GENERAL EDUCATION

As a liberal arts college, Benedictine College is dedicated to providing a liberal arts education by means of academic programs based on a core of studies in the arts and sciences. Through these programs, the College guides students to refine their capacity for the pursuit and acquisition of truth, to appreciate the major achievements in thought and culture, and to understand the principles that sound theoretical and practical judgment require.

The general education program seeks to achieve these goals by dividing the general education requirements into three categories: Core, Foundations, and Skills/Perspectives.

The Core

The Core courses are classes that all students take. They are courses designed both to lay the foundation for a successful academic career and to clearly and explicitly communicate the mission of the College.

Code	Title	Hours
Select one of the following:		3-4
ENGL-1000	English Composition With Review	
ENGL-1010	English Composition	
HONR-1030	Honors English Research Seminar [1]	
THEO-1100	Introduction to Theology	3
EXSC-1115	Wellness for Life [4]	1
PHIL-2100	Principles of Nature [3]	3
Foreign Language 1 [2]		4
Foreign Language 2 [2]		4
Total Hours		**18-19**

1. Honors Scholars are required to complete HONR-1030 Honors English Research Seminar, in place of either of the English Composition courses.
2. Students are required to have competency through the second semester of the same foreign language. Students who successfully complete ESLG-2930 Public Speaking will have completed the College Foreign Language general education requirement. Non-native English language speaking students who demonstrate advanced English language proficiency prior to admission will satisfy the general education Foreign Language requirement upon approval of the ESL Director. American Sign Language 1 and 2 may be transferred to complete the Foreign Language requirement.
3. PHIL-2310 Philosophy of Nature, also satisfies the college's core requirement in philosophy.
4. NURS-3200 Foundations of Nursing, for Nursing Majors.

Approved Fitness Courses

Code	Title	Hours
EXSC-1100	Physical Fitness	1
EXSC-1101	Aerobics-FITNESS	1
EXSC-1105	Beginning Gymnastics & Body Mechanics	1
EXSC-1106	Beginning Swimming	1
EXSC-1107	Beg Weight & Circuit Training -FITNESS	1
EXSC-1108	Intermediate Swimming- Fitness	1
EXSC-1111	Varsity Sport Activity	1
EXSC-1116	Lifestyle FIT	1
EXSC-1117	Brazilian Jiu Jitsu I	1
EXSC-1119	Active Resiliency - FITNESS	1
EXSC-1126	Zumba (FITNESS)	1
EXSC-1128	FITNESS Swimming	1
EXSC-1129	Pickleball	1
MILS-1160	Foundations of Officership	1
MILS-2160	Individual Leadership Studies	2
MILS-3160	Leadership & Problem Solving	3

Foundations

The Foundations are where Benedictine College most explicitly focuses on transmitting the specific purposes of the general education program: to refine students' capacity to pursue and acquire truth; to help them to appreciate the great achievements of thought and culture; and to develop their capacity to understand the principles of sound practical and theoretical judgment. The College does not require courses to be from specific departments (for example, history), but rather looks at the subject of the course (for example, art history or economic history also provide students with an "historical inquiry" and thus fulfill the foundation). Benedictine College believes that it is essential that students are exposed to a wide variety of perspectives, thus even though a course may be listed in two different Foundations, each course can only be applied to one Foundation.

Students must take courses that meet the following foundations:

Code	Title	Hours
Faith		6
Aesthetic Foundation		6
Historical Inquiry Foundation		6
Mathematical Reasoning Foundation [1]		3-4
Philosophical Inquiry Foundation		6
Natural World Foundation (including one lab) (Must be taken in two different disciplines.)		7-8
Person and Community Foundation		3
Total Hours		**37-39**

1. This requirement can be satisfied by a score of 3 on the AP Calculus AB or Calculus BC exam. The student needs to notify the Register if they wish to use this option to fulfill this general education requirement. Note that either of these scores means that the student is eligible to take MATH-1300 Calculus I.

Skills and Perspectives

The Skills and Perspectives courses are designed to ensure that the students are exposed to a variety of perspectives and learn the essential skills they will need for a successful life after college. Because the College believes that these things can be accomplished in a variety of ways and in almost any discipline, the intention is that they can be met through the general education program or the major, without any additional required hours. Students can be credited with up to three Skills and Perspectives (and one Foundation) in one course.

Code	Title	Hours
Skills and Perspectives		
Global Perspective (1 course)		

Oral Communication (1 course)
Scientific Method (1 course)
Visual Communication (1 course)
Western Perspective (1 course)
Written Communication (2 courses)

Transfer Students

Transfer students who have an Associate of Arts degree, an Associate of Science degree, or who transfer in 60 or more credit hours when they begin their studies at Benedictine College can complete the general education requirements as follows. (Note that none of these 60 hours may be from A.P., I.B., CLEP, or placement exams. All must be earned from a college or university.)

(Beginning freshmen who matriculate first to Benedictine College after high school graduation, even if they have an associate's degree or transfer in 60 or more hours, are responsible for completing the entire general education program.)

General Education requirements for transfer students with an Associate's degree (A.A. or A.S.) or who transfer in 60 or more hours:

Code	Title	Hours
Core Requirements		
Select one of the following:		3-4
ENGL-1010	English Composition	
ENGL-1000	English Composition With Review	
HONR-1030	Honors English Research Seminar	
THEO-1100	Introduction to Theology	3
EXSC-1115	Wellness for Life	1
PHIL-2100	Principles of Nature	3
Foundations		
Each course may meet one requirement:		
Aesthetic Foundation		3
Mathematical Reasoning Foundation		3-4
Historical Inquiry Foundation		3
Person and Community Foundation		3
Natural World Foundation		3-4
Select one of the following:		3
Faith		
Philosophical Inquiry Foundation		
Perspectives		
Select one of the following:		3-4
Global Perspective (1 course)		
Foreign Language		
Total Hours		**31-35**

Courses in the above areas taken for college credit prior to transferring to Benedictine College will usually be accepted and will reduce the general education hours required for graduation accordingly.