ABOUT THE MAJOR

The mission of the Bachelor of Science (B.S.) in Health & Community Wellness is to provide professional candidates for employment in a variety of settings to promote health and wellness. Through program courses and experiential learning experiences, students will be prepared to help people, organizations, and communities change lifestyle behaviors to minimize health risks and improve overall wellness. Students have the option of taking 15 credit hours of electives or choosing an approved minor such as Biology, Business Administration, Management, Psychology, Sociology, Nutrition Promotion & Education, Sport Management, Coaching, or others. Students must maintain a minimum of 2.0 GPA for good academic standing in this program on the General Track. Students also have the option to choose 1 of 4 professional tracks: Athletic Training, Physical Therapy, Occupational Therapy, or Dietetics. These tracks will prepare students to apply for a Master’s or doctoral program in the designated field of study.

ABOUT THIS MAP

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. Use this map to help plan and guide your experience at UWG, including academic, co-curricular, and discovery opportunities. Everyone’s experience is different and activities in this map are suggestions. Always consult with your advisors whenever possible for new opportunities and updates.

WHERE CAN YOU GO WITH THIS DEGREE?

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

ADD A CERTIFICATE

- Data Analysis & Evaluation Methods
- Health and Society
- Health Communication
- Power Up for 30
- Social Services

HONORS COLLEGE

Consider joining if you have an Overall GPA of 3.2 and earned 15 college credit hours!
## YEAR 1

### TERM 1: FALL

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
<th>MILESTONES:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>C1:</strong> ENGL 1101</td>
<td>3</td>
<td>COMPLETE ENGL 1101 and 1102 and Area M Math courses with a C or better.</td>
</tr>
<tr>
<td><strong>M:</strong> MATH 1111</td>
<td>3</td>
<td>COMPLETE Lab Science with a B or better.</td>
</tr>
<tr>
<td><strong>I2:</strong> XIDS 2002</td>
<td>2</td>
<td>JOIN S.N.U.F.T. (Health and Community Wellness Club).</td>
</tr>
<tr>
<td><strong>T1:</strong> BIOL 1107 + LAB</td>
<td>4</td>
<td>VOLUME with the Wolf Wellness Lab.</td>
</tr>
<tr>
<td><strong>S:</strong> SOCIAL SCIENCES</td>
<td>3</td>
<td>CONTACT a certified athletic trainer to shadow/ observe or interview.</td>
</tr>
</tbody>
</table>

### FIND YOUR PLACE

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

### CRUSH YOUR COURSEWORK

- Complete ENGL 1101 and 1102 and Area M Math courses with a C or better.
- Complete Lab Science with a B or better.

### TAKE CARE OF YOURSELF

- Complete a self-assessment to see what careers and majors are right for you.
- Visit Office of Career and Graduate School Connections.
- Create your profile on Handshake.
- Consider applying for an on-campus job.

### PAVE YOUR PATH

15 FALL CREDIT HOURS + 16 SPRING CREDIT HOURS = 31 CREDIT HOURS

### TERM 2: SPRING

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
<th>MILESTONES:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>C2:</strong> ENGL 1102</td>
<td>3</td>
<td>COMPLETE ENGL 1101 WITH C OR BETTER</td>
</tr>
<tr>
<td><strong>S:</strong> PSYC 1101</td>
<td>3</td>
<td>COMPLETE AREA M Math C OR BETTER</td>
</tr>
<tr>
<td><strong>T2:</strong> BIOL 1108 + LAB</td>
<td>4</td>
<td>FOR BEST OPPORTUNITY FOR ADMISSION INTO A GRADUATE PROGRAM, COMPLETE LAB SCIENCE WITH B OR BETTER</td>
</tr>
<tr>
<td><strong>I1:</strong> COMM 1110</td>
<td>3</td>
<td>EARN 15 OR MORE CREDIT HOURS</td>
</tr>
<tr>
<td><strong>A1:</strong> FINE ARTS</td>
<td>3</td>
<td>EARN 16 OR MORE CREDIT HOURS</td>
</tr>
</tbody>
</table>

### FIND YOUR PLACE

- Visit UW wolves Vote to learn about the voting process and registration.
- Consider volunteering for a campaign or organization in your community.

### CRUSH YOUR COURSEWORK

- Complete ENGL 1101 and 1102 and Area M Math courses with a C or better.
- Complete Lab Science with a B or better.

### TAKE CARE OF YOURSELF

- Visit the UW-EC Wellness Hub to find all the resources available to you!
- Visit Health Services.
- Get the Visit Office to see all your options.
- Visit the Center for Economic Education and Financial Literacy.

### PAVE YOUR PATH

16 FALL CREDIT HOURS + 16 SPRING CREDIT HOURS = 32 CREDIT HOURS

## YEAR 2

### TERM 1: FALL

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
<th>MILESTONES:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>F:</strong> CMWL 2100</td>
<td>2</td>
<td>COMPLETE CMWL PRE-TEST IN CMWL 2100. Pass CMWL 2100 with a C or better before beginning CMWL major courses.</td>
</tr>
<tr>
<td><strong>F:</strong> MATH 1112</td>
<td>3</td>
<td>COMPLETE CMWL, ADMISSION TO HEALTH &amp; COMMUNITY WELLNESS</td>
</tr>
<tr>
<td><strong>F:</strong> PHED 2628</td>
<td>1</td>
<td>COMPLETE AREA F COURSES WITH C OR BETTER</td>
</tr>
<tr>
<td><strong>BIOL 2251 + LAB</strong></td>
<td>4</td>
<td>FOR BEST OPPORTUNITY FOR ADMISSION INTO A GRADUATE PROGRAM, COMPLETE LAB SCIENCE WITH B OR BETTER</td>
</tr>
<tr>
<td><strong>A2:</strong> HUMANITIES</td>
<td>3</td>
<td>COMPLETE AREA F COURSES WITH C OR BETTER</td>
</tr>
<tr>
<td><strong>P:</strong> CITIZENSHIP</td>
<td>3</td>
<td>COMPLETE AREA F COURSES WITH C OR BETTER</td>
</tr>
</tbody>
</table>

### FIND YOUR PLACE

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

### CRUSH YOUR COURSEWORK

- Consider applying for an on-campus job.
- Create your profile on Handshake.
- Connections.
- Visit Office of Career and Graduate School Connections.
- Complete a self-assessment to see what careers and majors are right for you.
- Visit Office of Career and Graduate School Connections.
- Create your profile on Handshake.
- Consider applying for an on-campus job.

### TAKE CARE OF YOURSELF

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

### PAVE YOUR PATH

- 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.
**TERM 1: FALL**

**CHEM 1211 + LAB**  
Principles of Chemistry I  
4 CREDIT HOURS

**CMWL 3101**  
Mental & Emotional Wellness  
3 CREDIT HOURS

**CMWL 4103**  
Applied Research Methods in Health & Community Wellness  
3 CREDIT HOURS

**PHED 4603**  
Advanced Concepts of Personal Training  
(This course has a course prerequisite requirement)  
3 CREDIT HOURS

**TERM 2: SPRING**

**CMWL 3220**  
Health Promotion, Ed, and Program Eval  
3 CREDIT HOURS

**CMWL 3102**  
Psychology of Health and Wellness  
(This course has a course prerequisite requirement)  
3 CREDIT HOURS

**PHYS 1111 + LAB**  
Introductory Physics I  
4 CREDIT HOURS

**CMWL 3100**  
Lifespan Development  
3 CREDIT HOURS

**TERM 3: SUMMER**

**CMWL 3401**  
Technology in Health & Comm Wellness  
3 CREDIT HOURS

**CMWL 3210**  
Principles of Nutrition  
3 CREDIT HOURS

**TERM 4**

**PHED 4501**  
Contemporary Health Issues  
3 CREDIT HOURS

**CMWL 3110**  
Program Evaluation in Community Settings  
(This course has a course prerequisite requirement)  
3 CREDIT HOURS

**CMWL 4000**  
EW Programming for Special Populations  
(This course has a course prerequisite requirement)  
3 CREDIT HOURS

**CMWL 3300**  
Medical Terminology  
3 CREDIT HOURS

**CRUSH YOUR COURSEWORK**

**YEAR 3**

- Complete CMWL pre-test in CMWL 2100. Pass CMWL 2100 with a C or better before beginning CMWL major courses.
- Obtain 80 hours of Athletic Training observation logged in fall and spring sports.
- Maintain 3.0 or better GPA.

**YEAR 4**

- Apply for an internship.
- Maintain 3.0 or better GPA.
- Obtain 80 hours of observation in fall and spring sports.
- Complete CMWL exit exam for graduation.

**FIND YOUR PLACE**

**YEAR 3**

- Volunteer with a community health organization.
- Take a leadership role in S.H.I.F.T.
- Apply for an internship.
- Explore Master’s programs in Athletic Training.
- Gain summer work experience (e.g. summer camps, internships).

**YEAR 4**

- Attend a conference in Athletic Training or a related field as a student member.
- Complete a research project with a faculty member.
- Apply to Graduate School/Graduate Assistantships.

**BROADEN YOUR PERSPECTIVES**

**YEAR 3**

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

**YEAR 4**

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

**CONNECT OFF-CAMPUS**

**YEAR 3**

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

**YEAR 4**

- Ask for advice from professionals in your field of interest.
- Explore career shadowing opportunities.

**TAKE CARE OF YOURSELF**

**YEAR 3**

- 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.

**YEAR 4**

- 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**

**YEAR 3**

- 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.

**YEAR 4**

- 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.

13 FALL CREDIT HOURS + 13 SPRING CREDIT HOURS = 25 CREDIT HOURS

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MILESTONES FOR YEAR 3:

- For best opportunity for admission into a graduate program, complete lab science with B or better.
- Maintain GPA 3.0 or better.
- Obtain 80 hours of Athletic Training Observation logged (Fall and Spring sports).

MILESTONES FOR YEAR 4:

- Complete CMWL exit exam for graduation.
- Obtain 80 hours of observation in fall and spring sports.
- Complete CMWL major courses.

FIND YOUR PLACE**

**TERM 2: SPRING**

**CMWL 4101**  
Worksite Wellness  
3 CREDIT HOURS

**CMWL 4100**  
Wellness Coaching  
(This course has a course prerequisite requirement)  
3 CREDIT HOURS

**CMWL 4102**  
Service Learning in Health & Community Wellness  
(This course has a course prerequisite requirement)  
3 CREDIT HOURS

**PSYC 3150**  
Abnormal Psychology  
(4 CREDIT HOURS)

**TERM 3: SUMMER**

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