

2020-2021 Program Map – BS Health and Community Wellness

YEAR 1

TERM 1		TERM 2	
Course	Credits	Course	Credits
Area A1: ENGL 1101- English Composition I	3	Area A1: ENGL 1102 - English Composition II	3
Area A2: MATH 1001-Quantitative Skills & Reasoning	3	Area D1: Non-lab Science	3
Area D1: BIOL 1010 + BIOL 1010 lab Fundamentals of Biology	4	Area B1: COMM 1110 or ENGL 2050/THEA 2050 - Public Speaking or Self-Staging: Oral Com Daily Life	3
Area E: Social Sciences	3	Area F: PSYC 1101- Intro to General Psychology	3
Area B2: XIDS 2002: - What do you know about....	2	Area F: PHED 2000-App Con of Fitness & Wellness	3
SEMESTER TOTAL	15	SEMESTER TOTAL	15
Milestones		Milestones	
<ul style="list-style-type: none"> ● Complete ENGL 1101 C or better ● Complete Area A2 Math ● Complete Lab Science ● Earn 15 or more credit hours 		<ul style="list-style-type: none"> ● Complete ENGL 1102 C or better ● Complete Non-lab Science ● Earn 15 or more credit hours ● Complete area F courses C or better 	

YEAR 2

TERM 1		TERM 2	
Course	Credits	Course	Credits
Area D2-Mathematics, Science, and Quantitative Technology Courses	3	Area C2- Humanities	3
Area C1- Fine Arts	3	Area E: Social Sciences	3
Area E: Social Sciences	3	Area E: Social Sciences	3
Area F: CMWL 2100: Intro to Health & Comm Well	2	Area F: PHED 2605- Functional Anatomy	3
Area F: CMWL 2200: Soc. Determinants Health & Well	3	Area F: MATH 1401- Elementary Statistics	3
Area F: PHED 2628-First Aid & CPR for Ed. majors	1		
SEMESTER TOTAL	15	SEMESTER TOTAL	15
Milestones		Milestones	
<ul style="list-style-type: none"> ● Earn 15 or more credit hours ● Complete area F courses C or better 		<ul style="list-style-type: none"> ● Complete Core ● Earn 15 or more credit hours ● Maintain 2.0 or better GPA ● Complete area F courses C or better 	

****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****

Core Curriculum (A-E) can be viewed here: <https://www.westga.edu/student-services/registrar/core-curriculum.php>

Student Online Resources:

- www.westga.edu/advising (Learn about: The name of your assigned advisor, program maps for all programs at UWG, tutorials on how to register and your wolf watch evaluation).
- www.westga.edu/scoop (Learn about: Fee payment deadlines, withdrawal deadlines, final exam schedules).
- www.westga.edu/esc (Learn about: Requesting a transcript, financial aid information, requesting an enrollment verification, completing a FERPA form).
- www.westga.edu/careerservices (Learn about: On/Off campus job opportunities, major and career exploration, resumes & cover letters, interviewing tips).
- www.westga.edu/cas (Learn about: tutoring, academic coaching, supplemental instruction, success workshops).

YEAR 3			
TERM 1		TERM 2	
Course	Credits	Course	Credits
CMWL 3100 Lifespan Development	3	CMWL 3102 Psychology of Health and Wellness*	3
CMWL 3101 Mental/Emotional Wellness	3	CMWL 3220 Health Promotion, Education, and Program Evaluation	3
CMWL 4103 Research Methods in Health and Community Wellness	3	CMWL 3230 Exercise Leadership	3
PHED 4603 Adv. Concepts of Personal Training*	3	PHED 4501 Contemporary Health Issues	3
Elective 1	3	Elective 2	3
SEMESTER TOTAL	15	SEMESTER TOTAL	15
Milestones		Milestones	
<ul style="list-style-type: none"> 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 		<ul style="list-style-type: none"> Maintain 2.0 or better GPA Complete courses earning C or better Electives must be 3000/4000 level courses 	
YEAR 3			
Summer			
Course	Credits		
CMWL 3401-Technology in Health & Comm Wellness	3		
Elective 3 OR any CMWL course needed to get back on track to graduate	3		
SEMESTER TOTAL	6		
Milestones			
<ul style="list-style-type: none"> Complete fully online CMWL 3401 course C or better Maintain 2.0 or better GPA Electives must be 3000/4000 level courses 			
YEAR 4			
TERM 1		TERM 2	
Course	Credits	Course	Credits
CMWL 3210 Principles of Nutrition	3	CMWL 4100-Wellness Coaching*	3
CMWL 4000 Exercise/Wellness Programming for Special Populations*	3	CMWL 3240 Current Issues and Trends in Fitness and Wellness Leadership	3
CMWL 4101 Worksite Wellness Programs	3	CMWL 4102- Service Learning in Health & Community Wellness*	3
Elective 4	3	Elective 5	3
SEMESTER TOTAL	12	SEMESTER TOTAL	12
Milestones		Milestones	
<ul style="list-style-type: none"> Maintain 2.0 or better GPA Complete courses earning C or better Electives must be 3000/4000 level courses Add another elective if already completed CMWL 3210 		<ul style="list-style-type: none"> Maintain 2.0 or better GPA Complete courses earning C or better Electives must be 3000/4000 level courses 	

***Indicates this course has a course prerequisite requirement.**