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

60
CORE CREDIT HOURS

45
MAJOR CREDIT HOURS

15
ELECTIVE CREDIT HOURS

HEALTH & COMMUNITY WELLNESS
GENERAL TRACK
Bachelor of Science

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.

VISIT WOLFWATCH FOR MORE INFORMATION.

HAVE A QUESTION? CHECK IN WITH YOUR ADVISOR!
TERM 1: FALL

C1: ENGL 1101
English Composition I

M: MATH 1001
Guarantees Skills & Reasoning

I2: XIDS 2002
First-Year Seminar

T1: BIOL 1010 + LAB
Fundamentals of Biology

S: SOCIAL SCIENCES

MILESTONES:
- Complete ENGL 1101 with C or better
- Complete Area M Math
- Complete Lab Science
- Earn 15 or more credit hours

TERM 2: SPRING

C2: ENGL 1102
English Composition II

F: PSYC 1101
Introduction to General Psychology

F: PHED 2000
App. 1-2 Fitness & Wellness

I1: COMM 1110 OR ENGL 2050
Public Speaking or Self-Staging: Oral Communication in Daily Life

T2: NON-LAB SCIENCE

MILESTONES:
- Complete ENGL 1102 with C or better
- Complete Non-Lab Science
- Earn 15 or more credit hours
- Complete Area F Courses with C or better

YEAR 1

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

CRUSH YOUR COURSEWORK

• Join S.H.I.F.T. (Health and Community Wellness Lab).
• Volunteer with the Wolf Wellness Lab.
• Volunteer with a community health organization.

FIND YOUR PLACE

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

BROADEN YOUR PERSPECTIVES

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

CONNECT OFF-CAMPUS

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

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 + 15 SPRING CREDIT HOURS = 30 CREDIT HOURS

TERM 2: SPRING

F: PHED 2605
Functional Anatomy

F: MATH 1401
Elementary Statistics

S: HUMANITIES

P: CITIZENSHIP

MILESTONES:
- Complete Core
- Complete Area F Courses with C or better
- Select Academic Minor

TERM 1: FALL

F: CMWL 2100
Introduction to Health & Community Wellness

F: CMWL 2200
Social Determinants of Health & Wellness

F: PHED 2628
First Aid & CPR for Ed majors

A1: FINE ARTS

P: CITIZENSHIP

T3: MATH, SCIENCE, & TECHNOLOGY

MILESTONES:
- Earn 15 or more credit hours
- Complete Area F Courses with C or better
- Complete CMWL, Pre-Test in CMWL 2100
- Must pass CMWL 2100 with C or better before beginning CMWL Major Courses

CONNECT OFF-CAMPUS

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

TAKE CARE OF YOURSELF

• Draft your resume and attend a resume blitz.
• Refine your personal statement.
• Visit the graduate school to find out about graduate programs and admission requirements.

PAVE YOUR PATH

15 FALL CREDIT HOURS + 15 SPRING CREDIT HOURS = 30 CREDIT HOURS

15 FALL CREDIT HOURS + 15 SPRING CREDIT HOURS = 30 CREDIT HOURS

YEAR 2

- Complete CMWL pre-test in CMWL 2100. Pass CMWL 2100 with a C or better before beginning CMWL major courses.
- Select an academic minor.
- Choose an academic minor.
- Maintain 2.0 or better GPA.

- 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 an internship in your field.
- Consider a summer or part-time job.
- Consider whether counseling is right for you: take a mental health screening.
- Take a fitness class, climb the rock wall, or join an intramural team.
- Consider joining a community health organization, research public health organizations.

- 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, complete an internship in your field.
- Consider your department about networking opportunities with alumni.

- Visit the graduate school to find out about graduate programs and admission requirements.

- 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.
- Refine your personal statement.
- Visit the graduate school to find out about graduate programs and admission requirements.
### YEAR 3

#### TERM 1: FALL

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credit Hours</th>
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<tbody>
<tr>
<td>CMWL 3100</td>
<td>Lifespan Development</td>
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<tr>
<td>CMWL 3101</td>
<td>Mental &amp; Emotional Wellness</td>
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<tr>
<td>CMWL 4103</td>
<td>Applied Research Methods in Health &amp; Community Wellness</td>
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<td>PHED 4603</td>
<td>Advanced Concepts of Personal Training</td>
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**ELECTIVE**

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<td>CMWL 3202</td>
<td>Preventive Nutrition and Wellness Counseling</td>
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</tr>
<tr>
<td>CMWL 3210</td>
<td>Nutrition and Wellness Techniques</td>
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</table>

**MILESTONES:**
- Maintain 2.0 or better GPA.
- Complete courses earning C or better.
- Electives must be 3000/4000 level courses.
- Sub CMWL 3210 for elective if nutr minor.

#### TERM 2: SPRING

<table>
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<th>Course Title</th>
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<td>Wellness Coaching</td>
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<tr>
<td>CMWL 4100</td>
<td>Service Learning in Health &amp; C. Wellness</td>
<td>3</td>
</tr>
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<td>PHED 4501</td>
<td>Contemporary Health Issues</td>
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<td>CMWL 4102</td>
<td>Service Learning in Health &amp; C. Wellness</td>
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</tr>
<tr>
<td>CMWL 4101</td>
<td>Wellness Coaching</td>
<td>3</td>
</tr>
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</table>

**MILESTONES:**
- Maintain 2.0 or better GPA.
- Complete courses earning C or better.
- Electives must be 3000/4000 level courses.
- Complete CMWL exit content exam for graduation.

#### TERM 3: SUMMER

<table>
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<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credit Hours</th>
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<tbody>
<tr>
<td>CMWL 3401</td>
<td>Technology in Health &amp; Comm Wellness</td>
<td>3</td>
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<tr>
<td>Elective or CMWL Course</td>
<td>To Help Get Back On Track</td>
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**ELECTIVE OR CMWL COURSE**

<table>
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<tr>
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<td>CMWL 4100</td>
<td>Service Learning in Health &amp; C. Wellness</td>
<td>3</td>
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</table>

**MILESTONES:**
- Complete fully online CMWL 3401 course with C or better.
- Maintain 2.0 or better GPA.
- Electives must be 3000/4000 level courses.

**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.

**Take Care of Yourself**

- Complete CMWL pre-test in CMWL 2100. Pass CMWL 2100 with a C or better before beginning CMWL major courses.
- Select academic minor.
- Choose electives at the 3000/4000 level.
- Maintain 2.0 or better GPA.

**Find Your Place**

- Volunteer with a community health organization.
- Research Public Health Organizations.
- Take a leadership role in B.A.A.T.E.T club.
- Gain summer work experience (e.g. summer camps, internships).

**Broaden Your Perspectives**

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

**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.

**Career Development**

- Apply for a career shadowing opportunity.
- Complete a research project with a faculty member.
- Attend an interview workshop.
- Complete an internship.

**Take Care of Yourself**

- 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 internship.
- Complete CMWL exit content exam for graduation.

**Find Your Place**

- Attend a conference in a public health field as a student member.
- Complete a research project with a faculty member.
- Ask for advice from professionals in your field of interest.
- Explore career shadowing opportunities.

**Broaden Your Perspectives**

- Explore practices of creating more inclusive practices.
- Consider working abroad and research visa regulations.
- Explore career shadowing opportunities.

**Connect Off-Campus**

- 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**

- 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.

**Pave Your Path**

- 15 Fall credit hours + 15 Spring credit hours + 6 Summer credit hours = 36 credit hours

**Year 4**

#### TERM 1: FALL

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<td>CMWL 3210</td>
<td>Principles of Nutrition</td>
<td>3</td>
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<tr>
<td>CMWL 3110</td>
<td>Program Evaluation in Community Settings</td>
<td>3</td>
</tr>
<tr>
<td>CMWL 4101</td>
<td>Worksite Wellness Programs</td>
<td>3</td>
</tr>
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</table>

**MILESTONE:**
- Earn 2.0 GPA or above in business core; elective could be professional content. Select one of the following: CMWL 3300, CMWL 3304, or CMWL 3200.

#### TERM 2: SPRING

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**MILESTONES:**
- Maintain 2.0 or better GPA.
- Complete courses earning C or better.
- Electives must be 3000/4000 level courses.
- Complete CMWL exit content exam for graduation.

**Take Care of Yourself**

- 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.

**Find Your Place**

- Attend a conference in a public health field as a student member.
- Complete a research project with a faculty member.
- Ask for advice from professionals in your field of interest.
- Explore career shadowing opportunities.

**Broaden Your Perspectives**

- Explore practices of creating more inclusive practices.
- Consider working abroad and research visa regulations.
- Explore career shadowing opportunities.

**Connect Off-Campus**

- 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**

- 12 Fall credit hours + 12 Spring credit hours = 24 credit hours