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.
### Year 1

#### Term 1

| A1: ENGL 1101 | 3 |
| English Composition I |
| A2: MATH 1001 | 3 |
| Quantitative Skills & Reasoning |
| B2: XIDS 2002 | 2 |
| First-Year Seminar Course |
| D1: BIOL 1010 + LAB | 4 |
| Fundamentals of Biology |
| E: SOCIAL SCIENCE | 3 |

**Milestones:**
- Complete ENGL 1101 C or better
- Complete area A2 MATH
- Complete LAB SCIENCE
- Earn 15 or more credit hours

#### Term 2

| A1: ENGL 1102 | 3 |
| English Composition II |
| F: PSYC 1101 | 3 |
| Intro to General Psychology |
| F: PHED 2000 | 3 |
| App Con of Fitness & Wellness |
| B1: COMM 1110 OR ENGL 2050 | 3 |
| Public Speaking or Self-Staging: Oral Com Daily Life |
| D1: NON-LAB SCIENCE | 3 |

**Milestones:**
- Complete ENGL 1102 C or better
- Complete non-LAB SCIENCE
- Earn 15 or more credit hours
- Complete Area F courses with C or better

### Year 2

#### Term 1

| F: CMWL 2100 | 2 |
| Intro to Health & Comm Well |
| F: CMWL 2200 | 3 |
| Soc. Determinants Health & Well |
| F: PHED 2628 | 1 |
| First Aid & CPR for Ed majors |
| C1: FINE ARTS | 3 |
| E: SOCIAL SCIENCE | 3 |
| D2: MATH, SCIENCE, & QUANTITATIVE TECHNOLOGY | 3 |

**Milestones:**
- Earn 15 or more credit hours
- Complete Area F Courses C or better
- Complete CMWL pre-test in CMWL 2100
- Complete CMWL major courses with C or better

#### Term 2

| F: PHED 2605 | 3 |
| Functional Anatomy |
| F: MATH 1401 | 3 |
| Elementary Statistics |
| C2: HUMANITIES | 3 |
| E: SOCIAL SCIENCES | 3 |
| E: SOCIAL SCIENCES | 3 |

**Milestones:**
- Complete Core
- Complete area F Courses with C or better
- Select academic minor

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**Key**
- **Color:** Core Area and Credit Hours
- **Color:** Elective Course
- **Color:** Indicates this course has a course prerequisite requirement.
### Year 3

**Term 1**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>CMWL 3100</td>
<td>Lifespan Development</td>
<td>3</td>
</tr>
<tr>
<td>CMWL 3101</td>
<td>Mental/Emotional Wellness</td>
<td>3</td>
</tr>
<tr>
<td>CMWL 4103</td>
<td>R. M. in Health &amp; Community Wellness</td>
<td>3</td>
</tr>
<tr>
<td>PHED 4603</td>
<td>Adv. Concepts of Personal Training</td>
<td>3</td>
</tr>
</tbody>
</table>

**ELECTIVE**

**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 2**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>CMWL 3220</td>
<td>Health Promotion, Ed, and Program Eval</td>
<td>3</td>
</tr>
<tr>
<td>CMWL 3102</td>
<td>Psychology of Health and Wellness</td>
<td>3</td>
</tr>
<tr>
<td>CMWL 4000</td>
<td>E/W Programming for Special Populations</td>
<td>3</td>
</tr>
<tr>
<td>PHED 4501</td>
<td>Contemporary Health Issues</td>
<td>3</td>
</tr>
</tbody>
</table>

**ELECTIVE**

**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

### Year 4

**Term 1**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>CMWL 3401</td>
<td>Technology in Health &amp; Comm Wellness</td>
<td>3</td>
</tr>
</tbody>
</table>

**ELECTIVE OR CMWL COURSE**

- To Help Get Back On Track

**Milestones:**
- Complete fully online CMWL 3401 course C or better
- Maintain 2.0 or better GPA
- Electives must be 3000/4000 level courses

**Term 2**

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>CMWL 4100</td>
<td>Wellness Coaching</td>
<td>3</td>
</tr>
<tr>
<td>CMWL 4102</td>
<td>Service Learning in Health &amp; C. Wellness</td>
<td>3</td>
</tr>
</tbody>
</table>

**ELECTIVE**

**ELECTIVE**

**Milestones:**
- 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

**15 Fall Credit Hours + 15 Spring Credit Hours + 6 Summer Credit Hours = 36 Credit Hours**

**12 Fall Credit Hours + 12 Spring Credit Hours = 24 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
### Crush Your Coursework

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

**Middle Years**
- 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.

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

### Find Your Place

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

**Middle Years**
- 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.)

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

### Broaden Your Perspectives

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

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

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

### Connect Off-Campus

**First Year**
- Visit Wolves Vote to learn about the voting process and registration
- Consider volunteering for a campaign or organization in your community

**Middle Years**
- Complete an internship in your field
- Consider a summer or part-time job
- Ask your department about networking opportunities with alumni

**Last Year**
- Ask for advice from professionals in your field of interest
- Explore career shadowing opportunities

### Take Care of Yourself

**First Year**
- 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

**Middle Years**
- 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

**Last Year**
- 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

**First Year**
- Complete a self-assessment to see what careers and majors are right for you
- Visit Career Services
- Create your profile on Handshake
- Consider applying for an on-campus job

**Middle Years**
- 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

**Last Year**
- 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