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

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

HEALTH & COMMUNITY WELLNESS
GENERAL TRACK
Bachelor of Science

60
CORE CREDIT HOURS

45
MAJOR CREDIT HOURS

15
ELECTIVE CREDIT HOURS

HONORS COLLEGE
Consider joining if you have an Overall GPA of 3.2 and earned 15 college credit hours!
TERM 1: FALL

C1: ENGL 1101 3 CREDIT HOURS
English Composition I

M: MATH 1001 3 CREDIT HOURS
Quantitative Skills & Reasoning

I2: XIDS 2002 2 CREDIT HOURS
First Year Seminar

T1: BIOL 1010 + LAB 4 CREDIT HOURS
Fundamentals of Biology

S: SOCIAL SCIENCES 3 CREDIT HOURS

MILESTONES:
• Complete ENGL 1101 with C or better
• Complete Core Impacts Math
• Complete Lab Science
• Complete Area F Courses with C or better

TERM 1: FALL

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

F: CMWL 2200 3 CREDIT HOURS
Social Determinants of Health Wellness

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

A: HUMANITIES

P: CITIZENSHIP T3: STEM COURSE

MILESTONES:
• Complete Core Impacts
• Complete Area F Courses with C or better

TERM 2: SPRING

C2: ENGL 1102 3 CREDIT HOURS
English Composition II

F: PSYC 1101 3 CREDIT HOURS
Introduction to General Psychology

F: PHED 2000 3 CREDIT HOURS
Age-Old Fitness & Wellness

I1: COMM 1110 OR ENGL 2050 3 CREDIT HOURS
Public Speaking or Self-Staging: Oral Communication in Daily Life

T2: NON-LAB SCIENCE 3 CREDIT HOURS

MILESTONES:
• Complete ENGL 1102 with C or better
• Complete Non-Lab Science
• Complete Core Impacts
• Complete Area F Courses with C or better

TERM 2: SPRING

F: PHED 2605 3 CREDIT HOURS
Functional Anatomy

F: MATH 1401 3 CREDIT HOURS
Elementary Statistics

A: HUMANITIES

S: SOCIAL SCIENCES

P: CITIZENSHIP

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

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

PAVE YOUR PATH

• 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.

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

PAVE YOUR PATH

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

CRUSH YOUR COURSEWORK

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

FIND YOUR PLACE

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

BROADEN YOUR PERSPECTIVES

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

TAKING 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.

CONNECT OFF-CAMPUS

• Complete CMWL pre-test in CMWL 2100. Pass CMWL 2100 with a C or better before beginning CMWL major courses.
• In a student organization? Suggest you all complete an implicit bias workshop.
• Consider a study abroad program. Check out students’ stories of their experiences.

TAKE CARE OF YOURSELF

• 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.
• Complete CMWL pre-test in CMWL 2100. Pass CMWL 2100 with a C or better before beginning CMWL major courses.

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

TAKE CARE OF YOURSELF

• Complete ENGL 1101 and 1102 and Area M Math courses with a C or better.
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**TERM 1: FALL**

- **CMWL 3100**
  - Lifestyle Development
  - 3 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
  - (This course has a course prerequisite requirement)

**ELECTIVE**
- **CMWL 3401**
  - To Help Get Back On Track
  - 3 CREDIT HOURS

**MILESTONES:**
- 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.

**CRUSH YOUR COURSEWORK**

**FIND YOUR PLACE**

**BROADEN YOUR PERSPECTIVES**

**CONNECT OFF-CAMPUS**

**TAKE CARE OF YOURSELF**

**PAVE YOUR PATH**

15 FALL CREDIT HOURS + 15 SPRING CREDIT HOURS + 6 SUMMER CREDIT HOURS = 36 CREDIT HOURS

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**TERM 2: SPRING**

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

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

- **CMWL 4000**
  - C/W Programming for Special Populations<br>  (This course has a course prerequisite requirement)
  - 3 CREDIT HOURS

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

**ELECTIVE**
- **CMWL 3210**
  - **Technology in Health & Comm Wellness**
  - 3 CREDIT HOURS

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

**CRUSH YOUR COURSEWORK**

**FIND YOUR PLACE**

**BROADEN YOUR PERSPECTIVES**

**CONNECT OFF-CAMPUS**

**TAKE CARE OF YOURSELF**

**PAVE YOUR PATH**

12 FALL CREDIT HOURS + 12 SPRING CREDIT HOURS + 6 SUMMER CREDIT HOURS = 36 CREDIT HOURS

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**TERM 3: SUMMER**

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

- **ELECTIVE OR CMWL COURSE**
  - To Help Get Back On Track
  - 3 CREDIT HOURS

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

15 FALL CREDIT HOURS + 15 SPRING CREDIT HOURS + 6 SUMMER CREDIT HOURS = 36 CREDIT HOURS

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**TERM 4: FALL**

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

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

- **CMWL 4101**
  - Worksite Wellness Program
  - ELECTIVE

**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 3209

**CRUSH YOUR COURSEWORK**

**FIND YOUR PLACE**

**BROADEN YOUR PERSPECTIVES**

**CONNECT OFF-CAMPUS**

**TAKE CARE OF YOURSELF**

**PAVE YOUR PATH**

12 FALL CREDIT HOURS + 12 SPRING CREDIT HOURS + 6 SUMMER CREDIT HOURS = 36 CREDIT HOURS

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**TERM 5: SPRING**

- **CMWL 4102**
  - Service Learning in Health & C. Wellness
  - 3 CREDIT HOURS

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

**ELECTIVE**
- **CMWL 4102**
  - Service Learning in Health & C. Wellness
  - 3 CREDIT HOURS

**MILESTONES:**
- 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 3209

**CRUSH YOUR COURSEWORK**

**FIND YOUR PLACE**

**BROADEN YOUR PERSPECTIVES**

**CONNECT OFF-CAMPUS**

**TAKE CARE OF YOURSELF**

**PAVE YOUR PATH**

- Apply for an internship.
- Complete CMWL exit content exam for graduation.
- Attend a conference in a public health field as a student member.
- Complete a research project with a faculty member.
- Assess your cultural competency.
- Consider working abroad and research visa regulations.
- Explore practices of creating more inclusive careers.
- Ask for advice from professionals in your field of interest.
- Explore career shadowing opportunities.
- Explore a farmer’s market for fresh produce.
- Develop a post-graduation exercise plan.
- Explore your loan repayment options and complete your exit counseling.
- 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.