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.

HAVE A QUESTION? CHECK IN WITH YOUR ADVISOR!

VISIT WOLFWATCH FOR MORE INFORMATION.
YEAR 1

TERM 1: FALL
A1: ENGL 1101
English Composition I
3 CREDIT HOURS
A2: MATH 1111
College Algebra
3 CREDIT HOURS
B2: XIDS 2002
First-Year Seminar
2 CREDIT HOURS
D1: BIOL 1107 + LAB
Principles of Biology I
4 CREDIT HOURS
E: SOCIAL SCIENCES
3 CREDIT HOURS

MILESTONES:
• Complete ENGL 1101 with C or better
• Complete Area A2 Math with C or better
• For better opportunity for admission into a graduate program, complete Lab Science with B or better
• For better opportunity for admission into a graduate program, complete ENGL 1101 and ENGL 1102 and Area A2 Math with C or better
• Complete lab science with B or better
• Complete CMWL pre-test in CMWL 2100

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
• Learn about how to network on social media and how to update your Handshake profile.

BROADEN YOUR PERSPECTIVES
• Visit the UWG Wellness Hub to find all the resources available to you!
• Visit Health Services.
• Get the health life 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.

TERM 1: FALL
F: CMWL 2100
Introduction to Health & Community Wellness
2 CREDIT HOURS
F: MATH 1112
Trigonometry
3 CREDIT HOURS
F: BIOL 2251 + LAB
Anatomy and Physiology I
4 CREDIT HOURS
C2: HUMANITIES
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 better opportunity for admission into a graduate program, complete Lab Science with B or better
• Complete CMWL pre-test in CMWL 2100
• Must pass CMWL 2100 with C or better before beginning CMWL major courses

CRUSH YOUR COURSEWORK
• Volunteer with a community health organization.
• Take a leadership role in S.H.I.F.T.
• Explore Doctoral Programs in Physical Therapy.
• Gain summer work experience (e.g. summer camps, internships).

FIND YOUR PLACE
• In a student organization? Suggest your 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.

TERM 2: SPRING
A1: ENGL 1102
English Composition II
3 CREDIT HOURS
F: PSYC 1101
Introduction to General Psychology
3 CREDIT HOURS
D1: BIOL 1108 + LAB
Principles of Biology II
4 CREDIT HOURS
B1: ANTH 1101
Values of Culture
3 CREDIT HOURS
C1: FINE ARTS
3 CREDIT HOURS

MILESTONES:
• Complete ENGL 1102 with C or better
• For better opportunity for admission into a graduate program, complete Lab Science with B or better
• Earn 15 or more credit hours

CRUSH YOUR COURSEWORK
• Join S.H.I.F.T. (Health and Community Wellness Club).
• Volunteer with the Wolf Wellness Lab.
• Contact a certified physical therapist to shadow/observe or interview.

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

BROADEN YOUR PERSPECTIVES
• 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 IMWC Wellness Hub to find all the resources available to you!
• Visit Health Services.
• Go to the Visit Office to see all your options.
• Visit the Center for Economic Education and Financial Literacy.

TERM 2: SPRING
F: BIOL 2252 + LAB
Anatomy and Physiology II
4 CREDIT HOURS
F: CMWL 2200
Social Determinants
3 CREDIT HOURS
D2: MATH 1401
Elementary Statistics
3 CREDIT HOURS
F: PHED 2628
First Aid & CPR for E.S. majors
1 CREDIT HOURS
E: SOCIAL SCIENCES
3 CREDIT HOURS

MILESTONES:
• Complete Area F courses with C or better
• For better opportunity for admission into a graduate program, complete Lab Science with B or better
• Maintain GPA 3.0 or better

CRUSH YOUR COURSEWORK
• Complete CMWL pre-test in CMWL 2100. Pass CMWL 2100 with a C or better before beginning CMWL major courses.
• Obtain 40 hours of Physical Therapy observation logged in each setting (1 & 2).
• Maintain 3.0 or better GPA.

FIND YOUR PLACE
• 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.

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.

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.

TERM 1: FALL
15 FALL CREDIT HOURS + 16 SPRING CREDIT HOURS = 31 CREDIT HOURS

TERM 2: SPRING
15 FALL CREDIT HOURS + 14 SPRING CREDIT HOURS = 29 CREDIT HOURS
<table>
<thead>
<tr>
<th>YEAR 3</th>
<th>YEAR 4</th>
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<tbody>
<tr>
<td><strong>TERM 1: FALL</strong></td>
<td><strong>TERM 1: FALL</strong></td>
</tr>
</tbody>
</table>
| CHEM 1211 + LAB  
Principles of Chemistry I | PHYS 1112 + LAB  
Introductory Physics I |
| CMWL 3101  
Mental & Emotional Wellness | CMWL 3110  
Program Evaluation in Community Settings |
| CMWL 4103  
Applied Research Methods in Health & Community Wellness | CMWL 4100  
Wellness Coaching |
| PHED 4603  
Advanced Concepts of Personal Training  
(This course has a course prerequisite requirement) | CMWL 4101  
Worksite Wellness |
| **CREDIT HOURS** | **CREDIT HOURS** |
| 4 | 4 |
| 3 | 3 |
| 3 | 3 |
| 3 | 3 |
| **TOTAL CREDIT HOURS** | **TOTAL CREDIT HOURS** |
| 13 FALL CREDIT HOURS + 14 SPRING CREDIT HOURS + 7 SUMMER CREDIT HOURS = 34 CREDIT HOURS | 14 FALL CREDIT HOURS + 12 SPRING CREDIT HOURS = 26 CREDIT HOURS |

**MILESTONES:**
- Complete CMWL pre-test in CMWL 2100. Pass CMWL 2100 with a C or better before beginning CMWL major courses.
- Obtain 40 hours of Physical Therapy observation logged in each setting (1, 2, 3).
- Maintain 3.0 or better GPA.

**CRUSH YOUR COURSEWORK**
- Volunteer with a community health organization.
- Take a leadership role in S.H.I.F.T.
- Complete lab science with B or better for better opportunity for admission into a graduate program.
- Apply for an internship.
- Explore Doctoral Programs in Physical Therapy.
- Gain summer work experience (e.g., summer camps, internships).

**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 blitz.
- Learn about how to network on social media and update your LinkedIn profile.
- Draft your personal statement.
- Visit the graduate school to find out about graduate programs and admission requirements.

**PAVE YOUR PATH**
- Obtain 40 hours of observation in setting #3.
- Maintain GPA 3.0 or better.
- Complete CMWL exit content exam for graduation.

**TERM 2: SPRING**

<table>
<thead>
<tr>
<th>YEAR 3</th>
<th>YEAR 4</th>
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| CMWL 3220  
Health Promotion, Ed, and Program Eval | CMWL 3210  
Principles of Nutrition |
| CMWL 3102  
Psychology of Health and Wellness  
(This course has a course prerequisite requirement) | CMWL 4100  
Wellness Coaching |
| CHEM 1212 + LAB  
Principles of Chemistry II | CMWL 4102  
Service Learning in Health & Community Wellness |
| PSYC 3010  
Human Growth and Development | PHED 4501  
Contemporary Health Issues |
| **CREDIT HOURS** | **CREDIT HOURS** |
| 3 | 3 |
| 3 | 3 |
| 4 | 3 |
| 4 | 3 |
| **TOTAL CREDIT HOURS** | **TOTAL CREDIT HOURS** |
| 3 | 3 |

**MILESTONES FOR YEAR 3:**
- For better opportunity for admission into a graduate program, complete lab science with B or better.
- Maintain GPA 3.0 or better.
- Obtain 40 hours of physical therapy observation logged (setting #1).

**MILESTONES FOR YEAR 4:**
- Complete courses with C or better.
- For better opportunity for admission into a graduate program, complete lab science with B or better.
- Maintain GPA 3.0 or better.
- Obtain 40 hours of physical therapy observation logged (setting #3).
- Complete CMWL exit content exam for graduation.

**CRUSH YOUR COURSEWORK**
- Attend a conference in PT or a related field as a student member.
- Complete a research project with a faculty member.
- Apply to Graduate School/Graduate Assistancies.

**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 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.