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

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</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>B2: 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>E: SOCIAL SCIENCE</td>
<td></td>
<td>3</td>
</tr>
</tbody>
</table>

**Milestones:**
- Complete ENGL 1101 C or better
- Earn 16 or more credit hours
- For best opportunity for admission into a graduate program, complete lab science with B or better

#### Term 2

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</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: SOCI 1101</td>
<td>Introductory Sociology</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
- Earn 16 or more credit hours
- For best opportunity for admission into a graduate program, complete lab science with B or better

### Year 2

#### Term 1

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<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>ELECTIVE: BIOL 2021 + LAB</td>
<td>Anatomy and Physiology I</td>
<td>4</td>
</tr>
<tr>
<td>PHED 2628</td>
<td>First Aid &amp; CPR for Ed majors</td>
<td>1</td>
</tr>
<tr>
<td>C2: HUMANITIES</td>
<td></td>
<td>3</td>
</tr>
<tr>
<td>E: SOCIAL SCIENCE</td>
<td></td>
<td>3</td>
</tr>
</tbody>
</table>

**Milestones:**
- Earn 16 or more credit hours
- Complete Area F Courses with C or better
- For best 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

#### Term 2

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>ELECTIVE: BIOL 2022 + LAB</td>
<td>Anatomy and Physiology II</td>
<td>4</td>
</tr>
<tr>
<td>F: CMWL 2200</td>
<td>Social Determinants</td>
<td>3</td>
</tr>
<tr>
<td>D2: MATH 1401</td>
<td>Elementary Statistics</td>
<td>3</td>
</tr>
<tr>
<td>F: PSYC 1101</td>
<td>Intro to General Psychology</td>
<td>3</td>
</tr>
<tr>
<td>E: SOCIAL SCIENCE</td>
<td></td>
<td>3</td>
</tr>
</tbody>
</table>

**Milestones:**
- Complete Area F Courses with C or better
- For best opportunity for admission into a graduate program, complete lab science with B or better
- Maintain GPA 3.0 or better
### Year 3

#### Term 1
- **Phys 1111 + Lab**: Introductory Physics I  
  - 4 credits  
- **PHED 2000**: Applied Concepts  
  - 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  
- **PSYC 3010**: Human Growth and Development  
  - 4 credits  
- **PHED 4501**: Contemporary Health Issues  
  - 3 credits  
- **PHED 4603**: Adv. Concepts of Personal Training  
  - 3 credits

**Milestones for Year 3:**
- For best opportunity for admission into a graduate program, complete lab science with B or better  
- Must maintain GPA 3.0 or better  
- Obtain 40 hours of Occupational Therapy Observation hours (Setting #1)

**32 Total Credit Hours**

### Year 4

#### Term 1
- **CMWL 4000**: E/W Programming for Special Populations  
  - 3 credits  
- **CMWL 3110**: Program Evaluation in Community Settings  
  - 3 credits  
- **CMWL 4101**: Worksite Wellness  
  - 3 credits  
- **CMWL 3300**: Medical Terminology  
  - 3 credits

#### Term 2
- **CMWL 4100**: Wellness Coaching  
  - 3 credits  
- **PSYC 3150**: Abnormal Psychology  
  - 4 credits  
- **CMWL 3210**: Principles of Nutrition  
  - 3 credits  
- **CMWL 4102**: Service Learning in Health & C. Wellness  
  - 3 credits

**Milestones for Year 4:**
- Complete course with C or better  
- Maintain GPA 3.0 or better  
- Obtain 40 hours of Occupational Therapy Observation hours (Setting #3)  
- Complete CMWL exit content exam for graduation

**25 Total 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 40 hours of Occupational Therapy observation logged in each setting (1 & 2)
- Maintain 3.0 or better GPA.

**LAST YEAR**
- 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.

**SET**

**FIND YOUR PLACE**
- Join S.H.I.F.T. (Health and Community Wellness Club).
- Volunteer with the Wolf Wellness Lab.
- Contact a certified occupational therapist 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
- Visit Career Services
- Create your profile on Handshake
- Consider applying for an on-campus job

**GO**

**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 Handshake profile
- Draft your personal statement
- Visit the graduate school to find out about graduate programs and admission requirements

**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