

BA IN HISTORY

Units required for Major: 45

Total units required for BA: 120

Program Description


History, in the broad sense, is the study of all human experience. It examines the people, institutions, ideas, and events from the past to the present. The study of history contributes to cultural literacy and develops critical thinking and other useful skills while helping students understand the present and plan for the future. Historical study provides a solid, fundamental preparation for careers in business, industry, government, and education. It also serves as excellent preparation for law school, foreign service, international work, urban affairs, historical consulting, and library science.


History is an academic discipline offering both breadth and focus. At Sacramento State, the History major includes four lower division survey courses and three upper division seminars. In addition, students choose seven upper division electives from a wide variety available. The flexibility of the major allows students to focus on topical areas such as: women's history, the history of particular geographic areas, cultural history, ethnic group history, economic history, military history, and history from the ancient world to that of the U.S. in the 20th Century. Teaching credential candidates should complete the History/Social Science Pre-credential Program.

Minimum Grade Requirement

A minimum grade of "C-" is required in courses applied to the major.

Program Requirements

Code	Title	Units
Required Lower Division Courses (12 Units)		
HIST 17A	United States History, 1607-1877 ¹	3
HIST 17B	United States History, 1877-Present ¹	3
HIST 50	World History I: to 1500	3
HIST 51	World History from 1500 to the Present.	3
Required Upper Division Courses (15 Units) ²		
HIST 100	Introduction to Historical Skills	3
HIST 100R	Developing Historical Skills.  (Developing Historical Skills) ¹	3
HIST 133	Twentieth-Century World History	3
Select one of the following: 3		
HIST 192A	Seminar in Recent Interpretations of United States History	
HIST 192B	Seminar in Recent Interpretations of European History	
HIST 192C	Seminar in Recent Interpretations of Asian History	
HIST 192E	Seminar in Recent Interpretations of African History	
HIST 192F	Seminar in Recent Interpretations of Latin American History	
HIST 192Z	Seminar in Recent Interpretations of a Special Topic	
Select one of the following: 3		

HIST 197A	Senior Research Seminar: United States History	
HIST 197B	Senior Research Seminar: World History	
HIST 197C	Senior Research Seminar: Public History	
Upper Division Electives (15 Units)		
Select one of the following courses in Historically Underrepresented Communities in the U.S.		3
HIST 167	History of American Women	
HIST 171A	American Indian History to 1840	
HIST 171B	American Indian History since 1840	
HIST 172A	LGBTQ Histories	
HIST 172B	Queer Black Histories	
HIST 173	The History of the Civil Rights Movement: From Reconstruction to Deconstruction, 1865-Present 	
HIST 174A	History of Disability in the United States	
HIST 174B	History of Madness in the United States	
HIST 174C	Disability in World History: A Comparative History	
HIST 175A	Sex, Population, and Birth Control in America	
HIST 175B	Health, Death and Disease in America 	
HIST 176A	African Cultural Heritage in the Americas 	
HIST 177	The African-American Experience, 1603-Present 	
HIST 178	Mexican-American History 	
HIST 179	American Immigration History	
Select four additional upper division history courses selected in consultation with an advisor		12
Upper or Lower Division Elective (3 Units)		
Select one History course at the upper or lower division level in consultation with an advisor.		3
Total Units		45

¹ Course also satisfies General Education (GE)/Graduation Requirement.

² HIST 100, 100R, and 197 form a research and writing sequence in the major. History majors should take HIST 100 in the second semester of their sophomore year or the first semester of their junior year (or after completion of at least 9 units of the required lower division coursework for the major). Students should complete a WPJ portfolio in the same semester as they take HIST 100 and the following semester should take HIST 100R. HIST 100R is in turn a prerequisite for HIST 197, which should be typically completed in a student's final semester. Ideally, HIST 192 should be completed the semester before HIST 197.

Notes:

- Students should consult with a faculty advisor in their first semester at Sacramento State.
- Study of a foreign language is recommended.
- For substitutions in requirements, students should consult with a faculty advisor early in their program. Substitutions require the approval of the Department Chair.

General Education Requirements ¹

Code	Title	Units
Area A: Basic Subjects (9 Units)		
A1	Oral Communication	3
A2	Written Communication	3
A3	Critical Thinking ²	3

Area B: Physical Universe and Its Life Forms (13 Units)

B1 - Physical Science	3
B2 - Life Forms	3
B3 - Lab (Note: Lab experience to be taken with one of the following: B1, B2 or B5)	1
B4 - Math Concepts	3
B5 - Additional Course (Any B to reach 12 units) - Take upper-division course to complete Area & upper division requirements.	3

Area C: Arts and Humanities (12 Units)

C1 - Arts	3
C2 - Humanities ³	3
C1/C2 - Area C Course ³	3
C1/C2 - Area C Course - Take upper-division course to complete Area & upper division requirements.	3

Area D: The Individual and Society (9 Units)

Area D Course ³	3
Area D Course	3
Area D Course - Take upper-division course to complete Area & upper division requirements.	3

Area E: Understanding Personal Development (3 Units)

Area E Course ⁴	3
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Area F: Ethnic Studies (3 Units)

Area F Course	3
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Total Units **49**

¹ To help you complete your degree in a timely manner and not take more units than absolutely necessary, there are ways to use single courses to meet more than one requirement (overlap). For further information, please visit the General Education page (<https://catalog.csus.edu/colleges/academic-affairs/general-education/>).

Note: There is no way to list all possible overlaps so please consult with a professional advisor. The Academic Advising Center can be visited online (<http://www.csus.edu/acad/>), by phone (916) 278-1000, or email (advising@csus.edu).

² HIST 10 recommended.

³ Required in Major; also satisfies GE.

⁴ HIST 21 recommended.

Graduation Requirements¹

Code	Title	Units
Graduation Requirements (required by CSU) (6 Units)		
American Institutions: U.S. History ²		0
American Institutions: U.S. Constitution & CA Government		3
Writing Intensive (WI)		3
Graduation Requirements (required by Sacramento State) (9 Units)		
English Composition II		3
Race and Ethnicity in American Society (RE) ²		0
Foreign Language Proficiency Requirement ³		6

¹ To help you complete your degree in a timely manner and not take more units than absolutely necessary, there are ways to use single courses to meet more than one requirement (overlap). For further information, please visit the General Education page (<https://catalog.csus.edu/colleges/academic-affairs/general-education/>).

Note: There is no way to list all possible overlaps so please consult with a professional advisor. The Academic Advising Center can be

visited online (<http://www.csus.edu/acad/>), by phone (916) 278-1000, or email (advising@csus.edu).

² Required in Major; also satisfies Graduation Requirement.

³ If not satisfied before entering Sacramento State, it may be satisfied in General Education Area C2 (Humanities). "C- or better required." The alternative methods for satisfying the Foreign Language Proficiency Requirement are described here: <https://www.csus.edu/college/arts-letters/world-languages-literatures/foreign-language-requirement.html> (<https://www.csus.edu/college/arts-letters/world-languages-literatures/foreign-language-requirement.html>)

The following roadmaps are sample planning resources. Please consult your academic advisor and Academic Catalog for graduation requirements as you develop your individualized academic plan.

History, BA: 4-Year Roadmap

Course	Title	Units
Year 1		
First Semester		
HIST 21	First Year Seminar: Becoming an Educated Person	3
HIST 50	World History I: to 1500	3
GE Area 1A - English Composition ²		3
GE Area 1C - Oral Communication ²		3
GE Area 6 - Ethnic Studies ²		3
Units		15
Second Semester		
HIST 51	World History from 1500 to the Present.	3
GE Area 1B - Critical Thinking ²		3
GE Area 2 - Mathematical Concepts & Quantitative Reasoning ²		3
GE Area 3A - Arts ²		3
GR American Institutions (GOVT) ²		3
Units		15
Year 2		
First Semester		
HIST 17A	United States History, 1607-1877 🇺🇸	3
ENGL 20	College Composition II	3
GE Area 3B - Humanities ²		3
GE Area 5B - Biological Science ²		3
GE Area 5C - Laboratory ²		1
Elective of Choice		3
Units		16
Second Semester		
HIST 17B	United States History, 1877-Present 🇺🇸	3
HIST 100	Introduction to Historical Skills	3
GE Area 4 - Social & Behavioral Sciences ²		3
GE Area 5A - Physical Science ²		3
Elective of Choice		3
Units		15
Year 3		
First Semester		
HIST 100R	Developing Historical Skills. 📝	3
HIST Lower Division or Upper Division Major Elective ³		3
HIST Upper Division Major Elective ³		3
Upper Division GE Area 5 or 2 - Science or Mathematical Concepts/Quantitative Reasoning ²		3
Foreign Language Semester 1 ²		4
Units		16

Second Semester		
HIST 133	Twentieth-Century World History	3
HIST Upper Division Major Elective ³		3
HIST Upper Division Major Elective ³		3
Upper Division GE Area 3 - Arts or Humanities ²		3
Foreign Language Semester 2 ²		4

Units 16

Year 4

First Semester

HIST 192A	Seminar in Recent	3
or HIST 192B	Interpretations of United States History ³	
or HIST 192C		
or HIST 192E	or Seminar in Recent	
or HIST 192F	Interpretations of European History	
or HIST 192Z	or Seminar in Recent	
	Interpretations of Asian History	
	or Seminar in Recent	
	Interpretations of African History	
	or Seminar in Recent	
	Interpretations of Latin American History	
	or Seminar in Recent	
	Interpretations of a Special Topic	
HIST Upper Division Major Elective - Historically Underrepresented Communities in the U.S. ³		3
HIST Upper Division Major Elective ³		3
Upper Division GE Area 4 - Social & Behavioral Sciences ²		3
Elective of Choice		3

Units 15

Second Semester

HIST 197A	Senior Research Seminar: United States History ³	3
or HIST 197B		
or HIST 197C	or Senior Research Seminar: World History	
	or Senior Research Seminar: Public History	
HIST Upper Division Major Elective ³		3
Elective of Choice		3
Elective of Choice		3

Units 12

Total Units 120

History, BA: 2-Year Roadmap

Course	Title	Units
Year 1		
First Semester		
HIST 100	Introduction to Historical Skills	3
HIST Upper Division Major Elective - Historically Underrepresented Communities in the U.S. ³		3
HIST Upper Division Major Elective ³		3
Upper Division GE Area 4 - Social & Behavioral Sciences ²		3
Upper Division GE Area 5 or 2 - Science or Mathematical Concepts/Quantitative Reasoning ²		3
Units		15
Second Semester		
HIST 100R	Developing Historical Skills. 📝	3
HIST 133	Twentieth-Century World History	3
HIST Upper Division Major Elective ³		3
HIST Upper Division Major Elective ³		3

Upper Division GE Area 3 - Arts or Humanities² 3

Units 15

Year 2

First Semester

HIST 192A	Seminar in Recent	3
or HIST 192B	Interpretations of United States History ³	
or HIST 192C		
or HIST 192E	or Seminar in Recent	
or HIST 192F	Interpretations of European History	
or HIST 192Z	or Seminar in Recent	
	Interpretations of Asian History	
	or Seminar in Recent	
	Interpretations of African History	
	or Seminar in Recent	
	Interpretations of Latin American History	
	or Seminar in Recent	
	Interpretations of a Special Topic	

HIST Upper Division Major Elective³ 3

HIST Upper Division Major Elective³ 3

Foreign Language Semester 1² 4

Elective of Choice 3

Units 16

Second Semester

HIST 197A	Senior Research Seminar: United States History ³	3
or HIST 197B		
or HIST 197C	or Senior Research Seminar: World History	
	or Senior Research Seminar: Public History	

HIST Upper Division Major Elective³ 3

GR American Institutions (GOVT)² 3

Foreign Language Semester 2² 4

Elective of Choice 3

Units 16

Total Units 62

1. Any course not completed in the first semester should be taken in the second or a later semester.

2. Please see General Education/Graduation Requirement **course options** (<https://catalog.csus.edu/colleges/academic-affairs/general-education/>).

3. Please see an academic advisor for elective options.