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

| A1: ENGL 1101 | 3 CREDIT HOURS | English Composition I |
| A2: MATH 1111 | 3 CREDIT HOURS | College Algebra |
| B2: XIDS 2002 | 2 CREDIT HOURS | First-Year Seminar |
| D1: BIOL 1107 + LAB | 4 CREDIT HOURS | Principles of Biology I |
| E: SOCIAL SCIENCES | 3 CREDIT HOURS | |

**MILESTONES:**
- Complete ENGL 1101 and Area A2 courses with a C or better.
- Complete Lab Science with a B or better.

### TERM 2: SPRING

| A1: ENGL 1102 | 3 CREDIT HOURS | English Composition II |
| C1: FINE ARTS | 3 CREDIT HOURS | |
| D1: BIOL 1108 + LAB | 4 CREDIT HOURS | Principles of Biology II |
| B1: COMM 1110 | 3 CREDIT HOURS | Public Speaking |
| E4: SOCI 1101 | 3 CREDIT HOURS | Introductory Sociology |

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

### 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 IMC Wellness Hub to find all the resources available to you!
- Visit Health Services.
- Visit Fitness Offices to see all 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.

### PAVE YOUR PATH

15 FALL CREDIT HOURS + 16 SPRING CREDIT HOURS = 31 CREDIT HOURS

## YEAR 2

### TERM 1: FALL

| F: CMWL 2100 | 2 CREDIT HOURS |
| F: BIOL 2251 + LAB | 4 CREDIT HOURS |
| F: PHED 2628 | 1 CREDIT HOURS |
| F: MATH 1112 | 3 CREDIT HOURS |
| E: SOCIAL SCIENCES | 3 CREDIT HOURS |

**MILESTONES:**
- Earn 14 or more credit hours.
- Complete Area F courses with a C or better.
- For best opportunity for admission into a graduate program, complete Lab Science with a B or better.
- Complete CMWL pre-test in CMWL 2100.
- Must pass CMWL 2100 with a C or better before beginning CMWL major courses.

### TERM 2: SPRING

| F: BIOL 2252 + LAB | 4 CREDIT HOURS |
| F: CMWL 2200 | 3 CREDIT HOURS |
| F: MATH 1401 | 3 CREDIT HOURS |
| F: PSYC 1101 Intro to General Psychology | 3 CREDIT HOURS |
| E: SOCIAL SCIENCES | 3 CREDIT HOURS |

**MILESTONES:**
- Earn 15 or more credit hours.
- Complete Area F courses with a C or better.
- For best opportunity for admission into a graduate program, complete Lab Science with a B or better.
- Maintain GPA 3.0 or better.

### CRUSH YOUR COURSEWORK

- Volunteer with a community health organization.
- Take a leadership role in S.K.I.F.T.
- Apply for an internship.
- Explore Masters in Occupational Therapy programs.
- Research ADA Georgia.
- Gain summer work experience (e.g., summer camps, internship).

### 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.

### 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.
- In a student organization? Suggest you all complete an implicit bias workshop.
- Get a study abroad program. Check out students’ stories of their experiences.

### PAVE YOUR PATH

16 FALL CREDIT HOURS + 16 SPRING CREDIT HOURS = 32 CREDIT HOURS

### CONNECT OFF-CAMPUS

- 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.
### YEAR 3

#### TERM 1: FALL
- **PHYS 1111 + LAB**
  - Introductory Physics I
  - 4 CREDIT HOURS
- **CMWL 3101**
  - Mental & Emotional Wellness
  - 3 CREDIT HOURS
- **CMWL 4103**
  - Applied Research Methods in Health & Community Wellness
  - 3 CREDIT HOURS
- **F: PHED 2000**
  - Applied Concepts
  - 3 CREDIT HOURS

#### TERM 2: SPRING
- **CMWL 3220**
  - Health Promotion, Ed, and Program Eval
  - 3 CREDIT HOURS
- **CMWL 3102**
  - Psychology of Health and Wellness
  - 3 CREDIT HOURS
  - (This course has a course prerequisite requirement)
- **PSYC 3010**
  - Human Growth and Development
  - 4 CREDIT HOURS
- **PHED 4501**
  - Contemporary Health Issues
  - 3 CREDIT HOURS
- **PHED 4603**
  - Advanced Concepts of Personal Training
  - 3 CREDIT HOURS
  - (This course has a course prerequisite requirement)

#### 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 40 hours of Occupational Therapy observation logged in each setting (1 & 2).
- Maintain 3.0 or better GPA.
- Complete CMWL exit content exam for graduation.

#### TERM 3: SUMMER
- **CMWL 3401**
  - Technology in Health & Comm Wellness
  - 3 CREDIT HOURS

#### 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 + 3 SUMMER CREDIT HOURS = 32 CREDIT HOURS

### YEAR 4

#### TERM 1: FALL
- **CMWL 4101**
  - Worksite Wellness Programs
  - 3 CREDIT HOURS
- **CMWL 3110**
  - Program Evaluation in Community Settings
  - 3 CREDIT HOURS
  - (This course has a course prerequisite requirement)
- **CMWL 4000**
  - E/W Programming for Special Populations
  - 3 CREDIT HOURS
  - (This course has a course prerequisite requirement)
- **CMWL 3300**
  - Medical Terminology
  - 3 CREDIT HOURS

#### TERM 2: SPRING
- **CMWL 3210**
  - Principles of Nutrition
  - 3 CREDIT HOURS
- **CMWL 4100**
  - Wellness Coaching
  - 3 CREDIT HOURS
  - (This course has a course prerequisite requirement)
- **CMWL 4102**
  - Service Learning in Health & Community Wellness
  - 3 CREDIT HOURS
  - (This course has a course prerequisite requirement)
- **PSYC 3150**
  - Abnormal Psychology
  - 3 CREDIT HOURS

#### MILESTONES FOR YEAR 4:
- Complete CMWL exit content exam for graduation.
- Obtain 40 hours of observation in setting #3.
- Complete CMWL exit content exam for graduation.

#### TERM 3: SUMMER
- **CMWL 3300**
  - Medical Terminology
  - 3 CREDIT HOURS

#### TAKE CARE OF YOURSELF
- Apply for an internship.
- Maintain 3.0 or better GPA.
- Obtain 40 hours of observation in setting #3.
- Complete CMWL exit content exam for graduation.

#### PAVE YOUR PATH
- 12 FALL CREDIT HOURS + 13 SPRING CREDIT HOURS = 25 CREDIT HOURS