This program map is intended ONLY as a guide for students to plan their course of study. It does NOT replace any information in the Undergraduate Catalog, which is the official guide for completing degree requirements.
### YEAR 1

#### TERM 1: FALL

- **A1:** ENGL 1101 English Composition I
  - 3 Credit Hours
- **A2:** MATH 1111 College Algebra
  - 3 Credit Hours
- **B2:** XIDS 2002 First-Year Seminar Course
  - 2 Credit Hours
- **D1:** BIOL 1107 + LAB Principles of Biology I
  - 4 Credit Hours

#### Milestones:
- Complete ENGL 1101 C or better
- Complete Area A2 Math C or better
- Earn 15 or more credit hours
- For best opportunity for admission into a graduate program, complete lab science with B or better

### TERM 2: SPRING

- **A1:** ENGL 1102 English Composition II
  - 3 Credit Hours
- **D1:** BIOL 1108 + LAB Principles of Biology II
  - 4 Credit Hours
- **B1:** COMM 1110 Public Speaking
  - 3 Credit Hours
- **E4:** SOCI 1101 Introductory Sociology
  - 3 Credit Hours

#### Milestones:
- Complete ENGL 1102 C or better
- Earn 16 or more credit hours
- For best opportunity for admission into a graduate program, complete lab science with B or better

15 Fall Credit Hours + 16 Spring Credit Hours = 31 Credit Hours

### YEAR 2

#### TERM 1: FALL

- **F:** CMWL 2100 Intro to Health & Comm Well
  - 2 Credit Hours
- **F:** MATH 1112 Trigonometry
  - 3 Credit Hours
- **BIOL 2251 + LAB** Anatomy and Physiology I
  - 4 Credit Hours
- **PHED 2628** First Aid & CPR for Ed majors
  - 1 Credit Hour

#### Milestones:
- Earn 16 or more credit hours
- Complete Area F Courses with C or Better
- For best opportunity for admission into a graduate program, complete lab science with B or better
- Complete CMWL pre-test in CMWL 2100
- Must pass CMWL 2100 with C or better before beginning CMWL major courses

### TERM 2: SPRING

- **BIOL 2252 + LAB** Anatomy and Physiology II
  - 4 Credit Hours
- **F:** CMWL 2200 Social Determinants
  - 3 Credit Hours
- **D2:** MATH 1401 Elementary Statistics
  - 3 Credit Hours
- **F:** PSYC 1101 Intro to General Psychology
  - 3 Credit Hours

#### Milestones:
- Complete Area F Courses with C or Better
- For best opportunity for admission into a graduate program, complete lab science with B or better
- Maintain GPA 3.0 or better

16 Fall Credit Hours + 16 Spring Credit Hours = 32 Credit Hours

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**Key**
- **Core Area and Credit Hours**
- **Indicates this course has a course prerequisite requirement.**
## Program Map

### Year 3

**Term 1: Fall**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>PHYS 1111</td>
<td>Introductory Physics I</td>
<td>4</td>
</tr>
<tr>
<td>F: PHED 2000</td>
<td>Applied Concepts</td>
<td>3</td>
</tr>
<tr>
<td>CMWL 4103</td>
<td>R. M. in Health &amp; Community Wellness</td>
<td>3</td>
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<tr>
<td>CMWL 3101</td>
<td>Mental/Emotional Wellness</td>
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**Term 2: Spring**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>CMWL 3220</td>
<td>Health Promotion, Ed, and Program Eval</td>
<td>3</td>
</tr>
<tr>
<td>CMWL 3102</td>
<td>Psychology of Health and Wellness</td>
<td>3</td>
</tr>
<tr>
<td>PSYC 3010</td>
<td>Human Growth and Development</td>
<td>4</td>
</tr>
<tr>
<td>PHED 4501</td>
<td>Contemporary Health Issues</td>
<td>3</td>
</tr>
<tr>
<td>PHED 4603</td>
<td>Adv. Concepts of Personal Training</td>
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**Term 3: Summer**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>CMWL 3401</td>
<td>Technology in Health &amp; Comm Wellness</td>
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</tr>
</tbody>
</table>

Milestones for Year 3:
- Complete course with C or better
- Maintain GPA 3.0 or better
- Obtain 20 hours of Occupational Therapy observation hours (Setting #2)

**13 Fall Credit Hours + 16 Spring Credit Hours + 3 Summer Credit Hours = 32 Credit Hours**

## Year 4

**Term 1: Fall**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>CMWL 4000</td>
<td>E/W Programming for Special Populations</td>
<td>3</td>
</tr>
<tr>
<td>CMWL 3110</td>
<td>Program Evaluation in Community Settings</td>
<td>3</td>
</tr>
<tr>
<td>CMWL 4101</td>
<td>Worksite Wellness</td>
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</tr>
<tr>
<td>CMWL 3300</td>
<td>Medical Terminology</td>
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</tbody>
</table>

**Term 2: Spring**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>CMWL 4100</td>
<td>Wellness Coaching</td>
<td>3</td>
</tr>
<tr>
<td>PSYC 3150</td>
<td>Abnormal Psychology</td>
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</tr>
<tr>
<td>CMWL 3210</td>
<td>Principles of Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>CMWL 4102</td>
<td>Service Learning in Health &amp; C. Wellness</td>
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</tbody>
</table>

Milestones for Year 4:
- Complete course with C or better
- Maintain GPA 3.0 or better
- Obtain 40 hours of Occupational Therapy observation hours (Setting #3)
- Complete CMWL exit content exam for graduation

**12 Fall Credit Hours + 13 Spring Credit Hours = 25 Credit Hours**
**CRUSH YOUR COURSEWORK**

**FIRST YEAR**
- Complete ENGL 1101 and 1102 and Area A2 Math courses with a C or better.
- Complete Lab Science with a B or better.

**MIDDLE YEARS**
- Complete CMWL pre-test in CMWL 2100. Pass CMWL 2100 with a C or better before beginning CMWL major courses.
- Obtain 40 hours of Occupational Therapy observation logged in each setting (1 & 2)
- Maintain 3.0 or better GPA.

**LAST YEAR**
- Apply for an internship.
- Maintain 3.0 or better GPA.
- Obtain 40 hours of observation in setting #3.
- Complete CMWL exit content exam for graduation.

**FIND YOUR PLACE**

**FIRST YEAR**
- Join S.H.I.F.T. (Health and Community Wellness Club).
- Volunteer with the Wolf Wellness Lab.
- Contact a certified occupational therapist to shadow/observe or interview.

**MIDDLE YEARS**
- Volunteer with a community health organization.
- Take a leadership role in S.H.I.F.T.
- Apply for an internship.
- Explore Master's in Occupational Therapy programs.
- Research AOTA Georgia.
- Gain summer work experience (e.g. summer camps, internship.)

**LAST YEAR**
- Attend a conference in OT or a related field as a student member.
- Complete a research project with a faculty member.
- Apply to Graduate School.

**BROADEN YOUR PERSPECTIVES**

**FIRST YEAR**
- Explore diversity, equity, and inclusion resources and opportunities across campus.
- Check out the education abroad office.

**MIDDLE YEARS**
- In a student organization? Suggest you all complete an implicit bias workshop.
- Consider a study abroad program. Check out students’ stories of their experiences

**LAST YEAR**
- Assess your cultural competency
- Consider working abroad and research visa regulations
- Explore practices of creating more inclusive careers

**CONNECT OFF-CAMPUS**

**FIRST YEAR**
- Visit Wolves Vote to learn about the voting process and registration.
- Consider volunteering for a campaign or organization in your community.

**MIDDLE YEARS**
- Complete an internship in your field
- Consider a summer or part-time job
- Ask your department about networking opportunities with alumni

**LAST YEAR**
- Ask for advice from professionals in your field of interest
- Explore career shadowing opportunities

**TAKE CARE OF YOURSELF**

**FIRST YEAR**
- Visit the UWG Wellness Hub to find all the resources available to you!
- Visit Health Services
- Get fit! Visit URec to see all your options.
- Visit the Center for Economic and Financial Literacy

**MIDDLE YEARS**
- Take a fitness class, climb the rock wall, or join an intramural team
- Consider whether counseling is right for you: take a mental health screening

**LAST YEAR**
- Explore a farmer’s market for fresh produce
- Develop a post-graduation exercise plan
- Explore your loan repayment options and complete your exit counseling.

**PAVE YOUR PATH**

**FIRST YEAR**
- Complete a self-assessment to see what careers and majors are right for you
- Visit Career Services
- Create your profile on Handshake
- Consider applying for an on-campus job

**MIDDLE YEARS**
- Draft your resume and attend a resume blitz
- Learn about how to network on social media and update your Handshake profile
- Draft your personal statement
- Visit the graduate school to find out about graduate programs and admission requirements

**LAST YEAR**
- Request references from professors and supervisors
- Draft your resume cover letter and personal statement and revise it with career services
- Attend business fairs and career fairs at UWG and across the state.
- Attend an interview workshop
- Apply for graduate programs