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  
English Composition I  
3 CREDIT HOURS

A2: MATH 1001  
Quantitative Skills & Reasoning  
3 CREDIT HOURS

B2: XIDS 2002  
First-Year Seminar  
2 CREDIT HOURS

D1: BIOL 1010 + LAB  
Fundamentals of Biology  
4 CREDIT HOURS

E: SOCIAL SCIENCES  
3 CREDIT HOURS

**MILESTONES:**  
- Complete ENGL 1101 with C or better  
- Complete ENGL 1102 and Area A2 Math courses with a C or better.

**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.

**BROADEN YOUR PERSPECTIVES**

- Visit the UWG Wellness Hub to find all the resources available to you!  
- Visit Health Services.

**CONNECT OFF-CAMPUS**

- Visit the IMB Wellness Hub to find all the resources available to you!  
- Visit Health Services.

**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.

**PAVE YOUR PATH**

- Maintain 2.0 or better GPA.  
- Choose electives at the 3000/4000 level.  
- Select academic minor.

**TERM 2: SPRING**

A1: ENGL 1102  
English Composition II  
3 CREDIT HOURS

F: PSYC 1101  
Introduction to General Psychology  
3 CREDIT HOURS

F: PHED 2000  
Apparel Design & Wellness  
3 CREDIT HOURS

B1: COMM 1110 OR ENGL 2050  
Public Speaking or Self-Staging: Oral Communication in Daily Life  
3 CREDIT HOURS

D1: NON-LAB SCIENCE  
3 CREDIT HOURS

**MILESTONES:**  
- Complete ENGL 1102 with C or better  
- Complete non-lab science  
- Complete Area F courses with C or better

**CRUSH YOUR COURSEWORK**

- Complete Area F courses with C or better.

**FIND YOUR PLACE**

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- Check out the education abroad office.

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- Visit Health Services.

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- Visit Health Services.

**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.

**PAVE YOUR PATH**

- Maintain 2.0 or better GPA.  
- Choose electives at the 3000/4000 level.  
- Select academic minor.
TERM 1: FALL

CMWL 3100
Lifespan Development
3 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:
• Complete CMWL pre-test in CMWL 2100. Pass
CMWL 2100 with a C or better before beginning
CMWL major courses.
• Select academic minor.
• Choose electives at the 3000/4000 level.
• Maintain 2.0 or better GPA.

ELECTIVE

CMWL 3401
• Help Get Back on Track

TERM 2: SPRING

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

CMWL 3102
Psychology of Health and Wellness
3 CREDIT HOURS

CMWL 4000
L/W Programming for Special Populations
3 CREDIT HOURS

PHED 4501
Contemporary Health Issues
3 CREDIT HOURS

MILESTONES:
• Maintain 2.0 or Better GPA.
• Complete courses earning C or Better.
• Electives must be 3000/4000 level courses.
• SUB CMWL 3210 for elective if Nutr Minor.

TERM 3: SUMMER

CMWL 3401
Technology in Health & Comm Wellness
3 CREDIT HOURS

ELECTIVE OR CMWL COURSE
To Help Get Back On Track

MILESTONES:
• Complete fully online CMWL 3401 course with C or Better.
• Maintain 2.0 or Better GPA.
• Electives must be 3000/4000 level courses.

15 FALL CREDIT HOURS + 15 SPRING CREDIT HOURS
+ 6 SUMMER CREDIT HOURS = 36 CREDIT HOURS

TERM 4: FALL

CMWL 3210
Principles of Nutrition
3 CREDIT HOURS

CMWL 3110
Program Evaluation in Community Settings
3 CREDIT HOURS

CMWL 4101
Wellness Programs
3 CREDIT HOURS

MILESTONE:
• Earn 2.0 GPA or above in business core.
ELECTIVE could be professional content. Select one of the following:
CMWL 3300, CMWL 3304, or CMWL 3200

TERM 2: SPRING

CMWL 4102
Service Learning in Health & C. Wellness
3 CREDIT HOURS

CMWL 4100
Wellness Coaching
3 CREDIT HOURS

MILESTONE:
• Maintain 2.0 or Better GPA.
• Complete courses earning C or Better.
• Electives must be 3000/4000 level courses.
• Complete CMWL exit content exam for graduation.

TERM 1: FALL

CMWL 3240
• Complete an internship in your field.
• Consider a summer or part-time job.
• Ask your department about networking opportunities with alums.

CMWL 3302
• 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.

CRUSH YOUR COURSEWORK

Find Your Place

BROADEN YOUR PERSPECTIVES

CONNECT OFF-CAMPUS

TAKE CARE OF YOURSELF

PAVE YOUR PATH

TERM 3: SUMMER

CMWL 3401
Technology in Health & Comm Wellness
3 CREDIT HOURS

ELECTIVE OR CMWL COURSE
To Help Get Back On Track

MILESTONES:
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3 CREDIT HOURS

CMWL 3110
Program Evaluation in Community Settings
3 CREDIT HOURS

CMWL 4101
Wellness Programs
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3 CREDIT HOURS

CMWL 4100
Wellness Coaching
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CRUSH YOUR COURSEWORK

Find Your Place

BROADEN YOUR PERSPECTIVES

CONNECT OFF-CAMPUS

TAKE CARE OF YOURSELF

PAVE YOUR PATH

TERM 3: SUMMER

CMWL 3401
Technology in Health & Comm Wellness
3 CREDIT HOURS

ELECTIVE OR CMWL COURSE
To Help Get Back On Track

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CMWL 3110
Program Evaluation in Community Settings
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CMWL 4101
Wellness Programs
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