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

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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  
English Composition I  3 CREDIT HOURS

M: MATH 1111  
College Algebra  3 CREDIT HOURS

I2: XIDS 2002  
First-Year Seminar  2 CREDIT HOURS

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

F: ENGL 1102  
English Composition II  3 CREDIT HOURS

C2:  

MILESTONES:  
• Complete ENGL 1101 with C or better  
• Complete core impacts math 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

TERM 2: SPRING

C2: ENGL 1102  
English Composition II  3 CREDIT HOURS

F: PSYC 1101  
Introduction to General Psychology  3 CREDIT HOURS

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

I1: ANTH 1101  
Voices of Culture  3 CREDIT HOURS

A: HUMANITIES  3 CREDIT HOURS

MILESTONES:  
• Complete ENG 1102 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

YEAR 2

TERM 1: FALL

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

F: MATH 1112  
Trigonometry  3 CREDIT HOURS

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

A: CITIZENSHIP  3 CREDIT HOURS

P:  

MILESTONES:  
• Earn 15 or more credit hours  
• Complete area F courses with C or better  
• For better 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

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

F: CMWL 2200  
Social Determinants  3 CREDIT HOURS

T3: MATH 1401  
Elementary Statistics  3 CREDIT HOURS

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

P: CITIZENSHIP  3 CREDIT HOURS

MILESTONES:  
• Complete area F courses with C or better  
• For better opportunity for admission into a graduate program, complete lab science with B or better  
• Maintain GPA 3.0 or better

PAVE YOUR PATH

• 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

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

FIND YOUR PLACE

• Join S.K.L.E.T. (Health and Community Wellness Club).

BROADEN YOUR PERSPECTIVES

• Visit Wolves Vote to learn about the voting process and registration.

TAKE CARE OF YOURSELF

• Visit the IMC Wellness Hub to find all the resources available to you!

TAKE CARE OF YOURSELF

• Complete a self-assessment to see what careers and majors are right for you.

TAKE CARE OF YOURSELF

• Visit Office of Career and Graduate School Connections.

TAKE CARE OF YOURSELF

• Contact a certified physical therapist to shadow/observe or interview.

TAKE CARE OF YOURSELF

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

TAKE CARE OF YOURSELF

• Obtain 40 hours of Physical Therapy observation logged for each setting (1 & 2).

TAKE CARE OF YOURSELF

• Maintain 3.0 or better GPA.

TAKE CARE OF YOURSELF

• In a student organization? Suggest you all complete an implicit bias workshop.

TAKE CARE OF YOURSELF

• Complete an internship in your field.

TAKE CARE OF YOURSELF

• Consider a study abroad program. Check out students’ stories of their experiences.

TAKE CARE OF YOURSELF

• Draft your personal statement.

TAKE CARE OF YOURSELF

• Take a fitness class, climb the rock wall, or join an intramural team.

TAKE CARE OF YOURSELF

• Find your course of study and majors are right for you. Complete a self-assessment to see what careers and majors are right for you. Consider networking opportunities with alumni.

TAKE CARE OF YOURSELF

• Visit the graduate school to find out about graduate programs.

TAKE CARE OF YOURSELF

• Learn about how to network on social media and attend a resume blitz.

TAKE CARE OF YOURSELF

• Ask your department about networking opportunities with alumni.

TAKE CARE OF YOURSELF
**TERM 1: FALL**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
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<tbody>
<tr>
<td>CHEM 1211 + LAB</td>
<td>Principles of Chemistry I</td>
<td>4</td>
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<tr>
<td>CMWL 3101</td>
<td>Mental &amp; Emotional Wellness</td>
<td>3</td>
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<tr>
<td>CMWL 4103</td>
<td>Applied Research Methods in Health &amp; Community Wellness</td>
<td>3</td>
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<tr>
<td>PHED 4603</td>
<td>Advanced Concepts of Personal Training</td>
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</table>

**TIP:**
- 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.

**MILESTONES FOR TERM 1:**
- **COMPLETE COURSES WITH C OR BETTER**
- **COMPLETE LAB SCIENCE WITH B OR BETTER**
- **OBTAIN 40 HOURS OF PHYSICAL THERAPY OBSERVATION LOGGED (SETTING #1)**

**TERM 2: SPRING**

<table>
<thead>
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<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>CHEM 1212 + LAB</td>
<td>Principles of Chemistry II</td>
<td>4</td>
</tr>
<tr>
<td>PSYC 3010</td>
<td>Human Growth and Development</td>
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</table>

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

**MILESTONES FOR YEAR 2:**
- **FOR BETTER OPPORTUNITY FOR ADMISSION INTO A GRADUATE PROGRAM, COMPLETE LAB SCIENCE WITH B OR BETTER**
- **MAINTAIN GPA 3.0 OR BETTER**
- **OBTAIN 40 HOURS OF PHYSICAL THERAPY OBSERVATION LOGGED (SETTING #1)**

**TERM 3: SUMMER**

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<tbody>
<tr>
<td>PHYS 1111 + LAB</td>
<td>Introductory Physics I</td>
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</tr>
<tr>
<td>CMWL 4000</td>
<td>E/W Programming for Special Populations</td>
<td>3</td>
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</tbody>
</table>

**TIP:**
- 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.

**MILESTONES FOR TERM 3:**
- **COMPLETE CMWL COURSE WITH C OR BETTER**
- **FOR BETTER OPPORTUNITY FOR ADMISSION INTO A GRADUATE PROGRAM, COMPLETE LAB SCIENCE WITH B OR BETTER**
- **MAINTAIN GPA 3.0 OR BETTER**
- **OBTAIN 40 HOURS OF PHYSICAL THERAPY OBSERVATION LOGGED (SETTING #2)**

**TERM 4: FALL**

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<tr>
<td>PHYS 1112 + LAB</td>
<td>Introductory Physics II</td>
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<tr>
<td>CMWL 3110</td>
<td>Program Evaluation in Community Settings</td>
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<tr>
<td>PSYC 3150</td>
<td>Abnormal Psychology</td>
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<tr>
<td>CMWL 4101</td>
<td>Worksite Wellness</td>
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**TIP:**
- Complete CMWL exit content exam for graduation.

**MILESTONES FOR YEAR 4:**
- **COMPLETE COURSES WITH C OR BETTER**
- **FOR BETTER OPPORTUNITY FOR ADMISSION INTO A GRADUATE PROGRAM, COMPLETE LAB SCIENCE WITH B OR BETTER**
- **MAINTAIN GPA 3.0 OR BETTER**
- **OBTAIN 40 HOURS OF PHYSICAL THERAPY OBSERVATION LOGGED (SETTING #3)**

**TERM 2: SPRING**

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<td>CMWL 3210</td>
<td>Principles of Nutrition</td>
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<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>PHED 4501</td>
<td>Contemporary Health Issues</td>
<td>3</td>
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**TIP:**
- Ask for advice from professionals in your field of interest.
- Explore career shadowing opportunities.

**MILESTONES FOR YEAR 4:**
- **COMPLETE COURSES WITH C OR BETTER**
- **FOR BETTER OPPORTUNITY FOR ADMISSION INTO A GRADUATE PROGRAM, COMPLETE LAB SCIENCE WITH B OR BETTER**
- **MAINTAIN GPA 3.0 OR BETTER**
- **OBTAIN 40 HOURS OF PHYSICAL THERAPY OBSERVATION LOGGED (SETTING #3)**
- **COMPLETE CMWL EXIT CONTENT EXAM FOR GRADUATION**

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**TIP:**
- 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.

**MILESTONES FOR TERM 3:**
- **COMPLETE COURSES WITH C OR BETTER**
- **FOR BETTER OPPORTUNITY FOR ADMISSION INTO A GRADUATE PROGRAM, COMPLETE LAB SCIENCE WITH B OR BETTER**
- **MAINTAIN GPA 3.0 OR BETTER**
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**TIP:**
- Attend a conference in PT or a related field as a student member.
- Complete a research project with a faculty member.
- Apply to Graduate School/Graduate Assistantships.

**MILESTONES FOR YEAR 4:**
- **COMPLETE COURSES WITH C OR BETTER**
- **FOR BETTER OPPORTUNITY FOR ADMISSION INTO A GRADUATE PROGRAM, COMPLETE LAB SCIENCE WITH B OR BETTER**
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**TIP:**
- Attend business fairs and career fairs at UWG and across the state.
- Attend an interview workshop.
- Apply for graduate programs.

**MILESTONES FOR TERM 3:**
- **COMPLETE COURSES WITH C OR BETTER**
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**TIP:**
- 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.