

SUBJECT MATTER PROGRAM (HISTORY)

Units required for Major: 72
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.

Note: Students seeking to major in history and to achieve subject matter competency for a secondary teaching credential should complete the following History/Social Science Pre-Credential Program. Students should seek advising with a History advisor at the earliest opportunity.

Preparation for Credential Program

The History BA with Social Science Subject Matter Competency is a California state-approved subject matter program. Students who successfully complete the program satisfy the requirement of the Commission on Teacher Credentialing for demonstrated competence in Social Science. Graduates of the program are exempt from the CSET exams in Social Science.

Early field experience: Students are strongly encouraged to seek opportunities to gain experience in classroom settings or with youth in organized activities.

Sacramento State's [Master of Arts in Teaching \(Single Subject\) requires](#) a minimum of **45** hours (100 preferred) of experience working with middle- to high-school aged youth during the two year prior to apply to the credential program.

Program Requirements

Code	Title	Units
Required History Courses (39 Units) ¹		
<i>Lower Division Required Courses</i>		
HIST 17A	United States History, 1607-1877 ²	3
HIST 17B	United States History, 1877-Present ²	3
HIST 50	World History I: to 1500 ²	3
HIST 51	World History from 1500 to the Present. ²	3
<i>Upper Division Seminar</i>		

HIST 100	Introduction to Historical Skills (Recommended for second semester of sophomore year)	3
<i>Upper Division Courses</i>		
HIST 133	Twentieth-Century World History	3
HIST 183B	California History, 1860-1970	3
<i>U.S. History</i>		
Select one of the following:		3
HIST 154	20th Century United States, 1890-1940	
HIST 155	20th Century United States, 1941-Present	
HIST 156	The Sixties: Years of Hope, Days of Rage	
HIST 159	History of US Foreign Relations ²	
HIST 160	The United States in Vietnam, 1940-1975	
HIST 161	The American Vision ²	
HIST 162	Social History of the United States ²	
HIST 163	The City in US History ²	
HIST/POLS 164	History of American Capitalism	
HIST/ENVS 165	American Environmental History ²	
HIST 166	Popular Culture	
HIST/HRS 169	Hollywood and America ²	
HIST 179	American Immigration History	
HIST 180	American Legal History	
HIST 182	American West	
HIST 188	American Labor History	
<i>Pre-20th Century U.S. History</i>		
Select one of the following:		3
HIST 150	Colonial America	
HIST 151	The Age of the American Revolution	
HIST 152	Young Republic, 1790-1840	
HIST 153	Civil War and Reconstruction, 1840-1890	
HIST 183A	California History, 1542-1860	
<i>World (Non-U.S.) History</i>		
Select one of the following:		3
HIST 103	Mediterranean Europe: From the Renaissance to the European Union ²	
HIST 105	Great Ages and Issues in Modern European History ²	
HIST 115	The Renaissance and Reformation in Europe	
HIST 116	Europe, 1648-1815, The Age of Revolution ²	
HIST 117	Europe, 1815-1914	
HIST 118A	World War I: Causes, Conduct, Consequences	
HIST 118B	World War II: Causes, Conduct, Consequences	
HIST 119	Europe Since 1945 ²	
HIST 121	Democracy and Human Rights in the Era of the French Revolution and Napoleon	
HIST 123	The Crusades	
HIST 125	Modern Germany, 1806-Present	
HIST 128C	British History, 1714-Present	
HIST 129B	Imperial Russia	
HIST 129C	Twentieth Century Russia	
HIST 130	The Fall Of Communism ²	
HIST 134	The Rise and Fall of European Colonial Empires	

HIST 135A	History Of Mexico To 1910 ²	
HIST 135B	Revolutionary and Modern Mexico ²	
HIST 138A	Colonial Latin America ²	
HIST 138B	Modern and Contemporary Latin America ²	
HIST 141	History of Africa Since 1800 ²	
HIST 143A	Middle Eastern History to 1800 ²	
HIST 143B	The Modern Middle East ²	
HIST 144	Indonesia, 1965: Context, Causes, and Consequences of Cold War Mass Murder	
HIST 145	South Asian History & Civilization	
HIST 146A	Cultural History of Japan to 1800 ²	
HIST 146B	Modern Japan, 1800-present ²	
HIST 148B	China, 1600 to Present ²	
HIST 149	The Making of Modern Southeast Asia	
HIST 157	History of International Relations in the 20th Century ²	
<i>Women/Ethnic History²</i>		
Select one of the following:		3
HIST 122A	History of Women in Western Civilization, Prehistory-Middle Ages ²	
HIST 122B	History of Women in Western Civilization, Renaissance-Present ²	
HIST 142	History of Women in Africa ²	
HIST 167	History of American Women ²	
HIST 173	The History of the Civil Rights Movement: From Reconstruction to Deconstruction, 1865-Present ²	
HIST 177	The African-American Experience, 1603-Present ²	
HIST 178	Mexican-American History ²	
HIST 185	California Indian History	
<i>Required Seminar</i>		
HIST 191	Seminar in Historical Interpretation and Analysis	3
<i>Interdisciplinary Seminar Course</i>		
HIST 198	Summative Assessment for Teachers	3
Additional Requirements Outside History (33 Units)³		
<i>Early Field Experience</i>		
EDUC 170	Introduction to Bilingual Education: Policies, Principles, Programs, and Practices	3
<i>Economics</i>		
ECON 1A	Introduction to Macroeconomic Analysis ²	3
ECON 1B	Introduction to Microeconomic Analysis ²	3
ECON 113	Economic History of the United States	3
<i>Ethical Perspectives²</i>		
Select one of the following:		3
PHIL 2	Ethics ²	
PHIL 101	Ethics and Social Issues ²	
<i>Geography</i>		
GEOG 100	Themes In World Geography	3
GEOG 121	United States and Canada	3
<i>Political Science</i>		
POLS 1	Essentials Of Government ²	3
or POLS 150	American Governments	

POLS 35	World Politics ²	3
POLS 180	California State and Local Government ²	3
<i>Pluralism in American Society²</i>		
Select one of the following:		3
ANTH 101	Cultural Diversity ²	
ETHN 100	Ethnic America ²	
POLS 165	Politics of the Underrepresented ²	
SOC 120	Ethnic and Race Relations ²	

Total Units **72**

¹ Many required and elective courses also satisfy specific General Education (GE) and/or Graduation Requirements.

² With approval by a major advisor, students may opt to take additional History of Marginalized Groups courses to meet the World History or US History elective requirements.

³ All courses in the Pluralism in American Society and Ethical Perspective elective areas meet GE and/or Graduation Requirements; all courses in the American Pluralism elective area courses meet the Race & Ethnicity Graduation Requirement

⁴ EDUC 170 is a prerequisite course for the Sacramento State's Single Subject Teaching Credential program. Students planning to earn a credential from Sac State are strongly encouraged to also take the other pre-req courses EDUC 100A/EDUC 100B and PUBH 136. EDUC 170 and EDUC 100 A/B required independent field work.

General Education Requirements¹

Code	Title	Units
Area A: Basic Subjects (9 Units)		
A1	Oral Communication	3
A2	Written Communication	3
A3	Critical Thinking	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 (3-6 Units)		
C1	Arts	3
C2	Humanities ²	0
C1/C2	Area C Course ²	0
C1/C2	Area C Course - Take upper-division course to complete Area & upper division requirements. ³	0 - 3
Area D: The Individual and Society (0-3 Units)		
Area D Course ²		0
Area D Course ²		0
Area D Course ²		0
Area D Course - Take upper-division course to complete Area & upper division requirements. ⁴		0 - 3
Area E: Understanding Personal Development (3 Units)		

Area E Course	3
Total Units	28-34

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 GE.

³ Department offers students a "select from the following" option:

- Student will meet upper division Area C if take: HIST 103, HIST 105, HIST 131 HIST 116, HIST 122A, HIST 122B, HIST 131, HIST 135A, HIST 142, HIST 143A HIST 146A, HIST 148A, HIST 169/HRS 169, HRS 155, PHIL 112, PHIL 122, or PHIL 131

⁴ Department offers students a "select from the following" option:

- Student will meet upper division Area D if take one of these courses: ANTH 101, ECON 181, EDUC 121, EDUC 160, EDUC 165, EDUC 121, ETHN 100, ETHN 131, HIST 119, HIST 130, HIST 135B, HIST 136, HIST 138A, HIST 138B, HIST 141, HIST 143B, HIST 146B, HIST 148B, HIST 159, HIST 161, HIST 162, HIST 163, HIST 165/ENVS 165, HIST 167, HIST 173, HIST 174A, HIST 175A, HIST 175B, HIST 177, HIST 178, PHIL 101, POLS 165, SOC 118, SOC 120, or WGS 136

Graduation Requirements ¹

Code	Title	Units
Graduation Requirements (required by CSU) (0-3 Units)		
American Institutions: U.S. History ²		0
American Institutions: U.S. Constitution & CA Government ²		0
Writing Intensive (WI) ³		0-3
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 ⁴		6

Code	Title	Units
Graduation Requirements (required by CSU) (0-3 Units)		
American Institutions: U.S. History ²		0
American Institutions: U.S. Constitution & CA Government ²		0
Writing Intensive (WI) ³		0-3
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 ⁴		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 Department offers students "select from the following" option:

- If student chooses to take EDUC 121, EDUC 160, EDUC 165, ETHN 100, HIST 105, HIST 122A, HIST 122B, PHIL 101, PHIL 112, POLS 165, or WGS 136 they will meet the Writing Intensive (WI) graduation requirement.

⁴ 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.

Subject Matter Program (History), BA: 4-Year Roadmap

Course	Title	Units
Year 1		
First Semester		
HIST 50	World History I: to 1500	3
HIST 21	First Year Seminar: Becoming an Educated Person	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
POLS 1 or POLS 150	Essentials Of Government ³ or American Governments	3
GE Area 1B - Critical Thinking (HIST 10 recommended) ²		3
GE Area 2 - Mathematical Concepts & Quantitative Reasoning ²		3
GE Area 3A - Arts ²		3
Units		15
Year 2		
First Semester		
HIST 17A	United States History, 1607-1877 🇺🇸	3
ECON 1A	Introduction to Macroeconomic Analysis	3
ENGL 20	College Composition II	3
GE Area 5A - Physical Science ²		3
Foreign Language Semester 1 ²		4
Units		16
Second Semester		
HIST 17B	United States History, 1877-Present 🇺🇸	3
ECON 1B	Introduction to Microeconomic Analysis	3
POLS 35	World Politics	3
GE Area 5B - Biological Science ²		3
GE Area 5C - Laboratory ²		1

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Foreign Language Semester 2 ²		4
Units		17
Year 3		
First Semester		
HIST 100	Introduction to Historical Skills	3
HIST 133	Twentieth-Century World History	3
GEOG 100	Themes In World Geography	3
POLS 180	California State and Local Government	3
Upper Division GE Area 5 or 2 - Science or Mathematical Concepts/Quantitative Reasoning ²		3
Units		15
Second Semester		
HIST 183B	California History, 1860-1970	3
GEOG 121	United States and Canada	3
ECON 113	Economic History of the United States	3
Upper Division History Elective (U.S. History) ³		3
Upper Division GE Area 3 - Arts or Humanities + Writing Intensive ²		3
Units		15
Year 4		
First Semester		
EDUC 170	Introduction to Bilingual Education: Policies, Principles, Programs, and Practices	3
Upper Division History Elective (Pluralism in American Society) ³		3
Upper Division History Elective (World History) ³		3
Upper Division History Elective (Pre-20th Century U.S. History) ³		3
Upper Division History Elective (Ethical Perspectives) ³		3
Units		15
Second Semester		
HIST 191	Seminar in Historical Interpretation and Analysis	3
HIST 198	Summative Assessment for Teachers	3
EDUC 100A	Educating Students with Disabilities in Inclusive Settings	2
EDUC 100B	Educating Students with Disabilities in Inclusive Settings Lab	1
PUBH 136	School Health Education	2
Upper Division History Elective (Women/Ethnic History) ³		3
Units		14
Total Units		122

Subject Matter Program (History), BA: 2-Year Roadmap

Course	Title	Units
Year 1		
First Semester		
HIST 100	Introduction to Historical Skills	3
HIST 183B	California History, 1860-1970	3
GEOG 100	Themes In World Geography	3
Upper Division History Elective (U.S. History) ³		3
Upper Division GE Area 3 - Arts or Humanities ²		3
Units		15
Second Semester		
HIST 133	Twentieth-Century World History	3
GEOG 121	United States and Canada	3
POLS 180	California State and Local Government	3
Upper Division History Elective (Pre-20th Century U.S. History) ³		3

Upper Division GE Area 5 or 2 - Science or Mathematical Concepts/Quantitative Reasoning ²		3
Units		15
Year 2		
First Semester		
ECON 113	Economic History of the United States	3
Upper Division History Elective (World History) ³		3
Upper Division History Elective (Women/Ethnic History) ³		3
Upper Division History Elective (Pluralism in American Society) ³		3
Writing Intensive ²		3
Units		15
Second Semester		
HIST 191	Seminar in Historical Interpretation and Analysis	3
HIST 198	Summative Assessment for Teachers	3
EDUC 100A	Educating Students with Disabilities in Inclusive Settings	2
EDUC 100B	Educating Students with Disabilities in Inclusive Settings Lab	1
EDUC 170	Introduction to Bilingual Education: Policies, Principles, Programs, and Practices	3
PUBH 136	School Health Education	2
Elective of Choice		3
Units		17
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.