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

HEALTH & COMMUNITY WELLNESS

DIETETICS TRACK

Bachelor of Science

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!

Visit westga.edu/program-maps for the latest version of this major map.
TERM 1: FALL

C1: ENGL 1101 3 CREDIT HOURS
English Composition I

M: MATH 1111 3 CREDIT HOURS
College Algebra

I1: COMM 1110 3 CREDIT HOURS
Public Speaking

I2: CS 1000 1 CREDIT HOUR
Practical Computing

S: SOCIAL SCIENCES 3 CREDIT HOURS

MILESTONES:
- Complete ENGL 1101 and 1102 and Area M Math courses with a C or better.
- Earn 13 or more credit hours

TERM 2: SPRING

C2: ENGL 1102 3 CREDIT HOURS
English Composition II

F: MATH 1112 3 CREDIT HOURS
Trigonometry

S: ANTH 1102, PSYC 1101, OR SOCI 1101 3 CREDIT HOURS
Intro to Anthropology, Intro to General Psychology, or Introductory Sociology

A1: FINE ARTS 3 CREDIT HOURS

A2: HUMANITIES 3 CREDIT HOURS

MILESTONES:
- Complete ENGL 1102, C or better
- For best opportunity for admission into a graduate program, complete MATH B or better
- Earn 13 or more credit hours

13 FALL CREDIT HOURS + 15 SPRING CREDIT HOURS = 28 CREDIT HOURS

YEAR 2

TERM 1: FALL

F: CMWL 2100 2 CREDIT HOURS
Introduction to Health & Community Wellness

T1: CHEM 1211 + LAB 4 CREDIT HOURS
Principles of Chemistry I

F: PHED 2628 1 CREDIT HOURS
First Aid & CPR for Ed majors

P: CITIZENSHIP 3 CREDIT HOURS

MILESTONES:
- Complete CMWL pre-test in CMWL 2100
- Complete Area F courses with C or better
- For best opportunity for admission into a graduate program, complete lab science 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: PHED 2000 3 CREDIT HOURS
Applied Concepts

T3: MATH 1401 3 CREDIT HOURS
Elementary Statistics

CMWL 3210 3 CREDIT HOURS
Principles of Nutrition

T2: CHEM 1212 + LAB 4 CREDIT HOURS
Principles of Chemistry II

CMWL 3401 3 CREDIT HOURS
Tech in Health and Community Wellness

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

13 FALL CREDIT HOURS + 16 SPRING CREDIT HOURS = 29 CREDIT HOURS

YEAR 1

CRUSH YOUR COURSEWORK

- Complete ENGL 1101 and 1102 and Area M Math courses with a C or better.
- Volunteering with the Wolf Wellness Lab
- Contact at least two registered dietitians to shadow/observe or interview.

FIND YOUR PLACE

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

BROADEN YOUR PERSPECTIVES

- Visit the IMAG Wellness Hub to find all the resources available to you!
- Visit Health Services.
- Get fit! Visit URec to see all your options.

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.

PAY YOUR PATH

- Consider applying for an on-campus job.
- Create your profile on Handshake.
- Connections.
- Complete a self-assessment to see what careers and majors are right for you.
- Visit Office of Career and Graduate School Connections.
- Complete an internship in your field.
- Ask your department about networking opportunities with alumni.
- Consider whether counseling is right for you: take a mental health screening.
- Consider a summer or part-time job.
- Complete an internship in your field.
- Ask your department about networking opportunities with alumni.
- Consider a summer or part-time job.
- 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.

CONNECT OFF-CAMPUS

- Visit the graduate school to find out about graduate programs.
- Draft your personal statement.
- Complete a self-assessment to see what careers and majors are right for you.
- Visit Office of Career and Graduate School Connections.
- Complete an internship in your field.
- Ask your department about networking opportunities with alumni.
- Consider whether counseling is right for you: take a mental health screening.
- Complete a self-assessment to see what careers and majors are right for you.
- Visit Office of Career and Graduate School Connections.
YEAR 3

TERM 1: FALL

CHEM 2411 + LAB
Organic Chemistry I
(This course has a course prerequisite requirement)
3 CREDIT HOURS

CMWL 3101
Mental & Emotional Wellness
3 CREDIT HOURS

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

HIST 4580/NUTR 4100/4300
US Foodways or Nutrition Education & Counseling Strategies or Cultural Aspects of Food and Nutrition
3 CREDIT HOURS

CMWL 2200
Social Determinants
3 CREDIT HOURS

TERM 2: SPRING

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

CMWL 3102
Psychology of Health and Wellness
(These courses have a course prerequisite requirement)
3 CREDIT HOURS

F: BIOL 2251 + LAB
Human Anatomy and Physiology I
4 CREDIT HOURS

CMWL 3100
Lifespan Development
3 CREDIT HOURS

NUTR 3100
Lifestyle Nutrition
3 CREDIT HOURS

MILESTONES:
- For best opportunity for admission into a graduate program, complete lab sciences B or better.
- Maintain 3.0 or better GPA.
- Receiving an A in NUTR 3100 may count towards graduate credit at Georgia State University.

TERM 3: SUMMER

BIOL 2252 + LAB
Human Anatomy and Physiology II
4 CREDIT HOURS

MILESTONES:
- For best opportunity for admission into a graduate program, complete lab science B or better.
- Maintain 3.0 or better GPA.

16 FALL CREDIT HOURS + 16 SPRING CREDIT HOURS + 4 SUMMER CREDIT HOURS = 36 CREDIT HOURS

YEAR 4

TERM 1: FALL

PHED 4501
Contemporary Health Issues
3 CREDIT HOURS

CMWL 3110
program evaluation in Community Settings
(These courses have a course prerequisite requirement)
3 CREDIT HOURS

PHED 4603
Advanced Concepts of Personal Training
(These courses have a course prerequisite requirement)
3 CREDIT HOURS

CMWL 4101
Worksite Wellness Programs
3 CREDIT HOURS

HIST 4580/NUTR 4100/4300
US Foodways or Nutrition Education & Counseling Strategies or Cultural Aspects of Food and Nutrition
3 CREDIT HOURS

TERM 2: SPRING

CMWL 3240 OR 3302
Current Issues and Trends in Fitness and Wellness Leadership or Healthcare Leadership & Policy
3 CREDIT HOURS

CMWL 4100
Wellness Coaching
(These courses have a course prerequisite requirement)
3 CREDIT HOURS

CMWL 4102
Service Learning in Health & Community Wellness
(These courses have a course prerequisite requirement)
3 CREDIT HOURS

CMWL 4000
(JW Programming for Special Populations
(These courses have a course prerequisite requirement)
3 CREDIT HOURS

MILESTONES:
- Complete CMWL pre-test in CMWL 2100. Pass CMWL 2100 with a C or better before beginning CMWL major courses.
- Receiving an A in NUTR 3100 may count towards graduate credit at Georgia State University.

TERM 3: SUMMER

CMWL 3110
Milestones:
- Complete CMWL pre-test in CMWL 2100. Pass CMWL 2100 with a C or better before beginning CMWL major courses.
- Receiving an A in NUTR 3100 may count towards graduate credit at Georgia State University.

BROADEN YOUR PERSPECTIVES

- Volunteer with a community health organization in a nutrition role.
- Research Academy of Nutrition and Dietetics.
- Take a leadership role in S.H.I.F.T. club.

TERMS:
- In a student organization? Suggest you all complete an implicit bias workshop.
- Consider a study abroad program. Check out students’ stories of their experiences.
- Complete CMWL exit content exam for graduation.
- Take a leadership role in S.H.I.F.T. club.

TERM 4: FALL

CMWL 3240 OR 3302
Current Issues and Trends in Fitness and Wellness Leadership or Healthcare Leadership & Policy
3 CREDIT HOURS

CMWL 4100
Wellness Coaching
(These courses have a course prerequisite requirement)
3 CREDIT HOURS

CMWL 4102
Service Learning in Health & Community Wellness
(These courses have a course prerequisite requirement)
3 CREDIT HOURS

CMWL 4000
(JW Programming for Special Populations
(These courses have a course prerequisite requirement)
3 CREDIT HOURS

MILESTONES:
- For best opportunity for admission into a graduate program, complete lab sciences B or better.
- Maintain 3.0 or better GPA.
- Complete Service Learning Nutrition Centered project.
- Complete CMWL exit content exam for graduation.

TERM 3: SUMMER

CMWL 3240 OR 3302
Current Issues and Trends in Fitness and Wellness Leadership or Healthcare Leadership & Policy
3 CREDIT HOURS

CMWL 4100
Wellness Coaching
(These courses have a course prerequisite requirement)
3 CREDIT HOURS

CMWL 4102
Service Learning in Health & Community Wellness
(These courses have a course prerequisite requirement)
3 CREDIT HOURS

CMWL 4000
(JW Programming for Special Populations
(These courses have a course prerequisite requirement)
3 CREDIT HOURS

MILESTONES:
- For best opportunity for admission into a graduate program, complete lab sciences B or better.
- Maintain 3.0 or better GPA.
- Complete Service Learning Nutrition Centered project.
- Complete CMWL exit content exam for graduation.

TERM 4: FALL

CMWL 3240 OR 3302
Current Issues and Trends in Fitness and Wellness Leadership or Healthcare Leadership & Policy
3 CREDIT HOURS

CMWL 4100
Wellness Coaching
(These courses have a course prerequisite requirement)
3 CREDIT HOURS

CMWL 4102
Service Learning in Health & Community Wellness
(These courses have a course prerequisite requirement)
3 CREDIT HOURS

CMWL 4000
(JW Programming for Special Populations
(These courses have a course prerequisite requirement)
3 CREDIT HOURS

MILESTONES:
- For best opportunity for admission into a graduate program, complete lab sciences B or better.
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- Complete CMWL exit content exam for graduation.

TERM 3: SUMMER

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