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!

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

C1: ENGL 1101 English Composition I 3 CREDIT HOURS
M: MATH 1111 College Algebra 3 CREDIT HOURS
I1: COMM 1110 Public Speaking 3 CREDIT HOURS
I2: CS 1000 Practical Computing 1 CREDIT HOUR
S: SOCIAL SCIENCES 3 CREDIT HOURS

TERM 1: FALL

• Complete ENGL 1101 and 1102 and Area M Math courses with a C or better.

MILESTONES:
• COMPLETE ENGL 1101 C OR BETTER
• COMPLETE CORE IMPACTS MATH C OR BETTER
• EARN 13 OR MORE CREDIT HOURS

F: CMWL 2100 Introduction to Health & Community Wellness 2 CREDIT HOURS
T1: CHEM 1211 + LAB Principles of Chemistry I 4 CREDIT HOURS
F: PHED 2628 First Aid & CPR for Ed majors 1 CREDIT HOURS
P1: CITIZENSHIP 3 CREDIT HOURS
P2: CITIZENSHIP 3 CREDIT HOURS

TERM 1: FALL

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

TERM 2: SPRING

C2: ENGL 1102 English Composition II 3 CREDIT HOURS
F: MATH 1112 Trigonometry 3 CREDIT HOURS
S: ANTH 1102, PSYC 1101, OR SOCI 1101 Intro to Anthropology, Intro to General Psychology, or Introductory Sociology 3 CREDIT HOURS

TERM 2: SPRING

• Complete ENGL 1101 and 1102 and Area M Math courses with a C or better.

MILESTONES:
• COMPLETE ENGL 1101 C OR BETTER
• COMPLETE CORE IMPACTS MATH C OR BETTER
• EARN 13 OR MORE CREDIT HOURS

A: HUMANITIES 3 CREDIT HOURS
A: HUMANITIES 3 CREDIT HOURS

TERM 2: SPRING

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

F: PHED 2000 Applied Concepts 3 CREDIT HOURS
T3: MATH 1401 Elementary Statistics 3 CREDIT HOURS
CMWL 3210 Principles of Nutrition 3 CREDIT HOURS
T2: CHEM 1212 + LAB Principles of Chemistry II 4 CREDIT HOURS
CMWL 3401 Tech in Health and Community Wellness 3 CREDIT HOURS

TERM 2: SPRING

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

• 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.

Connect Off-Campus

• 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.

• Research Academy of Nutrition and Dietetics.
• Volunteer with a community health organization in a nutrition role.
• In a student organization? Suggest you all complete an implicit bias workshop.
• Consider a study abroad program. Check out students’ stories of their experiences.

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

13 FALL CREDIT HOURS + 16 SPRING CREDIT HOURS = 29 CREDIT HOURS
### YEAR 3

#### TERM 1: FALL

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
<th>Hours</th>
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<tbody>
<tr>
<td>CHEM 2411 + LAB</td>
<td>Organic Chemistry I (This course has a course prerequisite requirement)</td>
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<tr>
<td>CMWL 3101</td>
<td>Mental &amp; Emotional Wellness</td>
<td>3</td>
<td>3</td>
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<tr>
<td>CMWL 4103</td>
<td>Applied Research Methods in Health &amp; Community Wellness</td>
<td>3</td>
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<tr>
<td>HIST 4580/NUTR 4100/4300</td>
<td>US Foodways or Nutrition Education &amp; Counseling Strategies or Cultural Aspects of Food and Nutrition</td>
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#### TERM 2: SPRING

<table>
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<tr>
<td>CMWL 3220</td>
<td>Health Promotion, Ed, and Program Eval</td>
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<tr>
<td>CMWL 3102</td>
<td>Psychology of Health and Wellness (This course has a course prerequisite requirement)</td>
<td>3</td>
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<tr>
<td>F: BIOL 2251 + LAB</td>
<td>Human Anatomy and Physiology I</td>
<td>4</td>
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<tr>
<td>CMWL 3100</td>
<td>Lifespan Development</td>
<td>3</td>
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<tr>
<td>NUTR 3100</td>
<td>Lifecycle Nutrition</td>
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#### TERM 3: SUMMER

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<td>BIOL 2252 + LAB</td>
<td>Human Anatomy and Physiology II</td>
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**MILESTONES:**
- For Best Opportunity for Admission into a Graduate Program: Complete Lab Science B or Better
- Maintain 3.0 or Better GPA
- Receiving an A in NUTR 3100 may count towards graduate credit at Georgia State University

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

### YEAR 4

#### TERM 1: FALL

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<tr>
<td>PHED 4501</td>
<td>Contemporary Health Issues</td>
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<tr>
<td>CMWL 3110</td>
<td>Program Evaluation in Community Settings (This course has a course prerequisite requirement)</td>
<td>3</td>
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<tr>
<td>PHED 4603</td>
<td>Advanced Concepts of Personal Training (This course has a course prerequisite requirement)</td>
<td>3</td>
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<tr>
<td>CMWL 4101</td>
<td>Worksite Wellness Programs</td>
<td>3</td>
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<tr>
<td>HIST 4580/NUTR 4100/4300</td>
<td>US Foodways or Nutrition Education &amp; Counseling Strategies or Cultural Aspects of Food and Nutrition</td>
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#### TERM 2: SPRING

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<th>Credits</th>
<th>Hours</th>
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<tr>
<td>CMWL 3240 OR 3302</td>
<td>Current Issues and Trends in Fitness and Wellness Leadership or Healthcare Leadership &amp; Policy</td>
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<tr>
<td>CMWL 4100</td>
<td>Wellness Coaching (This course has a course prerequisite requirement)</td>
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<tr>
<td>CMWL 4102</td>
<td>Service Learning in Health &amp; Community Wellness (This course has a course prerequisite requirement)</td>
<td>3</td>
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<td>CMWL 4000</td>
<td>1/W Programming for Special Populations (This course has a course prerequisite requirement)</td>
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**MILESTONES:**
- Complete Service Learning nutrition centered project
- Complete CMWL exit content exam for graduation

**15 FALL CREDIT HOURS + 12 SPRING CREDIT HOURS = 27 CREDIT HOURS**