

Tacoma Community College 2025-2026 Approved Distribution Course List

Bold courses indicate Common Course Numbers that are notated with an ampersand (&) (ie: ENGL& 101).

COMMUNICATION SKILLS

Communication Studies: 102, **220, 230, 240**, 320, 330

English: **101, 102**, 103, **235**, 301

QUANTITATIVE/SYMBOLIC REASONING

Math: **107, 131, 132, 141, 142, 146**, 147, **148, 151, 152, 153**, 179, 220, 238, **254**

HUMANITIES

[Asterisks () indicate Performance or Skills courses]*

Anthropology: **207**

Art: **100**, 102*, 103*, 104*, 105*, 125*, 130*, 145*, 147*, 150*, 155*, 170*, 180, 201, 202, 203, 205*, 225*, 230*, 245*, 247*, 250*, 255*, 270*, 296*

Communication Studies: **101, 102, 210, 220, 240**, 320

Engineering: **114**

English: **220, 226, 227**, 234, 242, **244, 245, 246**, 261, 262, 271, 276*, 278*, 280

History: **219**, 231

Humanities **101**, 110, **116, 117, 118**, 120, 130, 179, 285

Languages: Chinese **121, 122, 123**; Japanese: **121, 122, 123**; Lushootseed: 121, 122, 123; Spanish: **121, 122, 123, 221, 222, 223**

Music: **105**, 106, 110, 120, 122*, 124*, 125*, 126*, 131*, 132*, 133*, 134*, 135*, 136*, **141, 142, 143**, 151*, 152*, 160*, 161*, 165*, 179, 211, 212, 213, 231*, 232*, 233*, 234*, 235*, 236*, **241, 242, 243**, 252*, 260*, 261*, 265*

Philosophy: **101**, 201, 202, 320

SOCIAL SCIENCE

Anthropology: **100, 204, 205, 206, 207, 210, 237, 245**

Business: **101**, 150, **201**, 310, 330

Economics: **201, 202**

Education: **205**, 220

Engineering: **104**

History: **126, 127, 128, 146, 147, 148**, 210, 211, **214, 215, 219, 220**, 224, 230, 231, 240, 244

Political Science: **101, 201, 202, 203**, 231, 240

Psychology: **100, 180, 200**, 202, 205, 209, **220**, 240, 301

Sociology: **101**, 120, 200, **201**, 205, 222, 238, 260, 262, 265, 271, 287

Social Science: 204, 205

GENERAL DISTRIBUTION (DISTRIBUTION ELECTIVES)

Accounting: **201, 202, 203**

Business: 256

Computer Science: 120, 142, 143

Early Childhood Education (ECED): **105**

Education: **115**

Engineering: 170, **204, 214, 215, 224, 225, 240**, 270L

Non-Activity Physical Education: 191, 285

NATURAL SCIENCES

Biological, Earth, and Physical Sciences Courses

["L" indicates lab courses]

Anthropology: **205, 237, 245**

Astronomy: **110L, 115L**

Biology: **100L**, 105L, 110L, 125L, 140L, **160L, 175L**, 179, **221L, 222L, 223L, 241L, 242L, 260L**

Botany: 101L, 179

Chemistry: **110L, 121L, 131L, 140L, 161L, 162L, 163L, 261L, 262L, 263L**

Environmental Science: **101L**, 105L, 179, 210L

Geography: 205L, 210L,

Geology: **101L**, 108L, 179

Nutrition: **101**

Oceanography: **101L**, 179

Physics: **114L, 115L, 116L, 221L, 222L, 223L**

Science: 105L

General Science Courses

Health Information Technology: 161

Nutrition: 250, 251

PHYSICAL EDUCATION (ACTIVITY CREDITS)

[Only 3 Activity PE credits can be used towards a degree.]

Activity Physical Education: 100, 106, 108, 109, 111, 122, 126, 135, 136, 140, 142, 155, 170, 171, 175, 200, 201, 208, 222, 226, 233, 236, 237, 241, 295, 299

MULTICULTURAL

Anthropology: **100, 206, 207, 210**,

Art: **100**

Business: 150

Communication Studies: **102, , 210, 240**

Education: 220

English: **227**, 234, 242, **244, 245, 246**, 261, 262, 271, 280

History: **126, 127, 128**, 210, 211, **215, 219, 220**, 224, 230, 231, 240

Humanities: **101**, 110, **116, 117, 118**, 120

Languages: Chinese **121, 122, 123**; Japanese: **121, 122, 123**;

Lushootseed: 121, 122, 123; Spanish: **121, 122, 123, 221, 222, 223**

Music: 106

Psychology: **200**

Sociology: **101**, 120, **201**, 205, 222, 238, 260, 262, 265, 287

Non-Distribution Multicultural Courses

[Do NOT satisfy any Distribution requirements; may apply to Other College-Level Electives.]

Community Health: 440

Early Childhood Education (ECE): 130

Human Development: 110

Human Services: 126