<table>
<thead>
<tr>
<th>University Core and Graduation Requirements</th>
<th>Suggested Sequence of Courses</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>University Core Requirements:</strong></td>
<td></td>
</tr>
<tr>
<td>Requirements</td>
<td>#Classes</td>
</tr>
<tr>
<td>Religion Cornerstones</td>
<td></td>
</tr>
<tr>
<td>Teachings and Doctrine of The Book of Mormon</td>
<td>1</td>
</tr>
<tr>
<td>Jesus Christ and the Everlasting Gospel</td>
<td>1</td>
</tr>
<tr>
<td>Foundations of the Restoration</td>
<td>1</td>
</tr>
<tr>
<td>The Eternal Family</td>
<td>1</td>
</tr>
<tr>
<td>The Individual and Society</td>
<td></td>
</tr>
<tr>
<td>American Heritage</td>
<td>1-2</td>
</tr>
<tr>
<td>Global and Cultural Awareness</td>
<td>1</td>
</tr>
<tr>
<td>Skills</td>
<td></td>
</tr>
<tr>
<td>First Year Writing</td>
<td>1</td>
</tr>
<tr>
<td>Advanced Written and Oral Communications</td>
<td>1</td>
</tr>
<tr>
<td>Quantitative Reasoning</td>
<td>1</td>
</tr>
<tr>
<td>Languages of Learning (Math or Language)</td>
<td>1</td>
</tr>
<tr>
<td>Arts, Letters, and Sciences</td>
<td></td>
</tr>
<tr>
<td>Civilization 1</td>
<td>1</td>
</tr>
<tr>
<td>Civilization 2</td>
<td>1</td>
</tr>
<tr>
<td>Arts</td>
<td>1</td>
</tr>
<tr>
<td>Letters</td>
<td>1</td>
</tr>
<tr>
<td>Biological Science</td>
<td>1</td>
</tr>
<tr>
<td>Physical Science</td>
<td>1</td>
</tr>
<tr>
<td>Social Science</td>
<td>1</td>
</tr>
<tr>
<td>Core Enrichment: Electives</td>
<td></td>
</tr>
<tr>
<td>Religion Electives</td>
<td>3-4</td>
</tr>
<tr>
<td>Open Electives</td>
<td>Variable</td>
</tr>
</tbody>
</table>

*THES**E CLASSES FILL BOTH UNIVERSITY CORE AND PROGRAM REQUIREMENTS (0-9 hours overlap)**

**Graduation Requirements:**
- Minimum residence hours required: 30.0
- Minimum hours needed to graduate: 120.0
**BGS in General Studies: Exercise and Wellness (663438)**

**2020-2021 Program Requirements (33 Credit Hours)**

---

**Have 27 hours of campus residency.**

Complete a minimum of 10 hours in the emphasis after formal admission to the BGS program.

Thirty of the 120 hours including 15 hours in the emphasis must be 300-level or above courses.

Students must earn a minimum 2.0 BYU grade point average, a minimum 2.0 cumulative grade point average, and a minimum 2.0 emphasis grade point average.

The program must be completed in eight years or less.

All emphasis courses taken after admission to BGS must be BYU courses.

**REQUIREMENT 1 Complete 1 course**

**COMPLETE THE FOLLOWING PREREQUISITE COURSE (REQUIRED OF ALL APPLICANTS TO THE BGS PROGRAM):**

- STDEV 100 - Essential College Skills 1.0

**REQUIREMENT 2 Complete 5 courses**

- EXSC 252 - Science of Wellness 3.0
- EXSC 362 - Kinesiology and Biomechanics 3.0
- EXSC 387 - Lifestyle and Chronic Disease Prevention 3.0
- EXSC 410 - Stress Management 3.0
- EXSC 463 - Exercise Physiology 3.0

**REQUIREMENT 3 Complete 15.0 hours from the following course(s)**

- HLTH 330 - Principles and Practices of Health Promotion 3.0
- HLTH 335 - Health Behavior Change 3.0
- NDFS 100 - Essentials of Human Nutrition 3.0
- PDBIO 205 - Human Biology 3.0
- PDBIO 210 - Human Anatomy (with virtual lab) 3.0
- PSYCH 111 - Introduction to Psychological Science 3.0
- PSYCH 338 - Sport Psychology 3.0
- PSYCH 365 - Motivation 3.0
- SOC 111 - Introductory Sociology 3.0
- SOC 112 - Current Social Problems 3.0
- *STAT 121 - Principles of Statistics 3.0

**REQUIREMENT 4 Complete 1 course**

**COMPLETE THE CAPSTONE EXPERIENCE (LAST COURSE TO BE COMPLETED):**

- STDEV 490 - Bachelor of General Studies Capstone 2.0

---

**THE DEGREE:**

Brigham Young University’s Bachelor of General Studies (BGS) Program offers former BYU students who are no longer able to attend BYU an opportunity to complete their bachelor’s degree from anywhere. Applicants must have already completed 27 credit hours (exam credit excluded) at the BYU campus in Provo as an admitted day student and must abide by the Church Educational System Honor Code and receive an annual ecclesiastical endorsement. This program is not available to current BYU students who have fewer than 90 credits.

The Bachelor of General Studies degree is designed to help former BYU students utilize as much as possible of their previously earned credit. It uses the same BYU curriculum offered on campus and requires the same general education, religious education, and campus residency as on-campus degrees. However, up to 90 of the required 120 credit hours can be earned through Independent Study. The major is general studies, with an emphasis in one of six areas of study. The emphasis adds a measure of specialization. Students may earn only one emphasis and do not have the option of creating custom-made areas of study. However, within the number of general electives available, students can utilize credit previously earned in a former major or choose to take courses in a particular concentration.

**COURSE AVAILABILITY:**

Courses listed are generally available through BYU Independent Study, however, due to ongoing course development, some classes may be currently unavailable. If students need a course before it is available, they should work with BGS advisors to select another class.

**GRADUATION REQUIREMENTS:**

The requirements for the university core and for individual emphases are found on the MAP on the reverse side of this sheet. Additional instructions regarding credits necessary for graduation are as follows:

- Complete 1 course (1-credit Independent Study course taken after provisional acceptance into program).

Note: BGS students who discontinue or who have previously discontinued the program for any reason and apply for readmission must meet all admission and graduation requirements in place at the time of reapplication.

Regulations, policies, fees, curricula, courses, and other requirements are subject to change at any time.

---

**ADMISSION REQUIREMENTS:**

Applicants complete the admissions procedure through the Bachelor of General Studies Office and pay a fee of $35. Admission to the BGS program is open to former BYU students who meet all of the following criteria.

- Have completed a minimum of 27 semester hours of BYU on campus credit in Provo as an admitted day student.
- Have not completed any courses as a BYU day-continuing student in the last two years or have completed a minimum of 90 credits.
- Never completed a bachelor’s or higher degree.
- In good standing (academic, financial, etc.) at all universities attended.
- Have a 2.0 or higher BYU and cumulative GPA. (If any academic disciplinary action—warning, probation, or suspension—has been taken against you, contact the BGS Office before proceeding with the application process.)
- Will abide by the BYU Code of Honor and receive an annual ecclesiastical endorsement.
- Have been approved by the BGS admissions committee.
- Have successfully completed the Student Development 100 course (1-credit Independent Study course taken after provisional acceptance into program).

---

**THE DEGREE:**

Brigham Young University’s Bachelor of General Studies (BGS) Program offers former BYU students who are no longer able to attend BYU an opportunity to complete their bachelor’s degree from anywhere. Applicants must have already completed 27 credit hours (exam credit excluded) at the BYU campus in Provo as an admitted day student and must abide by the Church Educational System Honor Code and receive an annual ecclesiastical endorsement. This program is not available to current BYU students who have fewer than 90 credits.

The Bachelor of General Studies degree is designed to help former BYU students utilize as much as possible of their previously earned credit. It uses the same BYU curriculum offered on campus and requires the same general education, religious education, and campus residency as on-campus degrees. However, up to 90 of the required 120 credit hours can be earned through Independent Study. The major is general studies, with an emphasis in one of six areas of study. The emphasis adds a measure of specialization. Students may earn only one emphasis and do not have the option of creating custom-made areas of study. However, within the number of general electives available, students can utilize credit previously earned in a former major or choose to take courses in a particular concentration.

**COURSE AVAILABILITY:**

Courses listed are generally available through BYU Independent Study, however, due to ongoing course development, some classes may be currently unavailable. If students need a course before it is available, they should work with BGS advisors to select another class.

**GRADUATION REQUIREMENTS:**

The requirements for the university core and for individual emphases are found on the MAP on the reverse side of this sheet. Additional instructions regarding credits necessary for graduation are as follows:

- Complete 1 course (1-credit Independent Study course taken after provisional acceptance into program).

Note: BGS students who discontinue or who have previously discontinued the program for any reason and apply for readmission must meet all admission and graduation requirements in place at the time of reapplication.

Regulations, policies, fees, curricula, courses, and other requirements are subject to change at any time.
RELIGIOUS EDUCATION REQUIREMENTS:

Religious education hours are a requirement at BYU, but the actual number of hours varies for students with transfer credit. Contact the BGS Office for details regarding individual circumstances. No more than 18 total hours of religion may be counted toward the BGS degree.

ELECTIVE REQUIREMENTS:

Completing the university core and emphasis requirements will not necessarily provide sufficient credits for students to meet the overall BYU minimum credit hours needed for graduation. Students should be aware of the number of elective hours needed (preferably from the upper division level) in order for them to graduate.

MAP DISCLAIMER

While every reasonable effort is made to ensure accuracy, there are some student populations that could have exceptions to listed requirements. Please refer to the university catalog and your college advisement center/department for complete guidelines.

DEPARTMENT INFORMATION

Bachelor of General Studies
102 Harman Continuing Education Building
Brigham Young University, Provo, UT 84602-1515
Telephone: 422-4351 (Utah County)
Toll Free: 888-298-3137
E-Mail: bgs@byu.edu
Web: http://bgs.byu.edu