# B.S. with a Major in Health and Community Wellness

**DEPARTMENT OF SPORT MANAGEMENT, WELLNESS, AND PHYSICAL EDUCATION**

**Name:** ______________________________________________________  **Student ID:** ________________________________

<table>
<thead>
<tr>
<th>CORE CURRICULUM</th>
<th>Hrs</th>
<th>Gr</th>
<th>Trf</th>
<th>PROFESSIONAL**</th>
<th>Hrs</th>
<th>Gr</th>
<th>Trf</th>
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<tbody>
<tr>
<td><strong>A. Essential Skills</strong></td>
<td>9</td>
<td>60</td>
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<tr>
<td>1. ENGL 1101</td>
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<td></td>
<td>CMWL 3100 Lifespan Development</td>
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<td>2. ENGL 1102</td>
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<td>CMWL 3101 Mental and Emotional Wellness</td>
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<td>3. MATH 1001 (Recommended)</td>
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<td></td>
<td>CMWL 3102 Psychology of Health and Wellness</td>
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<td><strong>B. Institutional Priorities</strong></td>
<td>4-5</td>
<td>60</td>
<td></td>
<td>PHED 4501 Contemporary Health Issues</td>
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<td>1. COMM 1110 (Recommended)</td>
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<td>CMWL 4000 Exercise/Wellness Programming for Special Populations</td>
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<td>2. Elective course in B.</td>
<td>1-2</td>
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<td>CMWL 3210 Healthy Eating and Nutrition</td>
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<td><strong>C. Humanities/Arts</strong></td>
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<td>CMWL 3220 Health Promotion, Education, and Program Evaluation</td>
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<td>1. XIDS 2100 (Recommended)</td>
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<td>CMWL 3230 Exercise Leadership</td>
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<td>2. Elective course in C.</td>
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<td>CMWL 3240 Current Issues and Trends in Fitness and Wellness Leadership</td>
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<td><strong>D. Science, Math, Technology</strong></td>
<td>10-11</td>
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<td>PHED 4603 Advanced Concepts of Personal Training</td>
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<td>1. BIOL 1010-1010L (Recommended)</td>
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<td>CMWL 3401 Technology in Health and Com. Well.</td>
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<td>2. Elective course in D.</td>
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<td>CMWL 4100 Wellness Coaching</td>
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<td>3. Elective course in D.</td>
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<td>CMWL 4101 Worksite Wellness Programs</td>
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<td><strong>E. Social Sciences</strong></td>
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<td>CMWL 4102 Service Learning in Health and Community Wellness</td>
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<td>1. HIST 1111 or 1112</td>
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<td>CMWL 4103 Applied Research Methods in Health and Community Wellness</td>
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<td>2. HIST 2111 or 2112</td>
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<td>CMWL 4103 Applied Research Methods in Health and Community Wellness</td>
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<td>3. POLS 1101</td>
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<td>CMWL 4103 Applied Research Methods in Health and Community Wellness</td>
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<td>4. Elective course in E.</td>
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<td>CMWL 4103 Applied Research Methods in Health and Community Wellness</td>
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<td>**F. Program Related Courses **</td>
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<td>1. PHED 2628 First Aid/CPR</td>
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<td>*Elective 1</td>
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<td>2. PHED 2000 Applied Concepts of Fitness and Wellness</td>
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<td>*Elective 2</td>
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<td>3. CMWL 2100 Intro. to Health and Community Wellness</td>
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<td>*Elective 3</td>
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<td>4. CMWL 2200 Social Determinants of Health and Wellness</td>
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<td>5. PHED 2605 Functional Anatomy</td>
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<td>*All electives must be at the 3000 level or above. The academic advisor must approve any 2000 level courses.</td>
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<td>6. PSYC 1101 Introduction to Psychology</td>
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<td>7. MATH 2063 Introductory Statistics</td>
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<td>*Elective 6</td>
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**Total Core Curriculum** | 60  | 60 | 120  | Total Prof Education | 60  | 60 | 120 |

Minimum 2.0 GPA required for graduation

**All courses in Area F and on the right hand side of the program sheet must earn a grade of C or better.**

**Student Signature:** __________________________  **Date:** ________________

**Advisor Signature:** __________________________  **Date:** ________________

College of Education  
University of West Georgia  
Effective Fall 2019