



Recommended Courses for Freshmen / Gap Year Students

CSUN is a great place for students to begin their university studies! As a large, comprehensive university, CSUN has more than 100 degree and credential programs and offers approximately 8,000 classes each semester. There are many introductory-level courses that are open to Semester at CSUN (SAC) students with no prior university experience (Freshman level and gap year students).

Here are the top 25 most popular and recommended courses (no course prerequisites required):

Top 25 CSUN Courses for Freshmen

<u>Catalog Number</u>	<u>Course Title (Units)</u>
<u>ANTH 150</u>	The Human Adventure: Introduction to Anthropology (3)
<u>ART 151</u>	Photography as Art (3)
<u>ART 200</u>	Art, Media and Visualization (computer graphic design) (3)
<u>BUS 104</u>	Introduction to Business (3)
<u>CIT 160/L</u>	Internet Technologies / Lab (3)
<u>CJS 102</u>	Introduction to Criminology and Justice Studies (3)
<u>COMS 151</u>	Fundamentals of Public Speaking / Lab (3)
<u>CTVA 100</u>	Introduction to Mass Communication Arts (3)
<u>ECON 101</u>	Economics for Everyday Life (3)
<u>ENT 101</u>	Exploring Entrepreneurship (3)
<u>ENGL 205</u>	Business Communication (3)
<u>FCS 207</u>	Nutrition for Life (3)
<u>FCS 253</u>	Introduction to Fashion (3)
<u>GEOG 107</u>	People, Places, and Landscapes (3)
<u>GWS 100</u>	Introduction to Gender and Women's Studies (3)
<u>HSCI 131</u>	Health and Society (3)
<u>HUM 101</u>	Forms and Ideas in Humanities (3)
<u>LING 200</u>	How Language Matters (3)
<u>PHIL 165</u>	Today's Moral Issues (3)
<u>MUS 108</u>	Music in Film (3)
<u>POLS 155</u>	American Political Institutions (3)
<u>POLS 225</u>	Elements of International Relations (3)
<u>PSY 150</u>	Introduction to Psychology (3)
<u>SOC 150</u>	Introductory Sociology (3)
<u>URBS 150</u>	Discover the City (Introduction to Urban Studies) (3)

CSUN's schedule of classes for each semester is accessible online for you to search (no login needed):

<http://www.csun.edu/class-search>

- Term: Choose the appropriate term
- Session: Choose "Regular"
- Subject/Department: Choose one
- Additional Category: Leave blank





All of the courses listed here are open to SAC students entering at the Freshman level, pending availability. A few of these courses do have prerequisites, which means a student would need to take the prerequisite course in the first semester, then this course in the second semester. This is not a complete list—there are more classes available! The SAC academic advisors will help students select the classes that are the best fit.

Catalog Number	Course Title (Units)
Humanities, Social Sciences, Behavioral Sciences	
<u>ANTH 150</u>	The Human Adventure: Intro to Anthropology (3)
<u>ANTH 152</u>	Introduction to Cultural Anthropology (3)
<u>ANTH 212</u>	Anthropology of Sex (3)
<u>ANTH 232</u>	Expressive Culture (3)
<u>CJS 102</u>	Introduction to Criminology and Justice Studies (3)
<u>CLAS 315</u>	Greek and Roman Mythology (3)
<u>ENGL 208</u>	Creative Writing (3)
<u>ENGL 255</u>	Introduction to Literature (3)
<u>GWS 100</u>	Introduction to Gender and Women's Studies (3)
<u>GEOG 107</u>	People, Places, and Landscapes (3)
<u>GEOG 108</u>	Earth From Above (3)
<u>GEOG 150</u>	World Geography (3)
<u>HIST 150</u>	Western Civilization I (3)
<u>HIST 151</u>	Western Civilization II (3)
<u>HIST 270</u>	The United States to 1865 (3)
<u>HIST 271</u>	The United States Since 1865 (3)
<u>HUM 101</u>	Forms and Ideas in Humanities (3)
<u>LING 200</u>	How Language Matters: Intro to Linguistics (3)
<u>LING 250</u>	Languages in California (3)
<u>PHIL 100</u>	General Logic (4)
<u>PHIL 165</u>	Today's Moral Issues (3)
<u>PHIL 170</u>	Philosophy and Popular Culture (3)
<u>PHIL 180</u>	Human Nature and the Meaning of Life (3)
<u>PHIL 200</u>	Critical Reasoning (3)
<u>POLS 155</u>	American Political Institutions (3)
<u>POLS 156</u>	Introduction to Comparative Politics (3)
<u>POLS 197</u>	Racial and Ethnic Politics (3)
<u>POLS 350</u>	Great Questions in Politics (3)
<u>PSY 150</u>	Introduction to Psychology (3)
<u>RS 100</u>	Introduction to Religious Studies (3)
<u>RS 150</u>	World Religions (3)
<u>RS 204</u>	Religion, Logic and the Media (3)
<u>SOC 150</u>	Introductory Sociology (3)
<u>SOC 200</u>	Social Crises of Today (3)
<u>SOC 230</u>	Introduction to Human Sexual Behavior (3)
<u>SUST 300</u>	Interdisciplinary Perspectives on Sustainability (3)
<u>URBS 150</u>	Discover the City (Introduction to Urban Studies) (3)
<u>URBS 250</u>	Planning the Multiethnic City (3)
Education, Health, Human Services, Sports Science	
<u>CADV 150</u>	Foundations of Child & Adolescent Development (3)
<u>ELPS 203</u>	Urban Education in American Society (3)
<u>FCS 207</u>	Nutrition for Life (3)
<u>HSCI 131</u>	Health and Society (3)
<u>HSCI 231</u>	Women and Health (3)
<u>RTM 204</u>	Introduction to Recreation Therapy (3)
<u>RTM 251</u>	Recreation and the Natural Environment (3)
<u>RTM 278</u>	Exploring the World of Tourism, Hospitality, Recreation, and Parks (3)
<u>RTM 302</u>	Leadership in Recreation & Human Services (3)
<u>RTM 303</u>	Promotion of the Recreation Experience (3)
<u>RTM 310</u>	Adventure Recreation and Human Relations / Lab (3)

Catalog Number	Course Title (Units)
Math, Science, Computer Science, Engineering	
<u>ASTR 152</u>	Elementary Astronomy (3)
<u>BIOL 100</u>	Introductory Biology (3) <i>Note: A 1-unit lab course, BIOL 100L, is also available.</i>
<u>BIOL 327</u>	Ecology and People (3)
<u>CHEM 100</u>	Principles of Chemistry (3) <i>Note: A 1-unit lab course, CHEM 100L, is also available.</i>
<u>CIT 101/L</u>	Computer Information Technology Fundamentals (3)
<u>CIT 160/L</u>	Internet Technologies / Lab (3)
<u>COMP 100</u>	Computers: Their Impact and Use (3)
<u>COMP 110/L</u>	Introduction to Algorithms and Programming/Lab (4)
<u>EOH 101</u>	Intro to Environmental & Occupational Health (3)
<u>ENGL 306</u>	Report Writing (3)
<u>GEOL 101</u>	Geology of Planet Earth (3)
<u>GEOL 107</u>	Geology Goes Hollywood (3)
<u>GEOL 110</u>	Earth and Life through Time (3) <i>Note: A 1-unit lab course, GEOL 112, is also available.</i>
<u>GEOL 300</u>	Environmental Geology (3) <i>Note: A 1-unit lab course, GEOL 301, is also available.</i>
<u>MATH 103</u>	Mathematical Methods for Business (3)
<u>MATH 140</u>	Introductory Statistics (4)
<u>ME 186/L</u>	Computer-Aided Design / Lab (2)
<u>PHIL 210</u>	Reasoning in the Sciences (3)
<u>PHYS 100A</u>	General Physics I (3) <i>Note: A 1-unit lab course, PHYS 100AL, is also available.</i>
<u>SCI 100</u>	Science for Life (3)
<u>SUST 300</u>	Interdisciplinary Perspectives on Sustainability (3)
Business and Economics	
<u>ACCT 220</u>	Introduction to Financial Accounting (3)
<u>BLAW 280</u>	Business Law I (3)
<u>BUS 104</u>	Introduction to Business (3)
<u>ECON 101</u>	Economics for Everyday Life (3)
<u>ECON 156</u>	Introduction to Economic Analysis and Policy (3)
<u>ECON 160</u>	Principles of Microeconomics (3)
<u>ENGL 205</u>	Business Communication (3)
<u>ENGL 306</u>	Report Writing (3)
<u>ENT 101</u>	Exploring Entrepreneurship (3)
<u>FIN 102</u>	Financial Literacy (3)
<u>FIN 302</u>	Personal Finance (3)
<u>IS 212</u>	Information Systems for Business Users (3)
<u>MATH 103</u>	Mathematical Methods for Business (3)
<u>PHIL 305</u>	Business Ethics and Public Policy (3)
<u>SOM 120</u>	Basic Business Statistics (3)



Catalog Number	Course Title (Units)
Art, Media, Communication	
ART 100/L	Introduction to Art Processes / Lab (3)
ART 110	World Arts: The Western Tradition (3)
ART 124A	Drawing I (3)
ART 140	Beginning Two-Dimensional Design (3)
ART 141	Beginning Three-Dimensional Design (3)
ART 151	Photography as Art (3)
ART 200	Art, Media and Visualization (3)
ART 201	Introduction to Web Art (3)
ART 296PV	Introduction to Digital Photography/Video (3)
COMS 150	Introduction to Communication Studies (3)
COMS 151	Fundamentals of Public Speaking / Lab (3)
COMS 251	Introduction to Interpersonal Communication (3)
CTVA 100	Introduction to Mass Communication Arts (3)
CTVA 210	Television-Film Aesthetics (3)
ENGL 205	Business Communication (3)
ENGL 208	Creative Writing (3)
FCS 253	Introduction to Fashion (3)
JOUR 100	Mass Communication (3)
JOUR 250	Visual Communication (3)
MUS 105	Understanding Music (3)
MUS106HH	Hip Hop Music (3)
MUS 107	Music Today (3)
MUS 108	Music in Film (3)
TH 110	Intro to Theatre: Text/Drama/Performance (3)
TH 111	Actors and Acting (3)
Cultural Studies, Foreign Languages	
AAS 100	Introduction to Asian American Studies (3)
AAS 210	History of Asians in America (3)
AAS 230	Asian Americans and the Media (3)
AFRS 100	Introduction to Black Studies and Culture (3)
AFRS 245	African-American Literature Since 1930 (3)
AFRS 252	Popular Culture and the Black World (3)
AFRS 272	African-American History Since 1865 (3)
AIS 101	Introduction to American Indian Studies (3)
ANTH 152	Introduction to Cultural Anthropology (3)
ANTH 232	Expressive Culture (3)
ARAB 101	Elementary Arabic I (4)
ARMN 101	Elementary Armenian I (3)
CAS 100	Introduction to Central American Studies (3)
CAS 102	The Salvadoran Experience (3)
CAS 201	Survey of Central American Literature (3)
CHIN 101	Elementary Mandarin Chinese I (4)
CHS 100	Chicana/o Culture (3)
CHS 111	The Chicana/o and the Arts (3)
CHS 202	Race, Racism and Critical Thinking (3)
CHS 306	The Chicana/o in Films (3)
CLAS 101L	Elementary Latin I (3)
DEAF 160	American Sign Language I (4)
FREN 101	Elementary French I (4)
HEBR 101	Elementary Hebrew I (4)
HIST 161	Survey of the History of Latin America (3)
HIST 210	A History of the Jewish People (3)
ITAL 101	Elementary Italian I (4)
JAPN 101	Elementary Japanese I (4)
JS 200	Introduction to Judaism (3)
KOR 101	Elementary Korean I (4)
PERS 101	Elementary Persian I (4)
RUSS 101	Elementary Russian I (4)
SPAN 101	Elementary Spanish I (4)

Catalog Number	Course Title (Units)
Sports and Activity Classes	
KIN 123A	Archery (1)
KIN 124A	Basketball I (1)
KIN 125A	Fitness for Life (1)
KIN 126A	Strength Training (1)
KIN 128	Fitness Walking (1)
KIN 129A	Running Conditioning I (1)
KIN 130A	Karate I (1)
KIN 131A	Taekwondo (1)
KIN 132A	Aikido (1)
KIN 133A	Tai Chi Ch'uan (1)
KIN 134	Shaolin Kung Fu (1)
KIN 135A	Aerobic Dance I (1)
KIN 137A	Ballroom Dance I (1)
KIN 139A	Ballet I (1)
KIN 139B	Ballet II (1)
KIN 141A	Jazz Dance I (1)
KIN 141B	Jazz Dance II (1)
KIN 142A	Latin American Dance I (1)
KIN 142B	Latin American Dance II (1)
KIN 143	Urban Street Dance (1)
KIN 143B	Urban Street Dance II (1)
KIN 144	Modern Dance I (1)
KIN 147	Pilates (1)
KIN 148	Dance Conditioning (1)
KIN 149	Yoga (1)
KIN 151	Personal Defense (1)
KIN 152A	Soccer I (1)
KIN 172	Ultimate Frisbee (1)
KIN 177A	Swimming for Non-swimmers (1)
KIN 178A	Swimming I (1)
KIN 179A	Swimming Conditioning (1)
KIN 185A	Tennis I (1)
KIN 195A	Volleyball I (1)
KIN 123A	Archery (1)
KIN 124A	Basketball I (1)
KIN 125A	Fitness for Life (1)
KIN 126A	Strength Training (1)
KIN 128	Fitness Walking (1)
KIN 129A	Running Conditioning I (1)
KIN 130A	Karate I (1)
RTM 151A	Backpacking (2)
RTM 151B	Rock Climbing and Mountaineering (2)
RTM 151D	Flat-Water Boating (2)
RTM 151H	Caving (2)
RTM 204	Introduction to Recreation Therapy (3)
RTM 251	Recreation and the Natural Environment (3)
RTM 267/L	Sailing (2)
RTM 278	Exploring the World of Tourism, Hospitality, Recreation, and Parks (3)
RTM 310	Adventure Recreation and Human Relations / Lab (3)