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

60
CORE CREDIT HOURS

60
MAJOR CREDIT HOURS

0
ELECTIVE CREDIT HOURS

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 Code</th>
<th>Course Title</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>C1: ENGL 1101</td>
<td>English Composition I</td>
<td>3</td>
</tr>
<tr>
<td>M: MATH 1111</td>
<td>College Algebra</td>
<td>3</td>
</tr>
<tr>
<td>I2: XIDS 2002</td>
<td>First-Year Seminar</td>
<td>2</td>
</tr>
<tr>
<td>T1: BIOL 1107 + LAB</td>
<td>Principles of Biology I</td>
<td>4</td>
</tr>
<tr>
<td>S: SOCIAL SCIENCES</td>
<td>3</td>
<td></td>
</tr>
</tbody>
</table>

**MILESTONES:**
- Complete ENGL 1101 with C or better
- Complete Core IMpacts Math C or better
- For best opportunity for admission into a graduate program, complete Lab Science with B or better
- Earn 15 or more credit hours

### TERM 2: SPRING

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credit Hours</th>
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</thead>
<tbody>
<tr>
<td>C2: ENGL 1102</td>
<td>English Composition II</td>
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<tr>
<td>S: PSYC 1101</td>
<td>Introduction to General Psychology</td>
<td>3</td>
</tr>
<tr>
<td>T2: BIOL 1108 + LAB</td>
<td>Principles of Biology II</td>
<td>4</td>
</tr>
<tr>
<td>I1: COMM 1110</td>
<td>Public Speaking</td>
<td>3</td>
</tr>
<tr>
<td>A: HUMANITIES</td>
<td>3</td>
<td></td>
</tr>
</tbody>
</table>

**MILESTONES:**
- Complete ENGL 1102 with C or better
- For best opportunity for admission into a graduate program, complete Lab Science with B or better
- Earn 16 or more credit hours

### YEAR 2

### TERM 1: FALL

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credit Hours</th>
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</thead>
<tbody>
<tr>
<td>F: CMWL 2100</td>
<td>Introduction to Health &amp; Community Wellness</td>
<td>2</td>
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<tr>
<td>F: MATH 1112</td>
<td>Trigonometry</td>
<td>3</td>
</tr>
<tr>
<td>F: PHED 2628</td>
<td>First Aid &amp; CPR for Ed majors</td>
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</tr>
<tr>
<td>BIOL 2251 + LAB</td>
<td>Anatomy and Physiology I</td>
<td>3</td>
</tr>
<tr>
<td>A: HUMANITIES</td>
<td>3</td>
<td></td>
</tr>
<tr>
<td>P: CITIZENSHIP</td>
<td>3</td>
<td></td>
</tr>
</tbody>
</table>

**MILESTONES:**
- Earn 15 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
- Maintain 3.0 or better GPA

### TERM 2: SPRING

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOL 2252 + LAB</td>
<td>Anatomy and Physiology II</td>
<td>4</td>
</tr>
<tr>
<td>F: CMWL 2200</td>
<td>Social Determinants</td>
<td>3</td>
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<tr>
<td>T3: MATH 1401</td>
<td>Elementary Statistics</td>
<td>3</td>
</tr>
<tr>
<td>F: PHED 2000</td>
<td>Applied Concepts</td>
<td>3</td>
</tr>
<tr>
<td>P: CITIZENSHIP</td>
<td>3</td>
<td></td>
</tr>
</tbody>
</table>

**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
- Complete Core
- Maintain 3.0 or better GPA

### 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

### 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.

### FIND YOUR PLACE

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

### BROADEN YOUR PERSPECTIVES

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

### PAVE YOUR PATH

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

### 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.

### FIND YOUR PLACE

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

### BROADEN YOUR PERSPECTIVES

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

### PAVE YOUR PATH

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

### CRUSH YOUR COURSEWORK

- Complete ENGL 1101 and 1102 and Area M Math courses with a C or better.
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### FIND YOUR PLACE

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

### BROADEN YOUR PERSPECTIVES

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

### PAVE YOUR PATH

- Complete ENGL 1101 and 1102 and Area M Math courses with a C or better.
- Complete Lab Science with a B or better.
## YEAR 3

### 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 (3 credit hours)

### MILESTONES:
- **Technology in Health & Comm Wellness**
- **Principles of Nutrition**

### CRUSH YOUR COURSEWORK
- 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.

### TAKE CARE OF YOURSELF
- Draft your resume and attend a resume blitz.
- Draft your personal statement.
- Visit the graduate school to find out about graduate programs and admission requirements.

### PAVE YOUR PATH
- Take a fitness class, climb the rock wall, or join an intramural team.
- Complete an internship in your field.

### FIND YOUR PLACE
- Volunteer with a community health organization.
- Take a leadership role in S.H.I.F.T.
- Take a leadership role in S.H.I.F.T.

### BROADEN YOUR PERSPECTIVES
- Consider whether counseling is right for you: take a mental health screening.
- Complete an internship in your field as a student member.
- Attend a conference in Athletic Training or a related field as a student member.

### OFF-CAMPUS
- Obtain 80 hours of observation in fall and spring sports.
- Maintain GPA 3.0 or better GPA.

### TERM 2: SPRING
- **CMWL 3220**: Health Promotion, Ed, and Program Eval (3 credit hours)
- **CMWL 3102**: Psychology of Health and Wellness (3 credit hours)
- **PHYS 1111 + LAB**: Introductory Physics I (4 credit hours)
- **CMWL 3100**: Lifespan Development (3 credit hours)

### MILESTONES FOR YEAR 3:
- **Lifespan Development**
- **CMWL 3100**
- **Introductory Physics I**
- **Psychology of Health and Wellness**
- **Health Promotion, Ed, and Program Eval**

### CRUSH YOUR COURSEWORK
- Complete the prerequisite requirement for CMWL 2100.
- Complete the prerequisite requirement for CMWL 3100.
- Complete the prerequisite requirement for CMWL 3102.

### TAKE CARE OF YOURSELF
- Take a fitness class, climb the rock wall, or join an intramural team.
- Complete an internship in your field.

### PAVE YOUR PATH
- Take a fitness class, climb the rock wall, or join an intramural team.
- Complete the prerequisite requirement for CMWL 3102.

### TERM 3: SUMMER
- **CMWL 3401**: Technology in Health & Comm Wellness (3 credit hours)
- **CMWL 3210**: Principles of Nutrition (3 credit hours)

### MILESTONES:
- Complete courses with C or better.
- Maintain GPA 3.0 or better.

### CRUSH YOUR COURSEWORK
- Complete the prerequisite requirement for CMWL 3101.
- Complete the prerequisite requirement for CMWL 4101.

### TAKE CARE OF YOURSELF
- Draft your resume and attend a resume blitz.
- Draft your personal statement.
- Visit the graduate school to find out about graduate programs and admission requirements.

### PAVE YOUR PATH
- Take a fitness class, climb the rock wall, or join an intramural team.
- Complete the prerequisite requirement for CMWL 3101.

### TERM 4
- **CMWL 4101**: Worksite Wellness (3 credit hours)
- **CMWL 4100**: Wellness Coaching (3 credit hours)
- **CMWL 4102**: Service Learning in Health & Community Wellness (3 credit hours)
- **PSYC 3150**: Abnormal Psychology (4 credit hours)

### MILESTONES:
- Complete CMWL exit content for graduation.
- Complete CMWL exit content exam for graduation.
- Complete CMWL exit content exam for graduation.

### CRUSH YOUR COURSEWORK
- Complete the prerequisite requirement for CMWL 4101.
- Complete the prerequisite requirement for CMWL 4100.
- Complete the prerequisite requirement for CMWL 4102.

### TAKE CARE OF YOURSELF
- Draft your resume and attend a resume blitz.
- Draft your personal statement.
- Visit the graduate school to find out about graduate programs and admission requirements.

### PAVE YOUR PATH
- Take a fitness class, climb the rock wall, or join an intramural team.
- Complete the prerequisite requirement for CMWL 4101.

### TERM 4
- **PHED 4501**: Contemporary Health Issues (3 credit hours)
- **CMWL 3110**: Program Evaluation in Community Settings (3 credit hours)
- **CMWL 4000**: EW Programming for Special Populations (3 credit hours)
- **CMWL 3300**: Medical Terminology (3 credit hours)

### MILESTONES:
- Complete CMWL exit content for graduation.
- Complete CMWL exit content exam for graduation.
- Complete CMWL exit content exam for graduation.

### CRUSH YOUR COURSEWORK
- Complete the prerequisite requirement for PHED 4501.
- Complete the prerequisite requirement for CMWL 3110.
- Complete the prerequisite requirement for CMWL 4000.

### TAKE CARE OF YOURSELF
- Draft your resume and attend a resume blitz.
- Draft your personal statement.
- Visit the graduate school to find out about graduate programs and admission requirements.

### PAVE YOUR PATH
- Take a fitness class, climb the rock wall, or join an intramural team.
- Complete the prerequisite requirement for CMWL 3110.