A. Essential Learning Core – 31 credit hours

All CMU essential learning core courses are approved by the Colorado Department of Higher Education for statewide guaranteed transfer except courses marked with + which are not yet approved. ▲ Cannot be substituted for ESSL 200.

**English - 6 credit hours**
Option 1
ENGL 111* English Composition and
ENGL 112* English Composition
Option 2
ENGL 112* English Composition and
ENGL 219* Introduction to Professional Writing
* A grade of “C” or higher is required for graduation

**Mathematics - 3 credit hours**
MATH 110* College Mathematics
MATH 113* College Algebra
MATH 119* Pre-Calculus Mathematics
MATH 149* Honors Mathematics
MATH 151* Calculus I
MATH 205* Elements of Mathematics II
* A grade of “C” or higher is required for graduation

**Humanities - 3 credit hours**
ENGL 131, 132 Western Literature I and II
ENGL 150 Introduction to Literature
ENGL 222 Mythology
ENGL 231, 232 Non-Western Literature I and II
ENGL 254, 255 Survey of English Literature I and II
ENGL 261, 262 Survey of American Literature I and II
HIST 101, 102 Western Civilization
HIST 131, 132 United States History
MASS 110 Mass Media Impact and History
PHIL 105 Critical Thinking
PHIL 110 Introduction to Philosophy
PHIL 120 Ethics
PHIL 130 Philosophy of Religion
▲ SPCH 102 Speechmaking

**History - 3 credit hours**
HIST 101, 102 Western Civilization
HIST 131, 132 United States History
**Note: 3 additional hours of History may be chosen to fulfill Humanities.

**Social and Behavioral Sciences - 6 credit hours**
ANTH 202 Introduction to Anthropology
ARKE 205 Principles of Archaeology
+CSCI 100 Computers in Our Society
ECON 201 Principles of Macroeconomics
ECON 202 Principles of Microeconomics
FOAN 180/180L Survey of Physical Anthropology and Lab
GEOG 102 Human Geography
GEOG 103 World Regional Geography
POLS 101 American Government
POLS 151 Introduction to Political Ideas
POLS 261 Comparative Politics
POLS 270 World Politics
PSYC 150 General Psychology
PSYC 233 Human Growth and Development
SOCI 101 Introduction to Lesbian, Gay, Bisexual and Transgender Studies
SOCI 120 Technology and Society
SOCI 144 Marriage and Families
SOCI 260 General Sociology
SOCI 264 Social Problems
▲ SPCH 101 Interpersonal Communication

**Fine Arts - 3 credit hours**
ARTE 101 Two-Dimensional Design
ARTE 102 Three-Dimensional Design
ARTE 115 Art Appreciation
ARTE 118 Survey of Art History, Prehistory – Renaissance
ARTE 119 History of Art, Renaissance to Present
DANC 115 Dance Appreciation
FINE 101 The Living Arts
MUSA 220 Music Appreciation
MUSA 266 History of Popular Music
THEA 141 Theatre Appreciation
THEA 145 Introduction to Dramatic Literature

**Natural Sciences - 7 credit hours (must include 1 lab)**
***BIOL 101/101L General Human Biology and Lab
***BIOL 102/102L Plant and Animal Biodiversity and Lab
***BIOL 105/105L Attributes of Living Systems and Lab
***BIOL 108/108L Diversity of Organisms
***BIOL 250/250L Introduction to Microbiology and Lab
CHEM 100 Chemistry and Society
***CHEM 121/121L Principles of Chemistry and Lab
***CHEM 122/122L Principles of Organic Chemistry and Lab
***CHEM 131/131L General Chemistry and Lab
***CHEM 132/132L General Chemistry and Lab
ENVS 101 Introduction to Environmental Science
***ENVS 103/103L Field-Based Intro to Environ. Science
GEOL 100 Survey of Earth Science
GEOL 103 Weather and Climate
GEOL 104 Oceanography
GEOL 105 Geology of Colorado
GEOL 106 Introduction to Dinosaurs
GEOL 107 Natural Hazards and Environmental Geology
GEOL 108 Water, People, and Environment
***GEOL 111/111L Principles of Physical Geology and Lab
***GEOL 112/112L Principles of Historical Geology and Lab
***GEOL 113/113L Field-Based Intro to Physical Geology and Lab
PHYS 100 Concepts of Physics
PHYS 101 Elementary Astronomy
***PHYS 105/105L Physics by Inquiry and Lab
***PHYS 111/111L General Physics and Lab
***PHYS 112/112L General Physics and Lab
***PHYS 131/131L Fundamental Mechanics and Lab
***PHYS 132/132L Electromagnetism and Optics and Lab
**Course fulfills the natural sciences requirement of associated lab or field component.
Both the lecture and laboratory are required for essential learning credit.

B. Wellness Requirements - 2-3 credit hours

KINE 100 Health and Wellness
1-2 KINA credits (varies by program sheet)
KINA ____________________
KINA ________________

Any KINA course(s), DANC 160, 169, 174, 177, 180, or MUSP 147 (credit bearing course only) may fulfill the Kinesiology activity requirement.
Only one varsity sport course numbered KINA 180-189 may be used to meet the activity requirement.

**Essential Learning Capstone only applies to Bachelor’s degree.**

C. Essential Learning Capstone - 4 credit hours

The Essential Learning Capstone must be completed between 45 and 75 credits hours.

ESSL 290 Maverick Milestone
ESSL 200 Essential Speech****

**** ESSL 200 is a co-requisite course with ESSL 290 and must be taken together in the same semester.