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.
### YEAR 1

#### TERM 1: FALL

<table>
<thead>
<tr>
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<th>Course Title</th>
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</tr>
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<tbody>
<tr>
<td>A1: ENGL 1101</td>
<td>English Composition I</td>
<td>3</td>
</tr>
<tr>
<td>A2: MATH 1111</td>
<td>College Algebra</td>
<td>3</td>
</tr>
<tr>
<td>B2: XIDS 2002</td>
<td>First-Year Seminar</td>
<td>2</td>
</tr>
<tr>
<td>D1: BIOL 1107 + LAB</td>
<td>Principles of Biology</td>
<td>4</td>
</tr>
<tr>
<td>E: SOCIAL SCIENCES</td>
<td></td>
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</tr>
</tbody>
</table>

**Crush Your Coursework**
- Complete ENGL 1101 and 1102 and Area A2 Math courses with a C or better.
- Complete Lab Science with a B 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.
- Go to the Visit Office to see 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.

**Pay Your Path**
- 15 FALL CREDIT HOURS + 16 SPRING CREDIT HOURS = 31 CREDIT HOURS

#### TERM 2: SPRING

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</thead>
<tbody>
<tr>
<td>A1: ENGL 1102</td>
<td>English Composition II</td>
<td>3</td>
</tr>
<tr>
<td>F: PSYC 1101</td>
<td>Introduction to General Psychology</td>
<td>3</td>
</tr>
<tr>
<td>D1: BIOL 1108 + LAB</td>
<td>Principles of Biology II</td>
<td>4</td>
</tr>
<tr>
<td>B1: COMM 1110</td>
<td>Public Speaking</td>
<td>3</td>
</tr>
<tr>
<td>C1: FINE ARTS</td>
<td></td>
<td>3</td>
</tr>
</tbody>
</table>

**Crush Your Coursework**
- Complete ENGL 1101 with C or better.
- Complete Area A2 Math with C or better.
- For best opportunity for admission into a graduate program, complete Lab Science with a B 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.

**Find Your Place**
- Explore diversity, equity, and inclusion resources and opportunities across campus.
- Check out the education abroad office.

**Broaden Your Perspectives**
- Visit Wolves Vote to learn about the voting process and registration.
- Consider volunteering for a campaign or organization in your community.

**Take Care of Yourself**
- Visit the UWG Wellness Hub to find all the resources available to you!
- Visit Health Services.
- Get referred to see all your options.
- Visit the Center for Economic Education and Financial Literacy.

**Pay Your Path**
- Complete ENGL 1101 with a C or better before beginning ENGL 1102 with C or better.
- Earn 16 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

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<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
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</tr>
</thead>
<tbody>
<tr>
<td>F: CMWL 2100</td>
<td>Introduction to Health &amp; Community Wellness</td>
<td>2</td>
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<tr>
<td>F: MATH 1112</td>
<td>Trigonometry</td>
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<tr>
<td>F: PHED 2628</td>
<td>First Aid &amp; CPR for Ed majors</td>
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<tr>
<td>BIOL 2251 + LAB</td>
<td>Anatomy and Physiology I</td>
<td>4</td>
</tr>
<tr>
<td>C2: HUMANITIES</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>E: SOCIAL SCIENCES</td>
<td></td>
<td>3</td>
</tr>
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</table>

**Crush Your Coursework**
- Volunteer with a community health organization.
- Take a leadership role in S.A.F.E.T.
- Apply for an internship.
- Explore Master’s programs in Athletic Training.
- Gain summer work experience (e.g. summer camps, internships).

**Find Your Place**
- In a student organization? Suggest you all complete an implicit bias workshop.
- Complete a study abroad program. Check out students’ stories of their experiences.

**Broaden Your Perspectives**
- Complete CMWL pre-test in CMWL 2100. Pass CMWL 2100 with a C or better before beginning CMWL 2100.
- 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.

**Take Care of Yourself**
- Complete CMWL, pre-test in CMWL 2100. Pass CMWL 2100 with a C or better before beginning CMWL major courses.
- Obtain 80 hours of Athletic Training observation logged in fall and spring sports.
- Maintain 3.0 or better GPA.

**Pay Your Path**
- Complete CMWL, pre-test in CMWL 2100. Pass CMWL 2100 with a C or better before beginning CMWL major courses.
- Obtain 80 hours of Athletic Training observation logged in fall and spring sports.
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### TERM 2: SPRING

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<th>Course Title</th>
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<tbody>
<tr>
<td>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>
</tr>
<tr>
<td>D2: MATH 1401</td>
<td>Elementary Statistics</td>
<td>3</td>
</tr>
<tr>
<td>F: PHED 2000</td>
<td>Applied Concepts</td>
<td>3</td>
</tr>
<tr>
<td>E: SOCIAL SCIENCES</td>
<td></td>
<td>3</td>
</tr>
</tbody>
</table>

**Crush Your Coursework**
- Complete an internship in your field.
- Consider a summer or part-time job.
- Ask your department about networking opportunities with alumni.

**Find Your Place**
- 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.
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- Ask your department about networking opportunities with alumni.

**Broaden Your Perspectives**
- 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.

**Take Care of Yourself**
- Complete CMWL, pre-test in CMWL 2100. Pass CMWL 2100 with a C or better before beginning CMWL major courses.
- Obtain 80 hours of Athletic Training observation logged in fall and spring sports.
- Maintain 3.0 or better GPA.

**Pay Your Path**
- Complete CMWL, pre-test in CMWL 2100. Pass CMWL 2100 with a C or better before beginning CMWL major courses.
- Obtain 80 hours of Athletic Training observation logged in fall and spring sports.
- Maintain 3.0 or better GPA.
### YEAR 3

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

**MILESTONES FOR YEAR 3:**
- Lifespan Development
  - CMWL 3100
- Introductory Physics I
  - PHYS 1111 + LAB
  - (This course has a course prerequisite requirement)
- Psychology of Health and Wellness
  - CMWL 3102
- Health Promotion, Ed, and Program Eval
  - CMWL 3220
  - (This course has a course prerequisite requirement)
- PHED 4603
  - Wellness
- Applied Research Methods in Health & Community Wellness
  - CMWL 4103
- Mental & Emotional Wellness
  - CMWL 3101

**COURSE PREREQUISITES:**
- CHEM 1211
- PHYS 1111
- CMWL 2100

**TERM 2: SPRING**
- **CMWL 3220**
  - Health Promotion, Ed, and Program Eval
  - 3 credit hours
- **CMWL 3102**
  - Psychology of Health and Wellness
  - 3 credit hours
- **PHYS 1111 + LAB**
  - Introductory Physics I
  - 4 credit hours
- **CMWL 3100**
  - Lifespan Development
  - 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 80 hours of Athletic Training observation logged in fall and spring sports.
- Maintain 3.0 or better GPA.

**TERM 3: SUMMER**
- **CMWL 3401**
  - Technology in Health & Comm Wellness
  - 3 credit hours
- **CMWL 3210**
  - Principles of Nutrition
  - 3 credit hours

**MILESTONES:**
- Complete courses with C or better
- Maintain GPA 3.0 or better

13 FALL CREDIT HOURS + 13 SPRING CREDIT HOURS = 32 CREDIT HOURS

### YEAR 4

#### TERM 1: FALL
- **PHED 4501**
  - Contemporary Health Issues
  - 3 credit hours
- **CMWL 3110**
  - Program Evaluation in Community Settings
  - 3 credit hours
- **CMWL 4000**
  - EW Programming for Special Populations
  - 3 credit hours
- **CMWL 3300**
  - Medical Terminology
  - 3 credit hours

#### TERM 2: SPRING
- **CMWL 4101**
  - Workplace Wellness
  - 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
  - 4 credit hours

**MILESTONES FOR YEAR 4:**
- Complete CMWL exit content exam for graduation.
- Apply for an internship.
- Maintain 3.0 or better GPA.
- Obtain 80 hours of observation in fall and spring sports.

**TERM 3: SUMMER**
- **CMWL 4102**
  - Service Learning in Health & Community Wellness
  - 3 credit hours
- **CMWL 3110**
  - Program Evaluation in Community Settings
  - 3 credit hours

**MILESTONES:**
- Complete courses with C or better
- Maintain GPA 3.0 or better
- Obtain 80 hours of observation in fall and spring sports.
- Complete CMWL exit content exam for graduation.

12 FALL CREDIT HOURS + 13 SPRING CREDIT HOURS = 25 CREDIT HOURS

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**PAVING YOUR PATH**
- **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.
  - Draft your personal statement.
  - Visit the graduate school to find out about graduate programs and admission requirements.

**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.

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

**BROADEN YOUR PERSPECTIVES**
- **Complete an internship in your field.**
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**CONNECT OFF-CAMPUS**
- **Take a fitness class, climb the rock wall, or join an intramural team.**
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**TAKE CARE OF YOURSELF**
- **Apply for graduate programs.**
  - Attend an interview workshop.
  - Assess your cultural competency.
  - Explore practices of creating more inclusive careers.

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