<table>
<thead>
<tr>
<th>BS HEALTH &amp; COMMUNITY WELLNESS</th>
<th>ATHLETIC TRAINING TRACK</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>60</strong></td>
<td><strong>CORE CREDIT HOURS</strong></td>
</tr>
<tr>
<td><strong>60</strong></td>
<td><strong>MAJOR CREDIT HOURS</strong></td>
</tr>
<tr>
<td><strong>0</strong></td>
<td><strong>ELECTIVE CREDIT HOURS</strong></td>
</tr>
</tbody>
</table>

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**

<table>
<thead>
<tr>
<th>Milestone</th>
<th>Course Code</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Complete ENGL 1102 C or better</td>
<td>ENGL 1102</td>
<td>3</td>
</tr>
<tr>
<td>2. Complete Area A2 Math C or better</td>
<td>Math 1111</td>
<td>3</td>
</tr>
<tr>
<td>3. For best opportunity for admission into a graduate program, complete lab science with B or better</td>
<td>BIOL 1107 + Lab</td>
<td>4</td>
</tr>
</tbody>
</table>

**E: SOCIAL SCIENCES**

3 units

**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>Milestone</th>
<th>Course Code</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Complete ENGL 1107 C or better</td>
<td>ENGL 1101</td>
<td>3</td>
</tr>
<tr>
<td>2. Complete Area A2 Math C or better</td>
<td>Math 1111</td>
<td>3</td>
</tr>
<tr>
<td>3. For best opportunity for admission into a graduate program, complete lab science with B or better</td>
<td>BIOL 1108 + Lab</td>
<td>4</td>
</tr>
</tbody>
</table>

**B1: COMM 1110**

3 units

**E4: PSYC 1101**

3 units

**C1: FINE ARTS**

3 units

**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

---

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

---

**Term 1**

<table>
<thead>
<tr>
<th>Milestone</th>
<th>Course Code</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Earn 16 or more credit hours</td>
<td>CMWL 2100</td>
<td>2</td>
</tr>
<tr>
<td>2. Complete Area F Courses with C or Better</td>
<td>Math 1112</td>
<td>3</td>
</tr>
<tr>
<td>3. For best opportunity for admission into a graduate program, complete lab science with B or better</td>
<td>BIOL 2021 + Lab</td>
<td>4</td>
</tr>
<tr>
<td>4. Must pass CMWL 2100 with C or better before beginning CMWL major courses</td>
<td>PHED 2628</td>
<td>1</td>
</tr>
</tbody>
</table>

**E: SOCIAL SCIENCES**

3 units

**C2: HUMANITIES**

3 units

**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>Milestone</th>
<th>Course Code</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Complete Area F Courses with C or Better</td>
<td>BIOL 2022 + Lab</td>
<td>4</td>
</tr>
<tr>
<td>2. For best opportunity for admission into a graduate program, complete lab science with B or better</td>
<td>CMWL 2200</td>
<td>3</td>
</tr>
<tr>
<td>3. Must pass CMWL pre-test in CMWL 2100 before beginning CMWL major courses</td>
<td>Math 1401</td>
<td>3</td>
</tr>
</tbody>
</table>

**F: PHED 2000**

3 units

**E: SOCIAL SCIENCES**

3 units

**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
- Complete core
- Maintain 3.0 or better GPA

---

16 Fall Credit Hours + 16 Spring Credit Hours = 32 Credit Hours

---

**Key**
- Color: Core Area and Credit Hours
- Color: Indicates this course has a course prerequisite requirement
## Program Map

### Year 3

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

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

**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)

**13 Fall Credit Hours + 13 Spring Credit Hours + 6 Summer Credit Hours = 32 Credit Hours**

### Year 4

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

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

**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

**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
**Crush Your Coursework**

**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.

**Find Your Place**

**First Year**
- 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.

**Middle Years**
- 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.)

**Last Year**
- Attend a conference in Athletic Training or a related field as a student member.
- Complete a research project with a faculty member.
- Apply to Graduate School/Graduate Assistantships.

**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
- 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**

**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