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!
### YEAR 1

#### TERM 1: FALL

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</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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</table>

**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 Name</th>
<th>Credit Hours</th>
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<tbody>
<tr>
<td>C2: ENGL 1102</td>
<td>English Composition II</td>
<td>3</td>
</tr>
<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>
</tr>
<tr>
<td>S: SOCI 1101</td>
<td>Introductory Sociology</td>
<td>3</td>
</tr>
<tr>
<td>A: HUMANITIES</td>
<td></td>
<td>3</td>
</tr>
</tbody>
</table>

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

### YEAR 2

#### TERM 1: FALL

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>F: 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>A: 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 Name</th>
<th>Credit Hours</th>
</tr>
</thead>
<tbody>
<tr>
<td>F: BIOL 2252 + LAB</td>
<td>Anatomy and Physiology II</td>
<td>4</td>
</tr>
<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>
</tr>
<tr>
<td>P: CITIZENSHIP</td>
<td></td>
<td>3</td>
</tr>
</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

### Find Your Place

- Explore diversity, equity, and inclusion resources and opportunities across campus.
- Check out the education abroad office.
- Complete ENGL 1101 and 1102 and Area M Math courses with a C or better.
- Complete CMWL pre-test in CMWL 2100
- Must pass CMWL 2100 with C or better before beginning CMWL major courses

### Broaden Your Perspectives

- Visit Wolves Vote to learn about the voting process and registration.
- Consider volunteering for a campaign or organization in your community.
- Visit the IMC Wellness Hub to find all the resources available to you!
- Visit Health Services.
- Go to the IMC Wellness Hub for 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

- Draft your resume and attend a resume blitz.
- Learn about new ways 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
- **PHYS 1111 + LAB**
  - Introductory Physics I
  - 4 CREDIT HOURS
- **CMWL 3101**
  - Mental & Emotional Wellness
  - 3 CREDIT HOURS
- **CMWL 4103**
  - Applied Research Methods in Health & Community Wellness
  - 3 CREDIT HOURS
- **F: PHED 2000**
  - Applied Concepts
  - 3 CREDIT HOURS

#### TERM 2: SPRING
- **CMWL 3220**
  - Health Promotion, Ed, and Program Eval
  - 3 CREDIT HOURS
- **CMWL 3102**
  - Psychology of Health and Wellness
  - 3 CREDIT HOURS
- **PSYC 3010**
  - Human Growth and Development
  - 4 CREDIT HOURS
- **PHED 4501**
  - Contemporary Health Issues
  - 3 CREDIT HOURS
- **PHED 4603**
  - Advanced Concepts of Personal Training
  - 3 CREDIT HOURS

#### TERM 3: SUMMER
- **CMWL 3401**
  - Technology in Health & Comm Wellness
  - 3 CREDIT HOURS

### YEAR 4

#### TERM 1: FALL
- **CMWL 4101**
  - Worksite Wellness Programs
  - 3 CREDIT HOURS
- **CMWL 3110**
  - Program Evaluation in Community Settings
  - 3 CREDIT HOURS
- **CMWL 4102**
  - Service Learning in Health & Community Wellness
  - 3 CREDIT HOURS
- **CMWL 3210**
  - Principles of Nutrition
  - 3 CREDIT HOURS
- **CMWL 3400**
  - E/W Programming for Special Populations
  - 3 CREDIT HOURS
- **CMWL 3110**
  - Mental & Emotional Wellness
  - 3 CREDIT HOURS
- **CMWL 2100**
  - Applied Research Methods in Health & Community Wellness
  - 3 CREDIT HOURS
- **CMWL 4000**
  - Medical Terminology
  - 3 CREDIT HOURS

### MILESTONES FOR YEAR 3:
- 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.

### MILESTONES FOR YEAR 3:
- Volunteer with a community health organization.
- Take a leadership role in S.H.I.F.T.
- Apply for an internship.
- Explore Master’s in Occupational Therapy programs.
- Research ADHA Georgia.
- Gain summer work experience (e.g. summer camps, internship).

### PAVE YOUR PATH
- Complete CMWL exit content exam for graduation.

### TERM 2: SPRING
- **CMWL 3210**
  - Principles of Nutrition
  - 3 CREDIT HOURS
- **CMWL 4100**
  - Wellness Coaching
  - 3 CREDIT HOURS
- **CMWL 4102**
  - Service Learning in Health & Community Wellness
  - 3 CREDIT HOURS
- **PSYC 3150**
  - Abnormal Psychology
  - 3 CREDIT HOURS

### TERM 2: SPRING
- 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
- Maintain 3.0 or better GPA.
- Obtain 40 hours of observation in setting #3.
- Complete CMWL exit content exam for graduation.

### PAVE YOUR PATH
- Complete CMWL exit content exam for graduation.

### TERM 3: SUMMER
- **CMWL 3401**
  - Technology in Health & Comm Wellness
  - 3 CREDIT HOURS

### PAVE YOUR PATH
- Complete CMWL course with C or better
- Maintain GPA 3.0 or better
- Obtain 40 hours of Occupational Therapy observation hours (setting #2)

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