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!
TERM 1: FALL
A1: ENGL 1101 3 CREDIT HOURS
   English Composition I
A2: MATH 1111 3 CREDIT HOURS
   College Algebra
B1: COMM 1110 3 CREDIT HOURS
   Public Speaking
B2: CS 1000 1 CREDIT HOUR
   Practical Computing
E: SOCIAL SCIENCES 3 CREDIT HOURS
   Introductory Sociology
   Intro to Anthropology, Intro to General Psychology, or
   OR SOCI 1101

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

TERM 2: SPRING
A1: ENGL 1102 3 CREDIT HOURS
   English Composition II
F: MATH 1112 3 CREDIT HOURS
   Trigonometry
E4: ANTH 1102, PSYC 1101, OR SOCI 1101 3 CREDIT HOURS
   Intro to Anthropology, Intro to General Psychology, or Introductory Sociology
C1: FINE ARTS 3 CREDIT HOURS
C2: HUMANITIES 3 CREDIT HOURS

TERM 2: SPRING
F: PHED 2000 3 CREDIT HOURS
   Applied Concepts
D2: MATH 1401 3 CREDIT HOURS
   Elementary Statistics
CMWL 3210 3 CREDIT HOURS
   Principles of Nutrition
D1: CHEM 1212 + LAB 4 CREDIT HOURS
   Principles of Chemistry II
CMWL 3401 3 CREDIT HOURS
   Tech in Health and Community Wellness

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

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

CHEM 2455 + LAB
Principles of Organic Chemistry
(This course has a course prerequisite requirement)
4 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 Strategies or Cultural Aspects of Food and Nutrition
3 CREDIT HOURS

CMWL 2200
Social Determinants
3 CREDIT HOURS

TERM 2: SPRING

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

CMWL 3102
Psychology of Health and 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

TERM 3: SUMMER

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

TERM 4

PHED 4501
Current Issues and Trends in Fitness and Wellness Leadership or Healthcare Leadership & Policy
3 CREDIT HOURS

CMWL 3240 OR 3302
Current Issues and Trends in Fitness and Wellness Leadership or Healthcare Leadership & Policy
3 CREDIT HOURS

CMWL 4100
Wellness Coaching
(This course has a course prerequisite requirement)
3 CREDIT HOURS

CMWL 4102
Service Learning in Health & Community Wellness
(This course has a course prerequisite requirement)
3 CREDIT HOURS

CMWL 4000
Life Programming for Special Populations
(This course has a course prerequisite requirement)
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.

**PAVE YOUR PATH**
- Draft your resume and attend a resume build.
- 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**
- 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.

**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 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**
- Attend an interview workshop.
- Draft your resume cover letter and personal statement.
- Request references from professors and supervisors.
- Draft your resume cover letter and personal statement and revision it with career services.
- Attend business fairs and career fairs at UWG and across the state.
- Attend an interview workshop.
- Apply for graduate programs.

**COMPLETE CMWL EXIT CONTENT EXAM FOR GRADUATION.**
**COMPLETE SERVICE LEARNING NUTRITION CENTERED PROJECT.**

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

**PAVE YOUR PATH**
- Draft your resume and attend a resume build.
- 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**
- Complete Service Learning nutrition centered project.
- Complete CMWL exit content exam for graduation.

**FIND YOUR PLACE**
- Assess your cultural competency.
- Consider working abroad and research visa regulations.
- Explore practices of creating more inclusive careers.

**BROADEN YOUR PERSPECTIVES**
- Ask for advice from professionals in your field of interest.
- Explore career shadowing opportunities.

**CONNECT OFF-CAMPUS**
- Explore a farmer’s market for fresh produce.
- Develop a post-graduation exercise plan.
- Explore your loan repayment options and complete your exit counseling.

**TAKE CARE OF YOURSELF**
- Request references from professors and supervisors.
- Draft your resume cover letter and personal statement and revision it with career services.
- Attend business fairs and career fairs at UWG and across the state.
- Attend an interview workshop.
- Apply for graduate programs.

**COMPLETE CMWL EXIT CONTENT EXAM FOR GRADUATION**

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

**MILESTONES:**
- Complete courses C or better
- Maintain 3.0 or better GPA
- Complete Service Learning Nutrition Centered Project
- Complete CMWL EXIT CONTENT EXAM FOR GRADUATION