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.
### Program Map

#### Year 1

**Term 1**
- **A1:** ENGL 1101  
  English Composition I  
  
  3
- **A2:** MATH 1111  
  College Algebra  
  
  3
- **B2:** XIDS 2002  
  FirstYear Seminar Course  
  
  2
- **D1:** BIOL 1107 + LAB  
  Principles of Biology I  
  
  4
- **E:** SOCIAL SCIENCES  
  
  3

**MILESTONES:**
- Complete ENGL 1101 C or better
- Complete Area A2 MATH 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

15 Fall Credit Hours + 16 Spring Credit Hours = 31 Credit Hours

#### Term 2
- **A1:** ENGL 1102  
  English Composition II  
  
  3
- **D1:** BIOL 1108 + LAB  
  Principles of Biology II  
  
  4
- **B1:** ANTH 1101  
  Voices of Culture  
  
  3
- **E4:** PSYC 1101  
  Intro to General Psychology  
  
  3
- **C1:** FINE ARTS  
  
  3

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

#### Year 2

**Term 1**
- **F:** CMWL 2100  
  Intro to Health & Comm Well  
  
  2
- **F:** MATH 1112  
  Trigonometry  
  
  3
- **F:** BIOL 2021 + LAB  
  Anatomy and Physiology I  
  
  4
- **E:** SOCIAL SCIENCES  
  
  3
- **C2:** HUMANITIES  
  
  3

**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

15 Fall Credit Hours + 14 Spring Credit Hours = 29 Credit Hours

**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</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>CHEM 1211 + LAB Principles of Chemistry I</td>
<td>4</td>
</tr>
<tr>
<td>PHED 4603 Adv. Concepts of Personal Training</td>
<td>3</td>
</tr>
<tr>
<td>CMWL 4103 R. M. in Health &amp; Community Wellness</td>
<td>3</td>
</tr>
<tr>
<td>CMWL 3101 Mental/Emotional Wellness</td>
<td>3</td>
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</table>

**TERM 2**

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>CMWL 3220 Health Promotion, Ed, and Program Eval</td>
<td>3</td>
</tr>
<tr>
<td>CMWL 3102 Psychology of Health and Wellness</td>
<td>3</td>
</tr>
<tr>
<td>CHEM 1212 + LAB Principles of Chemistry II</td>
<td>4</td>
</tr>
<tr>
<td>PSYC 3010 Human Growth and Development</td>
<td>4</td>
</tr>
</tbody>
</table>

**Milestones for Year 3:**
- Complete CMWL course 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 #1)

**TERM 3**

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>PHYS 1111 + LAB Introductory Physics I</td>
<td>4</td>
</tr>
<tr>
<td>CMWL 4000 E/W Programming for Special Populations</td>
<td>3</td>
</tr>
</tbody>
</table>

**Milestones for Year 3:**
- Complete CMWL course 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 20 hours of physical therapy observation logged (setting #2)

**13 FALL CREDIT HOURS + 14 SPRING CREDIT HOURS + 7 SUMMER CREDIT HOURS = 34 CREDIT HOURS**

### Year 4

**TERM 1**

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>PHYS 1112 + LAB Introductory Physics II</td>
<td>4</td>
</tr>
<tr>
<td>CMWL 3110 Program Evaluation in Community Settings</td>
<td>3</td>
</tr>
<tr>
<td>CMWL 4101 Worksite Wellness</td>
<td>3</td>
</tr>
<tr>
<td>PSYC 3150 Abnormal Psychology</td>
<td>4</td>
</tr>
</tbody>
</table>

**TERM 2**

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>CMWL 4100 Wellness Coaching</td>
<td>3</td>
</tr>
<tr>
<td>PHED 4501 Contemporary Health Issues</td>
<td>3</td>
</tr>
<tr>
<td>CMWL 3210 Principles of Nutrition</td>
<td>3</td>
</tr>
<tr>
<td>CMWL 4102 Service Learning in Health &amp; C. Wellness</td>
<td>3</td>
</tr>
</tbody>
</table>

**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

**14 FALL CREDIT HOURS + 12 SPRING CREDIT HOURS = 26 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 Physical 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 physical therapist to shadow/observes 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**
- Volunteer with a community health organization.
- Take a leadership role in S.H.I.F.T.
- Apply for an internship.
- Explore Doctoral Programs in Physical Therapy.
- Gain summer work experience (e.g. summer camps, internship.)

**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

**CONNECT OFF-CAMPUS**
- 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

**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

**REQUEST REFERENCE 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