### 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 World Literature I and II  
ENGL 150 Introduction to Literature  
ENGL 222 Mythology  
ENGL 231, 232 Non-Western World 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  
+MUSA 267 Jazz History and Literature  
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 __________________________

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.

Revised 3.9.16