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
60
MAJOR CREDIT HOURS
0
ELECTIVE CREDIT HOURS

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.

VISIT WOLFWATCH FOR MORE INFORMATION.
HAVE A QUESTION? CHECK IN WITH YOUR ADVISOR!
### 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></td>
<td>3</td>
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</tbody>
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**MILESTONES:**
- Complete ENGL 1101 and 1102 and Area M Math courses with a C or better.
- Complete Lab Science with a B or better.

#### 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>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>
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<tr>
<td>S: SOCI 1101</td>
<td>Introductory Sociology</td>
<td>3</td>
</tr>
<tr>
<td>A1: FINE ARTS</td>
<td></td>
<td>3</td>
</tr>
</tbody>
</table>

**MILESTONES:**
- Complete ENGL 1102 C or better.
- Complete Area M Math C or better.
- Earn 15 or more credit hours.
- For best opportunity for admission into a graduate program, complete lab science with a B or better.

### 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>P: CMWL 2100</td>
<td>Introduction to Health &amp; Community Wellness</td>
<td>2</td>
</tr>
<tr>
<td>F: BIOL 2251 + LAB</td>
<td>Anatomy and Physiology I</td>
<td>4</td>
</tr>
<tr>
<td>F: PHED 2628</td>
<td>First Aid &amp; CPR for Ed majors</td>
<td>1</td>
</tr>
<tr>
<td>F: MATH 1112</td>
<td>Trigonometry</td>
<td>3</td>
</tr>
<tr>
<td>A2: HUMANITIES</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>P: CITIZENSHIP</td>
<td></td>
<td>3</td>
</tr>
</tbody>
</table>

**MILESTONES:**
- Earn 14 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.

#### TERM 2: SPRING

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>F: BIOL 2252 + LAB</td>
<td>Anatomy and Physiology II</td>
<td>4</td>
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<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>
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<tr>
<td>F: PSYC 1101</td>
<td>Intro to General Psychology</td>
<td>3</td>
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<tr>
<td>P: CITIZENSHIP</td>
<td></td>
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</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.
- Maintain GPA 3.0 or better.

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### TAKE CARE OF YOURSELF

- Complete self-assessment to see what careers and majors are right for you.
- Visit Office of Career and Graduate School Connections.
- Create a profile on Handshake.
- Consider applying for an on-campus job.

### 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.

### CRUSH YOUR COURSEWORK

- Volunteer with the Wolf Wellness Lab.
- Contact a certified occupational therapist to shadow/observe or interview.

### CRUSH YOUR COURSEWORK

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

### CRUSH YOUR COURSEWORK

- 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.

### TAKE CARE OF YOURSELF

- Draft your resume and attend a resume build.
- 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.
### YEAR 3

#### TERM 1: FALL

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>CMWL 3101</td>
<td>Mental &amp; Emotional Wellness</td>
<td>3</td>
</tr>
<tr>
<td>CMWL 4103</td>
<td>Applied Research Methods in Health &amp; Community</td>
<td>3</td>
</tr>
<tr>
<td>CMWL 3401</td>
<td>Technology in Health &amp; Comm Wellness</td>
<td>3</td>
</tr>
</tbody>
</table>

**MILESTONES:**
- Technology in Health & Comm Wellness
  - Complete CMWL pre-test in CMWL 2100. Pass CMWL 2100 with a C or better before beginning CMWL major courses.
  - Obtain 40 hours of Occupational Therapy observation logged in each setting (1 & 2)
  - Maintain 3.0 or better GPA.

**PHED 2000**
- Applied Concepts

**F: PHED 2000**
- In a student organization? Suggest you all complete an implicit bias workshop.
- Consider a study abroad program. Check out students’ stories of their experiences.

**PHED 4603**
- Advanced Concepts of Personal Training
  - Complete an internship in your field.
  - Consider a summer or part-time job.
  - Ask your department about networking opportunities with alumni.

**TERM 2: SPRING**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>CMWL 3220</td>
<td>Health Promotion, Ed, and Program Eval</td>
<td>3</td>
</tr>
<tr>
<td>CMWL 3102</td>
<td>Psychology of Health and Wellness</td>
<td>3</td>
</tr>
<tr>
<td>PSYC 3010</td>
<td>Human Growth and Development</td>
<td>4</td>
</tr>
<tr>
<td>PHED 4501</td>
<td>Contemporary Health Issues</td>
<td>3</td>
</tr>
<tr>
<td>PHED 4603</td>
<td>Advanced Concepts of Personal Training</td>
<td>3</td>
</tr>
</tbody>
</table>

**MILESTONES FOR YEAR 3:**
- Apply for an internship.
- Maintain 3.0 or better GPA.
- Obtain 40 hours of observation in setting #3.
- Complete CMWL exit content exam for graduation.

**TERM 3: SUMMER**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>CMWL 3401</td>
<td>Technology in Health &amp; Comm Wellness</td>
<td>3</td>
</tr>
</tbody>
</table>

**MILESTONES:**
- Complete course with C or better
  - Maintain GPA 3.0 or better
  - Obtain 40 hours of observation in settings #1 & 2

**F: PHED 2000**
- Applied Concepts

### YEAR 4

#### TERM 1: FALL

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Credits</th>
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<tbody>
<tr>
<td>CMWL 4101</td>
<td>Worksite Wellness Programs</td>
<td>3</td>
</tr>
<tr>
<td>CMWL 3110</td>
<td>Program Evaluation in Community Settings</td>
<td>3</td>
</tr>
<tr>
<td>CMWL 4000</td>
<td>EW Programming for Special Populations</td>
<td>3</td>
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<tr>
<td>CMWL 3300</td>
<td>Medical Terminology</td>
<td>3</td>
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**MILESTONES FOR YEAR 4:**
- Apply for graduate programs.
- Complete a research project with a faculty member.
- Apply to Graduate School.

**TERM 2: SPRING**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>CMWL 3210</td>
<td>Principles of Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>CMWL 4100</td>
<td>Wellness Coaching</td>
<td>3</td>
</tr>
<tr>
<td>CMWL 4102</td>
<td>Service Learning in Health &amp; Community Wellness</td>
<td>3</td>
</tr>
<tr>
<td>PSYC 3150</td>
<td>Abnormal Psychology</td>
<td>3</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>CMWL 3300</td>
<td>Medical Terminology</td>
<td>3</td>
</tr>
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</table>

**TERM 4: SPRING**

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<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>CMWL 3102</td>
<td>Principles of Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>CMWL 4101</td>
<td>Worksite Wellness Programs</td>
<td>3</td>
</tr>
</tbody>
</table>

**MILESTONES FOR YEAR 4:**
- Assess your cultural competency.
- Consider working abroad and research visa regulations.
- Explore practices of creating more inclusive careers.
- Apply for an internship.
- Maintain 3.0 or better GPA.
- Obtain 40 hours of observation in setting #3.
- Complete CMWL exit content exam for graduation.

### CRUSH YOUR COURSEWORK

- Complete CMWL pre-test in CMWL 2100. Pass CMWL 2100 with a C or better before beginning CMWL major courses.
- Obtain 40 hours of Occupational Therapy observation logged in each setting (1 & 2)
- Maintain 3.0 or better GPA.

### FIND YOUR PLACE

- Volunteer with a community health organization.
- Take a leadership role in S.U.L.F.E.
- Apply for an internship.
- Explore Master’s in Occupational Therapy programs.
- Research ADHA Georgia.
- Gain summer work experience (e.g. summer camps, internship).

### 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

- 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

- 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.

### 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.

### CRUSH YOUR COURSEWORK

- Apply for an internship.
- Maintain 3.0 or better GPA.
- Obtain 40 hours of observation in setting #3.
- Complete CMWL exit content exam for graduation.

### FIND YOUR PLACE

- Attend a conference in OT or a related field as a student member.
- Complete a research project with a faculty member.
- Apply to Graduate School.

### BROADEN YOUR PERSPECTIVES

- Consider working abroad and research visa regulations.
- Explore practices of creating more inclusive careers.

### 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.

### 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.