

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

HEALTH & COMMUNITY WELLNESS

GENERAL TRACK

Bachelor of Science

60

CORE CREDIT HOURS

45

MAJOR CREDIT HOURS

15

ELECTIVE CREDIT HOURS

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!



UNIVERSITY OF WEST GEORGIA

2023-2024

TERM 1: FALL

A1: ENGL 1101 **3** CREDIT HOURS
English Composition I

A2: MATH 1001 **3** CREDIT HOURS
Quantitative Skills & Reasoning

B2: XIDS 2002 **2** CREDIT HOURS
First-Year Seminar

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

E: SOCIAL SCIENCES **3** CREDIT HOURS

- MILESTONES:
- COMPLETE ENGL 1101 WITH C OR BETTER
 - COMPLETE AREA A2 MATH
 - COMPLETE LAB SCIENCE
 - EARN 15 OR MORE CREDIT HOURS

TERM 2: SPRING

A1: ENGL 1102 **3** CREDIT HOURS
English Composition II

F: PSYC 1101 **3** CREDIT HOURS
Introduction to General Psychology

F: PHED 2000 **3** CREDIT HOURS
App Con of Fitness & Wellness

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

D1: NON-LAB SCIENCE **3** CREDIT HOURS

- MILESTONES:
- COMPLETE ENGL 1102 WITH C OR BETTER
 - COMPLETE NON-LAB SCIENCE
 - EARN 15 OR MORE CREDIT HOURS
 - COMPLETE AREA F COURSES WITH C OR BETTER

15 FALL CREDIT HOURS + 15 SPRING CREDIT HOURS = 30 CREDIT HOURS

CRUSH YOUR COURSEWORK

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

FIND YOUR PLACE

- Join S.H.I.F.T. (Health and Community Wellness Club).
- Volunteer with the Wolf Wellness Lab.
- Volunteer with a community health organization.

BROADEN YOUR PERSPECTIVES

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

CONNECT OFF-CAMPUS

- 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 fit! Visit URec to see all your options.
- Visit the Center for Economic Education and Financial Literacy.

PAVE YOUR PATH

- 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.

TERM 1: FALL

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

F: CMWL 2200 **3** CREDIT HOURS
Social Determinants of Health & Wellness

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

C1: FINE ARTS **3** CREDIT HOURS

E: SOCIAL SCIENCES **3** CREDIT HOURS

D2: MATH, SCIENCE, & TECHNOLOGY **3** CREDIT HOURS

- MILESTONES:
- EARN 15 OR MORE CREDIT HOURS
 - COMPLETE AREA F COURSES WITH C 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: PHED 2605 **3** CREDIT HOURS
Functional Anatomy

F: MATH 1401 **3** CREDIT HOURS
Elementary Statistics

C2: HUMANITIES **3** CREDIT HOURS

E: SOCIAL SCIENCES **3** CREDIT HOURS

E: SOCIAL SCIENCES **3** CREDIT HOURS

- MILESTONES:
- COMPLETE CORE
 - COMPLETE AREA F COURSES WITH C OR BETTER
 - SELECT ACADEMIC MINOR

15 FALL CREDIT HOURS + 15 SPRING CREDIT HOURS = 30 CREDIT HOURS

CRUSH YOUR COURSEWORK

- 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.

FIND YOUR PLACE

- Volunteer with a community health organization.
- Research Public Health Organizations.
- Take a leadership role in S.H.I.F.T. club.
- Gain summer work experience (e.g. summer camps, internship).

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

- 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

- 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.

TERM 1: FALL

CMWL 3100 **3** CREDIT HOURS
Lifespan Development

CMWL 3101 **3** CREDIT HOURS
Mental & Emotional Wellness

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

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

ELECTIVE **3** CREDIT HOURS

- MILESTONES:**
- MAINTAIN 2.0 OR BETTER GPA
 - COMPLETE COURSES EARNING WITH C OR BETTER
 - ELECTIVES MUST BE 3000/4000 LEVEL COURSES
 - SUB CMWL 3210 FOR ELECTIVE IF NUTR MINOR

TERM 2: SPRING

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

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

CMWL 4000 **3** CREDIT HOURS
E/W Programming for Special Populations
(This course has a course prerequisite requirement)

PHED 4501 **3** CREDIT HOURS
Contemporary Health Issues

ELECTIVE **3** CREDIT HOURS

- MILESTONES:**
- MAINTAIN 2.0 OR BETTER GPA
 - COMPLETE COURSES EARNING C OR BETTER
 - ELECTIVES MUST BE 3000/4000 LEVEL COURSES
 - ELECTIVE COULD BE PROFESSIONAL CONTENT. SELECT ONE: CMWL 3240 OR CMWL 3302

TERM 3: SUMMER

CMWL 3401 **3** CREDIT HOURS
Technology in Health & Comm Wellness

ELECTIVE OR CMWL COURSE **3** CREDIT HOURS
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

CRUSH YOUR COURSEWORK

- 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.

FIND YOUR PLACE

- Volunteer with a community health organization.
- Research Public Health Organizations.
- Take a leadership role in S.H.I.F.T. club.
- Gain summer work experience (e.g. summer camps, internship).

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

- 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

- 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.

TERM 1: FALL

CMWL 3210 **3** CREDIT HOURS
Principles of Nutrition

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

CMWL 4101 **3** CREDIT HOURS
Worksite Wellness Programs

ELECTIVE **3** CREDIT HOURS

- MILESTONE:**
- EARN 2.00 GPA OR ABOVE IN BUSINESS CORE. ELECTIVE COULD BE PROFESSIONAL CONTENT. SELECT ONE OF THE FOLLOWING: CMWL 3300, CMWL 3304, OR CMWL 3230

TERM 2: SPRING

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

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

ELECTIVE **3** CREDIT HOURS

ELECTIVE **3** CREDIT HOURS

- MILESTONES:**
- MAINTAIN 2.0 OR BETTER GPA
 - COMPLETE COURSES EARNING C OR BETTER
 - ELECTIVES MUST BE 3000/4000 LEVEL COURSES
 - COMPLETE CWML EXIT CONTENT EXAM FOR GRADUATION

12 FALL CREDIT HOURS + 12 SPRING CREDIT HOURS = 24 CREDIT HOURS

CRUSH YOUR COURSEWORK

- Apply for an internship.
- Complete CMWL exit content exam for graduation.

FIND YOUR PLACE

- Attend a conference in a public health field as a student member.
- Complete a research project with a faculty member.

BROADEN YOUR PERSPECTIVES

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

CONNECT OFF-CAMPUS

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

TAKE CARE OF YOURSELF

- Explore a farmer's market for fresh produce.
- Develop a post-graduation exercise plan.
- Explore your loan repayment options and complete your exit counseling.

PAVE YOUR PATH

- 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.