BS HEALTH & COMMUNITY WELLNESS

PHYSICAL THERAPY TRACK

60

CORE CREDIT HOURS

60

MAJOR CREDIT HOURS

0

ELECTIVE CREDIT HOURS

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
- **A2**: MATH 1111 College Algebra 3
- **B2**: XIDS 2002 First-Year Seminar Course 2
- **D1**: BIOL 1107 + Lab Principles of Biology I 4

**Social Sciences** 3

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

#### Term 2: Spring
- **A1**: ENGL 1102 English Composition II 3
- **D1**: BIOL 1108 + Lab Principles of Biology II 4
- **B1**: ANTH 1101 Voices of Culture 3
- **E4**: PSYC 1101 Intro to General Psychology 3

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

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

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### Year 2

#### Term 1: Fall
- **F**: CMWL 2100 Intro to Health & Comm Well 2
- **F**: MATH 1112 Trigonometry 3
- **F**: BIOL 2251 + Lab Anatomy and Physiology I 4

**Social Sciences** 3

**C2**: Humanities 3

**Milestones:**
- Earn 15 or more credit hours
- Complete Area F Courses with C or better
- For better 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
- **F**: BIOL 2252 + Lab Anatomy and Physiology II 4
- **F**: CMWL 2200 Social Determinants 3
- **D2**: MATH 1401 Elementary Statistics 3
- **F**: PHED 2628 First Aid & CPR for Ed majors 1

**Social Sciences** 3

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

**15 Fall Credit Hours + 14 Spring Credit Hours = 29 Credit Hours**
### Term 1: Fall

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>CHEM 1211 + LAB</td>
<td>Principles of Chemistry I</td>
<td>4</td>
</tr>
<tr>
<td>PHED 4603</td>
<td>Adv. Concepts of Personal Training</td>
<td>3</td>
</tr>
<tr>
<td>CMWL 4103</td>
<td>R. M. in Health &amp; Community Wellness</td>
<td>3</td>
</tr>
<tr>
<td>CMWL 3101</td>
<td>Mental/Emotional Wellness</td>
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### Term 2: Spring

<table>
<thead>
<tr>
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<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>CHEM 1212 + LAB</td>
<td>Principles of Chemistry II</td>
<td>4</td>
</tr>
<tr>
<td>PSYC 3010</td>
<td>Human Growth and Development</td>
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### Term 3: Summer

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<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
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<tbody>
<tr>
<td>PHYS 1111 + LAB</td>
<td>Introductory Physics I</td>
<td>4</td>
</tr>
<tr>
<td>CMWL 4000</td>
<td>E/W Programming for Special Populations</td>
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</tr>
</tbody>
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**Milestones for Year 3:**
- Complete CMWL course with C or Better
- For better opportunity for admission into a graduate program, complete lab science with B or better
- Maintain GPA 3.0 or better
- Obtain 20 hours of physical therapy observation logged (setting #2)

### Term 1: Fall

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>PHYS 1112 + LAB</td>
<td>Introductory Physics II</td>
<td>4</td>
</tr>
<tr>
<td>CMWL 3110</td>
<td>Program Evaluation in Community Settings</td>
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<tr>
<td>CMWL 4101</td>
<td>Worksite Wellness</td>
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<tr>
<td>PSYC 3150</td>
<td>Abnormal Psychology</td>
<td>4</td>
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</tbody>
</table>

**Milestones for Year 4:**
- Complete courses with C or Better
- For better opportunity for admission into a graduate program, complete lab science with B or better
- Maintain GPA 3.0 or better
- Obtain 20 hours of physical therapy observation logged (setting #2)
- Complete CMWL exit content exam for graduation

### 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 4100</td>
<td>Wellness Coaching</td>
<td>3</td>
</tr>
<tr>
<td>PHED 4501</td>
<td>Contemporary Health Issues</td>
<td>3</td>
</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>
<td>3</td>
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</tbody>
</table>

**Milestones for Year 4:**
- Complete courses with C or Better
- For better opportunity for admission into a graduate program, complete lab science with B or better
- Maintain GPA 3.0 or better
- Obtain 40 hours of physical therapy observation logged (setting #3)

13 Fall Credit Hours + 14 Spring Credit Hours + 7 Summer Credit Hours = 34 Credit Hours
**READY**

**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 Physical 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.

**SET**

**FIND YOUR PLACE**
- Join S.H.I.F.T. (Health and Community Wellness Club).
- Volunteer with the Wolf Wellness Lab.
- Contact a certified physical therapist to shadow/observe or interview.
- Volunteer with a community health organization.
- Take a leadership role in S.H.I.F.T.
- Apply for an internship.
- Explore Doctoral Programs in Physical Therapy.
- Gain summer work experience (e.g. summer camps, internship.)

**BROADEN YOUR PERSPECTIVES**
- Explore diversity, equity, and inclusion resources and opportunities across campus.
- Check out the education abroad office.
- Assess your cultural competency
- Consider working abroad and research visa regulations
- Explore practices of creating more inclusive careers

**CONNECT OFF-CAMPUS**
- Visit Wolves Vote to learn about the voting process and registration
- Consider volunteering for a campaign or organization in your community
- Complete an internship in your field
- Consider a summer or part-time job
- Ask your department about networking opportunities with alumni
- Explore a farmer's market for fresh produce
- Explore your loan repayment options and complete your exit counseling.

**TAKE CARE OF YOURSELF**
- 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
- 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
- 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**
- 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
- 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
- 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
CAREERS
WHERE CAN YOU GO WITH THIS DEGREE?

- Coach
- Health and Wellness Coordinator
- Health Coach
- Health Educator
- Human Resource Specialist
- Medical Assistant
- Physical Therapist Assistant
- Program Coordinator
- Recruiter
- Wellness Coordinator