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.

VISIT WOLFWATCH FOR MORE INFORMATION.

HAVE A QUESTION? CHECK IN WITH YOUR ADVISOR!

HEALTH & COMMUNITY WELLNESS
DIETETICS TRACK
Bachelor of Science

60
CORE CREDIT HOURS

60
MAJOR CREDIT HOURS

0
ELECTIVE CREDIT HOURS
## YEAR 1

### TERM 1: FALL

- **A1:** ENGL 1101  
  English Composition I  
  3 CREDIT HOURS
- **A2:** MATH 1111  
  College Algebra  
  3 CREDIT HOURS
- **B1:** COMM 1110  
  Public Speaking  
  3 CREDIT HOURS
- **B2:** CS 1000  
  Practical Computing  
  1 CREDIT HOUR
- **E:** SOCIAL SCIENCES  
  3 CREDIT HOURS

### MILESTONES:
- Complete ENGL 1101 C or better
- Complete Area A2 Math C or better
- Earn 15 or more credit hours

### CRUSH YOUR COURSEWORK
- Complete ENGL 1101 and 1102 and Area A2 Math courses with a C or better.

### FIND YOUR PLACE
- Earn 13 or more credit hours
- Complete ENGL 1102 C or better
- Complete Area F courses with C or better
- Earn 13 or more credit hours
- Complete CMWL pre-test in CMWL 2100
- Must pass CMWL 2100 with a C or better before beginning CMWL major courses

### CONNECT OFF-CAMPUS
- Visit Wolves Vote to learn about the voting process and registration.
- Attend CMWL orientation to learn about connection opportunities across campus.
- Complete CMWL pre-test in CMWL 2100
- Complete CMWL pre-test in CMWL 2100
- Must pass CMWL 2100 with a C or better before beginning CMWL major courses

### TAKE CARE OF YOURSELF
- Complete a self-assessment to see what careers and majors are right for you.
- Visit Career Services.
- Complete an internship in your field.
- Begin the College of Health and Human Services website.
- Take a leadership role in S.H.I.F.T. Club.

### PAVE YOUR PATH
- 13 FALL CREDIT HOURS + 15 SPRING CREDIT HOURS = 28 CREDIT HOURS

## YEAR 2

### TERM 1: FALL

- **F:** CMWL 2100  
  Introduction to Health & Community Wellness  
  2 CREDIT HOURS
- **D1:** CHEM 1211 + LAB  
  Principles of Chemistry I  
  4 CREDIT HOURS
- **F:** PHED 2628  
  First Aid & CPR for Ed majors  
  1 CREDIT HOUR
- **E:** SOCIAL SCIENCES  
  3 CREDIT HOURS
- **E:** SOCIAL SCIENCES  
  3 CREDIT HOURS

### MILESTONES:
- Earn 15 or more credit hours
- Complete Area F courses with C or better
- For best opportunity for admission into a graduate program, complete lab science B or better
- Complete CMWL pre-test in CMWL 2100
- Complete CMWL pre-test in CMWL 2100
- Must pass CMWL 2100 with a C or better before beginning CMWL major courses

### CRUSH YOUR COURSEWORK
- Volunteer with a community health organization in a nutrition role.
- Research Academy of Nutrition and Dietetics.
- Take a leadership role in S.H.I.F.T. Club.

### FIND YOUR PLACE
- In 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
- 13 FALL CREDIT HOURS + 16 SPRING CREDIT HOURS = 29 CREDIT HOURS

## TERM 2: SPRING

- **A1:** ENGL 1102  
  English Composition II  
  3 CREDIT HOURS
- **F:** MATH 1112  
  Trigonometry  
  3 CREDIT HOURS
- **E4:** ANTH 1102, PSYC 1101, OR SOCI 1101  
  Intro to Anthropology, Intro to General Psychology, or Introductory Sociology  
  3 CREDIT HOURS
- **C1:** FINE ARTS  
  3 CREDIT HOURS
- **C2:** HUMANITIES  
  3 CREDIIT HOURS

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

### CRUSH YOUR COURSEWORK
- Complete ENGL 1101 and 1102 and Area A2 Math courses with a C or better.

### FIND YOUR PLACE
- Explore diversity, equity, and inclusion resources and opportunities across campus.
- Check out the education abroad office.

### CONNECT OFF-CAMPUS
- Visit CMWL Wellness Hub to find all the resources available to you!
- Visit Health Services.
- Complete an internship in your field.
- Visit a nutrition role.
- Consider volunteering for a campaign or registration.
- Complete CMWL pre-test in CMWL 2100
- Must pass CMWL 2100 with a C or better before beginning CMWL major courses

### TAKE CARE OF YOURSELF
- Visit the CMWL Wellness Hub.
- Consider the-Health and Community Wellness Club.
- Consider volunteering for a campaign or registration.
- Contact at least two registered dietitians to shadow/observe or interview.
- Complete CMWL pre-test in CMWL 2100
- Must pass CMWL 2100 with a C or better before beginning CMWL major courses

### PAVE YOUR PATH
- 13 FALL CREDIT HOURS + 16 SPRING CREDIT HOURS = 29 CREDIT HOURS

## TERM 2: SPRING

- **F:** PHED 2000  
  Applied Concepts  
  3 CREDIT HOURS
- **D2:** MATH 1401  
  Elementary Statistics  
  3 CREDIT HOURS
- **CMWL 3210  
  Principles of Nutrition  
  3 CREDIT HOURS
- **D1:** CHEM 1212 + LAB  
  Principles of Chemistry II  
  4 CREDIT HOURS
- **CMWL 3401  
  Tech in Health and Community Wellness  
  3 CREDIT HOURS

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

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

### FIND YOUR PLACE
- 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 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.

### PAVE YOUR PATH
- 13 FALL CREDIT HOURS + 16 SPRING CREDIT HOURS = 29 CREDIT HOURS
TERM 1: FALL

CHEM 2411 + LAB
Organic Chemistry I
(This course has a course prerequisite requirement)
3 CREDIT HOURS

CMWL 3101
Mental & Emotional Wellness
3 CREDIT HOURS

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

HIST 4580/NUTR 4100/4300
US Foodways or Nutrition Education & Counseling
3 CREDIT HOURS

CMWL 2200
Social Determinants
3 CREDIT HOURS

MILESTONES:
- Complete CMWL pre-test in CMWL 2100. Pass CMWL 2100 with a C or better before beginning CMWL major courses.
- Receiving an A in NUTR 3100 may count towards graduate credit at Georgia State University.

CRUSH YOUR COURSEWORK

- Complete a leadership role in S.H.I.F.T. club.
- Take a leadership role in Nutrition and Dietetics.
- Take a leadership role in CMWL major courses.

FIND YOUR PLACE

- Volunteer with a community health organization in a nutrition role.
- Research Academy of Nutrition and Dietetics.
- Take a leadership role in S.H.I.F.T. club.

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 CARE OF YOURSELF

- Draft your resume and attend a resume writing class.
- 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.

PAVE YOUR PATH

- Complete CMWL exit content exam for graduation.
- Complete Service Learning nutrition centered project.
- Complete CMWL exit content exam for graduation.

TERM 2: SPRING

CMWL 3220
Health Promotion, Ed, and Program Eval
3 CREDIT HOURS

CMWL 3102
Psychology of Health & Wellness
(This course has a course prerequisite requirement)
3 CREDIT HOURS

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

CMWL 3100
Lifespan Development
3 CREDIT HOURS

NUTR 3100
Lifestyle Nutrition
3 CREDIT HOURS

MILESTONES:
- FOR BEST OPPORTUNITY FOR ADMISSION INTO A GRADUATE PROGRAM, COMPLETE LAB SCIENCE B OR BETTER
- MAINTAIN 3.0 OR BETTER GPA
- RECEIVING AN A IN NUTR 3100 MAY COUNT TOWARDS GRADUATE CREDIT AT GEORGIA STATE UNIVERSITY

TERM 3: SUMMER

BIOL 2252 + LAB
Human Anatomy and Physiology II
4 CREDIT HOURS

MILESTONES:
- FOR BEST OPPORTUNITY FOR ADMISSION INTO A GRADUATE PROGRAM, COMPLETE LAB SCIENCE B OR BETTER
- MAINTAIN 3.0 OR BETTER GPA

CRUSH YOUR COURSEWORK

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

BROADEN YOUR PERSPECTIVES

- Complete a leadership role in S.H.I.F.T. club.
- Take a leadership role in Nutrition and Dietetics.
- Take a leadership role in CMWL major courses.

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 CARE OF YOURSELF

- Draft your resume and attend a resume writing class.
- 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.

PAVE YOUR PATH

- Complete CMWL exit content exam for graduation.
- Complete Service Learning nutrition centered project.
- Complete CMWL exit content exam for graduation.

TERM 4

PHED 4501
Contemporary Health Issues
3 CREDIT HOURS

CMWL 3110
Program Evaluation in Community Settings
(This course has a course prerequisite requirement)
3 CREDIT HOURS

PHED 4603
Advanced Concepts of Personal Training
(This course has a course prerequisite requirement)
3 CREDIT HOURS

CMWL 4101
Worksite Wellness Programs
3 CREDIT HOURS

HIST 4580/NUTR 4100/4300
US Foodways or Nutrition Education & Counseling
3 CREDIT HOURS

CRUSH YOUR COURSEWORK

- Complete a leadership role in S.H.I.F.T. club.
- Take a leadership role in Nutrition and Dietetics.
- Take a leadership role in CMWL major courses.

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 CARE OF YOURSELF

- Draft your resume and attend a resume writing class.
- 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.

PAVE YOUR PATH

- Complete CMWL exit content exam for graduation.
- Complete Service Learning nutrition centered project.
- Complete CMWL exit content exam for graduation.

16 FALL CREDIT HOURS + 16 SPRING CREDIT HOURS + 4 SUMMER CREDIT HOURS = 36 CREDIT HOURS

15 FALL CREDIT HOURS + 12 SPRING CREDIT HOURS + 4 SUMMER CREDIT HOURS = 27 CREDIT HOURS