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.
### Term 1

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>A1: ENGL 1101</td>
<td>ENGLISH COMPOSITION I</td>
<td>3</td>
</tr>
<tr>
<td>A2: MATH 1111</td>
<td>COLLEGE ALGEBRA</td>
<td>3</td>
</tr>
<tr>
<td>B1: XIDS 2002</td>
<td>FIRST YEAR SEMINAR COURSE</td>
<td>2</td>
</tr>
<tr>
<td>D1: BIOL 1107 + LAB</td>
<td>PRINCIPLES OF BIOLOGY I</td>
<td>4</td>
</tr>
<tr>
<td>E1: SOCIAL SCIENCES</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>F: CMWL 2100</td>
<td>Intro to Health &amp; Comm Well</td>
<td>2</td>
</tr>
<tr>
<td>F: MATH 1112</td>
<td>TRIGONOMETRY</td>
<td>3</td>
</tr>
<tr>
<td>E: SOCIAL SCIENCES</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>C2: HUMANITIES</td>
<td></td>
<td>3</td>
</tr>
</tbody>
</table>

**Milestones:**
- Complete ENGL 1101 C or Better
- Complete Area A2 Math C or Better
- For best opportunity for admission into a graduate program, complete lab science with B or better
- Earn 15 or more credit hours

### Term 2

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Name</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>A1: ENGL 1102</td>
<td>ENGLISH COMPOSITION II</td>
<td>3</td>
</tr>
<tr>
<td>D1: BIOL 1108 + LAB</td>
<td>PRINCIPLES OF BIOLOGY II</td>
<td>4</td>
</tr>
<tr>
<td>B1: COMM 1110</td>
<td>PUBLIC SPEAKING</td>
<td>3</td>
</tr>
<tr>
<td>E4: PSYC 1101</td>
<td>Intro to General Psychology</td>
<td>3</td>
</tr>
<tr>
<td>C1: FINE ARTS</td>
<td></td>
<td>3</td>
</tr>
</tbody>
</table>

**Milestones:**
- Complete ENGL 1102 C or Better
- For best opportunity for admission into a graduate program, complete lab science with B or better
- Earn 16 or more credit hours
## Year 3

### Term 1
- **CHEM 1211 + LAB**
  - Principles of Chemistry I
  - 4 credits
- **PHED 4603**
  - Adv. Concepts of Personal Training
  - 3 credits
- **CMWL 4103**
  - R. M. in Health & Community Wellness
  - 3 credits
- **CMWL 3101**
  - Mental/Emotional Wellness
  - 3 credits

### Term 2
- **CMWL 3220**
  - Health Promotion, Ed, and Program Eval
  - 3 credits
- **CMWL 3102**
  - Psychology of Health and Wellness
  - 3 credits
- **PHYS 1111 + LAB**
  - Introductory Physics I
  - 4 credits
- **CMWL 3100**
  - Lifespan Development
  - 3 credits

**Milestones for Year 3:**
- Complete courses with C or Better
- Maintain GPA 3.0 or better
- Obtain 80 hours of athletic training observation-logged (Fall and Spring Sports)

### Milestones:
- 13 Fall Credit Hours + 13 Spring Credit Hours + 6 Summer Credit Hours = 32 Credit Hours

### Term 3
- **CMWL 3401**
  - Technology in Health & Comm Wellness
  - 3 credits
- **CMWL 3210**
  - Principles of Nutrition
  - 3 credits

**Milestones:**
- Complete courses with C or Better
- Maintain GPA 3.0 or Better

### Year 4

### Term 1
- **CMWL 4000**
  - E/W Programming for Special Populations
  - 3 credits
- **CMWL 3110**
  - Program Evaluation in Community Settings
  - 3 credits
- **PHED 4501**
  - Contemporary Health Issues
  - 3 credits
- **CMWL 3300**
  - Medical Terminology
  - 3 credits

### Term 2
- **CMWL 4100**
  - Wellness Coaching
  - 3 credits
- **PSYC 3150**
  - Abnormal Psychology
  - 4 credits
- **CMWL 4101**
  - Worksite Wellness
  - 3 credits
- **CMWL 4102**
  - Service Learning in Health & C. Wellness
  - 3 credits

**Milestones:**
- Complete courses with C or Better
- Maintain GPA 3.0 or Better
- Obtain 80 hours of athletic training observation-logged (Fall and Spring Sports)
- Complete CMWL Exit Content for Graduation

**Milestones for Year 4:**
- For best opportunity for admission into a graduate program, complete lab science with B or better
- Maintain GPA 3.0 or better
- Obtain 80 hours of athletic training observation-logged (Fall and Spring Sports)

### Milestones:
- 12 Fall Credit Hours + 13 Spring Credit Hours = 25 Credit Hours
A1 Communication Skills
A2 Quantitative Skills
B1 Written and Oral Communications
B2 Other Institutional Options
C1 Fine Arts
C2 Humanities
D1 Natural Science
D2 Mathematics, Science, and Quantitative Technology
E1 World History
E2 American/Georgia History
E3 American/Georgia Government
E4 Social Science
F Major Courses
**READY**

**FIRST YEAR**
- Complete ENGL 1101 and 1102 and Area A2 Math courses with a C or better.
- Complete Lab Science with a B or better.

**MIDDLE YEARS**
- Complete CMWL pre-test in CMWL 2100. Pass CMWL 2100 with a C or better before beginning CMWL major courses.
- Obtain 80 hours of Athletic Training observation logged in fall and spring sports.
- Maintain 3.0 or better GPA.

**LAST YEAR**
- Apply for an internship.
- Maintain 3.0 or better GPA.
- Obtain 80 hours of observation in fall and spring sports.
- Complete CMWL exit content exam for graduation.

**SET**

**FIND YOUR PLACE**
- Join S.H.I.F.T. (Health and Community Wellness Club).
- Volunteer with the Wolf Wellness Lab.
- Contact a certified athletic trainer to shadow/observe or interview.

**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 and Financial Literacy.

**PAVE YOUR PATH**
- Complete a self-assessment to see what careers and majors are right for you.
- VisitCareer Services.
- Create your profile on Handshake.
- Consider applying for an on-campus job.

**GO**

**FIND YOUR PLACE**
- Volunteer with a community health organization.
- Take a leadership role in S.H.I.F.T.
- Apply for an internship.
- Explore Master’s programs in Athletic Training.
- Gain summer work experience (e.g. summer camps, internship.)

**TAKE CARE OF YOURSELF**
- Visit Health Services.
- Visit the UGW Wellness Hub to find all the resources available to you!
- Visit the Center for Economic and Financial Literacy.

**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.

**CONNECT OFF-CAMPUS**
- 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 and Financial Literacy.