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.

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

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

HEALTH & COMMUNITY WELLNESS
PhysicaL THERAPY TRACK
Bachelor of Science

60
CORE CREDIT HOURS

60
MAJOR CREDIT HOURS

0
ELECTIVE CREDIT HOURS

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

TERM 1: FALL

C1: ENGL 1101 3 CREDIT HOURS
English Composition I

M: MATH 1111 3 CREDIT HOURS
College Algebra

I2: XIDS 2002 2 CREDIT HOURS
First Year Seminar

T1: BIOL 1107 + LAB 4 CREDIT HOURS
Principles of Biology I + Lab

S: SOCIAL SCIENCES 3 CREDIT HOURS

FIND YOUR PLACE

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

F: PSYC 1101 3 CREDIT HOURS
Introduction to General Psychology

BROADEN YOUR PERSPECTIVES

• Join S.K.L.E.T. (Health and Community Wellness Club).
• Volunteer with the Wolf Wellness Lab.
• Contact a certified physical therapist to shadow/observe or interview.

TERM 2: SPRING

C2: ENGL 1102 3 CREDIT HOURS
English Composition II

F: PSYC 1101 3 CREDIT HOURS
Introduction to General Psychology

T2: BIOL 1108 + LAB 4 CREDIT HOURS
Principles of Biology II + Lab

I1: ANTH 1101 3 CREDIT HOURS
Voices of Culture

A1: FINE ARTS 3 CREDIT HOURS

FIND YOUR PLACE

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

F: BIOL 2251 + LAB 4 CREDIT HOURS
Biological Anthropology + Lab

F: MATH 2100 3 CREDIT HOURS
Introduction to Health & Community Wellness

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.

P: CITIZENSHIP 3 CREDIT HOURS

TERM 2: SPRING

F: BIOL 2252 + LAB 4 CREDIT HOURS
Anatomy and Physiology I + Lab

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

F: MATH 1112 3 CREDIT HOURS
Trigonometry

F: CMWL 2200 3 CREDIT HOURS
Social Determinants

T3: MATH 1401 3 CREDIT HOURS
Elementary Statistics

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

P: CITIZENSHIP 3 CREDIT HOURS

TERM 1: FALL

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

F: CMWL 2200 3 CREDIT HOURS
Social Determinants

F: BIOL 2251 + LAB 4 CREDIT HOURS
Anatomy and Physiology I + Lab

A2: HUMANITIES 3 CREDIT HOURS

P: CITIZENSHIP 3 CREDIT HOURS

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

CRUSH YOUR COURSEWORK

• Complete ENGL 1101 with C or better.
• Complete Area F courses with C or better.
• For better opportunity for admission into a graduate program, complete Lab Science with B or better.
• Earn 15 or more credit hours

FIND YOUR PLACE

• Consider applying for an on-campus job.
• Create your profile on Handshake.
• Connections.
• Visit Office of Career and Graduate School to find out about graduate programs and admission requirements.
• Draft your personal statement. Visit the graduate school to find out about graduate programs and admission requirements.

BROADEN YOUR PERSPECTIVES

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

TERM 1: FALL

• Begin CMWL major courses.
• Complete Lab Science with B or better.
• For better opportunity for admission into a graduate program, complete Lab Science with B or better.
• Earn 15 or more credit hours

FIND YOUR PLACE

• Make a self-assessment to see what careers and majors are right for you.
• Visit Office of Career and Graduate School and major advisors.

BROADEN YOUR PERSPECTIVES

• Complete a self-assessment to see what careers and majors are right for you.
• Visit Office of Career and Graduate School and major advisors.
• 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.

TERM 1: FALL

• Take Care of Yourself
• Pave Your Path

TERM 2: SPRING

• Take Care of Yourself
• Pave Your Path

PAVE YOUR PATH

• Create a self-assessment to see what careers and majors are right for you.
• Visit Office of Career and Graduate School and major advisors.
• Obtain 40 hours of Physical Therapy observation logged in each setting (1 & 2).

15 FALL CREDIT HOURS + 16 SPRING CREDIT HOURS = 31 CREDIT HOURS

15 FALL CREDIT HOURS + 14 SPRING CREDIT HOURS = 29 CREDIT HOURS

15 FALL CREDIT HOURS + 16 SPRING CREDIT HOURS = 31 CREDIT HOURS

15 FALL CREDIT HOURS + 14 SPRING CREDIT HOURS = 29 CREDIT HOURS

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

• Take Care of Yourself
• Pave Your Path

• Take Care of Yourself
• Pave Your Path

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

• Complete Lab Science with a B or better.
### YEAR 3

#### TERM 1: FALL
- **CHEM 1211 + LAB**
  - 4 CREDIT HOURS
  - Principles of Chemistry I

- **CMWL 3101**
  - 3 CREDIT HOURS
  - Mental & Emotional Wellness

- **CMWL 4103**
  - 3 CREDIT HOURS
  - Applied Research Methods in Health & Community Wellness

- **PHED 4603**
  - 3 CREDIT HOURS
  - Advanced Concepts of Personal Training

#### MILESTONES:
- **E/W Programming for Special Populations**
  - (This course has a course prerequisite requirement)

#### CRUSH YOUR COURSEWORK
- **PHYS 1111 + LAB**
  - 4 CREDIT HOURS
  - Introductory Physics I

- **CMWL 3110**
  - 3 CREDIT HOURS
  - Program Evaluation in Community Settings

- **CMWL 4101**
  - 3 CREDIT HOURS
  - Worksite Wellness

#### FIND YOUR PLACE
- **Volunteer with a community health organization.**
- **Take a leadership role in S.H.I.F.T.**
- **Explore Doctoral Programs in Physical Therapy.**
- **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.**
- **Take a leadership role in S.H.I.F.T.**

#### TAKE CARE OF YOURSELF
- **Draft your resume and attend a resume blitz.**
- **Learn about how to network on social media and update your Handshake profile.**
- **Visit the graduate school to find out about graduate programs and admission requirements.**

#### PAVE YOUR PATH
- **Obtain 40 hours of observation in setting #3.**
- **Maintain GPA 3.0 or better.**
- **For better opportunity for admission into a graduate program.**

#### TERM 2: SPRING
- **CMWL 3220**
  - 3 CREDIT HOURS
  - Health Promotion, Ed, and Program Eval

- **CMWL 3102**
  - 3 CREDIT HOURS
  - Psychology of Health & Wellness

- **CHEM 1212 + LAB**
  - 4 CREDIT HOURS
  - Principles of Chemistry II

- **PSYC 3010**
  - 4 CREDIT HOURS
  - Human Growth and Development

#### MILESTONES FOR YEAR 3:
- **For better opportunity for admission into a graduate program.**
  - Complete laboratory Science with B or better.
  - Obtain 40 hours of Physical Therapy Observation logged in each setting (1 & 2).
  - Maintain GPA 3.0 or better.**

#### CONNECT OFF-CAMPUS
- **Ask for advice from professionals in your field of interest.**
- **Explore career shadowing opportunities.**
- **Develop a post-graduation exercise plan.**

#### TAKE CARE OF YOURSELF
- **Ask your department about networking opportunities with alumni.**
- **Consider working abroad and research visa regulations.**
- **Gain summer work experience (e.g. summer camps, internships).**

#### PAVE YOUR PATH
- **Complete CMWL exit content exam for graduation.**
- **Complete CMWL 2100 with a C or better before beginning CMWL major courses.**

#### TERM 3: SUMMER
- **PHYS 1112 + LAB**
  - 4 CREDIT HOURS
  - Introductory Physics II

- **CMWL 4000**
  - 3 CREDIT HOURS
  - E/W Programming for Special Populations

- **CMWL 4100**
  - 3 CREDIT HOURS
  - Wellness Coaching

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

#### MILESTONES:
- **Worksite Wellness**
  - (This course has a course prerequisite requirement)

#### CRUSH YOUR COURSEWORK
- **Volunteer with a community health organization.**
- **Take a leadership role in S.H.I.F.T.**
- **Apply for an internship.**
- **Explore Doctoral Programs in Physical Therapy.**
- **Gain summer work experience (e.g. summer camps, internships).**

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

#### BROADEN YOUR PERSPECTIVES
- **Complete an internship in your field.**
- **Consider a summer or part-time job.**
- **Ask your department about networking opportunities with alumni.**

#### 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.**
- **Take a leadership role in S.H.I.F.T.**

#### TAKE CARE OF YOURSELF
- **Draft your resume and attend a resume blitz.**
- **Learn about how to network on social media and update your Handshake profile.**
- **Visit the graduate school to find out about graduate programs and admission requirements.**

#### PAVE YOUR PATH
- **Obtain 40 hours of observation in setting #3.**
- **Maintain GPA 3.0 or better.**
- **For better opportunity for admission into a graduate program.**

#### TERM 4:
- **PHYS 1112 + LAB**
  - 4 CREDIT HOURS
  - Introductory Physics II

- **CMWL 3110**
  - 3 CREDIT HOURS
  - Program Evaluation in Community Settings

- **CMWL 4101**
  - 3 CREDIT HOURS
  - Worksite Wellness

- **PSYC 3150**
  - 4 CREDIT HOURS
  - Abnormal Psychology

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

#### MILESTONES FOR YEAR 4:
- **For better opportunity for admission into a graduate program.**
  - Complete laboratory Science with B or better.
  - Obtain 40 hours of Physical Therapy Observation logged in each setting (1 & 2).
  - Maintain GPA 3.0 or better.**

#### CONNECT OFF-CAMPUS
- **Ask for advice from professionals in your field of interest.**
- **Explore career shadowing opportunities.**
- **Develop a post-graduation exercise plan.**

#### TAKE CARE OF YOURSELF
- **Ask for advice from professionals in your field of interest.**
- **Explore career shadowing opportunities.**
- **Develop a post-graduation exercise plan.**

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

13 FALL CREDIT HOURS + 14 SPRING CREDIT HOURS + 7 SUMMER CREDIT HOURS = 34 CREDIT HOURS

14 FALL CREDIT HOURS + 12 SPRING CREDIT HOURS = 26 CREDIT HOURS