obligations of citizens within a constitutional democracy.

SELF-DEVELOPMENT: 3 units minimum

This requirement is designed to equip learners for lifelong understanding and development of themselves as integrated physiological, social, and psychological beings. Physical activity may be included, if it is an integral part of the study elements described herein. Content may include topics such as student success strategies, human behavior, sexuality, nutrition, physical and mental health, stress management, information literacy, social relationships and relationships with the environment, as well as implications of death and dying or avenues for lifelong learning. Courses in this area shall focus on the development of skills, abilities, and dispositions.

PHYSICAL ACTIVITY: 1 unit minimum

This requirement is designed to promote lifelong health and well-being through active participation in physical movement. Courses in this area will provide students with opportunities to develop physical skills, improve fitness, and understand the principles of movement and performance. Content may include topics such as cardiovascular endurance, strength training, flexibility, motor skills, coordination, and the physiological and psychological benefits of physical activity.

NOTES:

- Local degrees requiring 32 or more major units are exempt from Self-Development and Physical Activity, including Biology, Microbiology, Engineering, and Engineering: Electrical Specialty, which meet the unit threshold due to required prerequisite courses.