



Health and Community Wellness, B.S. (General Track)

Core IMPACTS Curriculum	HRS	GR
Core IMPACTS Area I - Institutional Priorities	4-5	
1. Written and Oral Communication One of the following is required of all majors. Choose from the following: ART 2000, ANTH 110, COMM 1100, COMM 1110, ENGL 2000, ENGL 2050 (or) THEA 2050, PHIL 2020, or any international language 1001, 1002	3	
2. Other Institutional Options ANTH 1100, BUSA 1900, CS 1000, LIBR 2100, MUSC 1110, XIDS 2001, XIDS 2002	1-2	
Core IMPACTS Area M - Mathematics and Quantitative Skills	3	
Choose one of the following based on major: MATH 1001, MATH 1101, MATH 1111, MATH 1113, MATH 1401, MATH 1634	3-4	
Core IMPACTS Area P - Political Science and U.S. History (Citizenship)	6	
1. American / United States History HIST 2111 or 2112	3	
2. American / Georgia Government POLS 1101	3	
Core IMPACTS Area A - Arts, Humanities & Ethics (Humanities)	6	
1. Fine Arts XIDS 2100, ART 1201, ART 2201, ART 2202, FILM 2080, MUSC 1100, MUSC 1120, THEA 1100	3	
2. Humanities XIDS 2100, COMM 1154, ENGL 2110, ENGL 2120, ENGL 2130, ENGL 2180, ENGL 2190, FREN 1001, GRMN 1001, SPAN 1001, FREN 1002, GRMN 1002, SPAN 1002, FREN 2001, GRMN 2001, SPAN 2001, FREN 2002, GRMN 2002, SPAN 2002, FORL 2200, FORL 2300, PHIL 2010, PHIL 2030	3	
Core IMPACTS Area C - Communicating in Writing	6	
ENGL 1101	3	
ENGL 1102	3	
Core IMPACTS Area T - Technology, Mathematics, and Sciences (STEM)	10-11	
1. Science Courses ANTH 1105, ASTR 2313(L), BIOL 1010(K)(L), BIOL 1012, BIOL 1013, BIOL 1014, BIOL 1015, BIOL 1107(L), BIOL 1108(L), CHEM 1100(L), CHEM 1151(L), CHEM 1152(L), CHEM 1211(K)(L), CHEM 1212(K)(L), CHEM 1230K, GEOG 1111, GEOG 1112(L), GEOG 1113(L), GEOG 2202(L), GEOG 2553, GEOL 1121(L), GEOL 1122(L), GEOL 1123(L), GEOL 2503, GEOL 2523, GEOL 2553, PHYS 1111(L), PHYS 1112(L), PHYS 2211(L), PHYS 2212(L), XIDS 2202	7-8	
2. Mathematics, Science, and Quantitative Technology Courses CS 1030, CS 1300, DATA 1501, MATH 1401, MATH 1413, MATH 1634, MATH 2644	3-4	
Core IMPACTS Area S - Social Sciences	6	
1. World History HIST 1111 or 1112	3	
2. Social Science Elective Courses ANTH 1004, ANTH 1102, CRIM 1100, ECON 2100, ECON 2105, ECON 2106, GEOG 1013, GEOG 2503, PHIL 2130, POLS 2201, PSYC 1101, SOCI 1101, SOCI 1160, XIDS 2300, XIDS 2301	3	

Field of Study	HRS	GR
PHED 2628 (First Aid and CPR for Education Majors)	1	
PHED 2000 (App Con of Fitness & Wellness)	3	
CMWL 2100 (Intro to Health and Community Wellness)	2	
PSYC 1101 (Introduction to General Psychology)	3	
MATH 1401 (Elementary Statistics)	3	
CMWL 2200 (Social Determinants of Health and Wellness)	3	
PHED 2605 (Functional Anatomy)	3	

Major Course Options	HRS	GR
Professional Classes for the Degree	42	
CMWL 3100 (Lifespan Development)	3	
CMWL 3210 (Principles of Nutrition)	3	
CMWL 3240 (Current Issues and Trends in Fitness and Wellness Leadership)	3	
CMWL 3300 (Medical Terminology)	3	
CMWL 3101 (Mental and Emotional Wellness)	3	
CMWL 3102 (Psychology of Health and Wellness)	3	
CMWL 4100 (Wellness Coaching)	3	
PHED 4603 (Advanced Concepts of Personal Training)	3	
CMWL 4000 (Exercise and Wellness Programming for Special Populations)	3	
CMWL 4101 (Worksite Wellness Programs)	3	
CMWL 4103 (Applied Research Methods in Health and Community Wellness)	3	
CMWL 3220 (Principles and Foundations of Health Promotion and Education)	3	
CMWL 3110 (Program Evaluation in Community Settings)	3	
CMWL 4102 (Health and Community Wellness Internship)	3	
Professional Elective for the Degree: Select one of the following courses: CMWL 3230, CMWL 3302, CMWL 3304, CMWL 3401, PHED 4631, or NUTR 3100	3	
Electives Recommended: (Electives are for an approved minor or special topics courses. All electives must be at the 3000 level or above. The academic advisor must approve any 2000 level courses)	15	
Total	120	



Health and Community Wellness, B.S. (Athletic Track)

Core IMPACTS Curriculum	HRS	GR
Core IMPACTS Area I - Institutional Priorities	4-5	
1. Written and Oral Communication One of the following is required of all majors. Choose from the following: ART 2000, ANTH 110, COMM 1100, COMM 1110, ENGL 2000, ENGL 2050 (or) THEA 2050, PHIL 2020, or any international language 1001, 1002	3	
2. Other Institutional Options ANTH 1100, BUSA 1900, CS 1000, LIBR 2100, MUSC 1110, XIDS 2001, XIDS 2002	1-2	
Core IMPACTS Area M - Mathematics and Quantitative Skills	3	
MATH 1111	3	
Core IMPACTS Area P - Political Science and U.S. History (Citizenship)	6	
1. American / United States History HIST 2111 or 2112	3	
2. American / Georgia Government POLS 1101	3	
Core IMPACTS Area A - Arts, Humanities & Ethics (Humanities)	6	
1. Fine Arts XIDS 2100, ART 1201, ART 2201, ART 2202, FILM 2080, MUSC 1100, MUSC 1120, THEA 1100	3	
2. Humanities XIDS 2100, COMM 1154, ENGL 2110, ENGL 2120, ENGL 2130, ENGL 2180, ENGL 2190, FREN 1001, GRMN 1001, SPAN 1001, FREN 1002, GRMN 1002, SPAN 1002, FREN 2001, GRMN 2001, SPAN 2001, FREN 2002, GRMN 2002, SPAN 2002, FORL 2200, FORL 2300, PHIL 2010, PHIL 2030	3	
Core IMPACTS Area C - Communicating in Writing	6	
ENGL 1101	3	
ENGL 1102	3	
Core IMPACTS Area T - Technology, Mathematics, and Sciences (STEM)	10-11	
1. Science Courses BIOL 1107(L) and BIOL 1108(L)	8	
2. Mathematics, Science, and Quantitative Technology Courses MATH 1401	3	
Core IMPACTS Area S - Social Sciences	6	
1. World History HIST 1111 or 1112	3	
2. Social Science Elective Courses PSYC 1101	3	
Field of Study	HRS	GR
PHED 2628 (First Aid and CPR for Education Majors)	1	
PHED 2000 (App Con of Fitness & Wellness)	3	
CMWL 2100 (Intro to Health and Community Wellness)	2	
CMWL 2200 (Social Determinants of Health and Wellness)	3	
PHYS 1111 (Introductory Physics I)	3	
CHEM 1211 (Principles of Chemistry I)	3	
MATH 1112 (College Trigonometry)	3	

Major Course Options	HRS	GR
Professional Classes for the Degree	45	
CMWL 3100 (Lifespan Development)	3	
CMWL 3210 (Principles of Nutrition)	3	
CMWL 3240 (Current Issues and Trends in Fitness and Wellness Leadership)	3	
CMWL 3300 (Medical Terminology)	3	
CMWL 3101 (Mental and Emotional Wellness)	3	
CMWL 3102 (Psychology of Health and Wellness)	3	
CMWL 4100 (Wellness Coaching)	3	
PHED 4603 (Advanced Concepts of Personal Training)	3	
CMWL 4000 (Exercise and Wellness Programming for Special Populations)	3	
PHED 4631 (Prevention and Care of Athletic Injuries)	3	
CMWL 4101 (Worksite Wellness Programs)	3	
CMWL 4103 (Applied Research Methods in Health and Community Wellness)	3	
CMWL 3220 (Principles and Foundations of Health Promotion and Education)	3	
CMWL 3110 (Program Evaluation in Community Settings)	3	
CMWL 4102 (Health and Community Wellness Internship)	3	
Professional Elective for the Degree	14	
BIOL 2251/2251L (Anatomy and Physiology I)	4	
BIOL 2252/2252L (Anatomy and Physiology II)	4	
CHEM 1211L (Principles of Chemistry I Lab)	1	
PHYS 1111L (Introductory Physics I Laboratory)	1	
PSYC 3150 (Abnormal Psychology)	4	
Total	120	



Health and Community Wellness, B.S. (Dietetics Track)

Core IMPACTS Curriculum	HRS	GR
Core IMPACTS Area I - Institutional Priorities	4-5	
1. Written and Oral Communication One of the following is required of all majors. Choose from the following: ART 2000, ANTH 110, COMM 1100, COMM 1110, ENGL 2000, ENGL 2050 (or) THEA 2050, PHIL 2020, or any international language 1001, 1002	3	
2. Other Institutional Options CS 1000	2	
Core IMPACTS Area M - Mathematics and Quantitative Skills	3	
MATH 1111	3	
Core IMPACTS Area P - Political Science and U.S. History (Citizenship)	6	
1. American / United States History HIST 2111 or 2112	3	
2. American / Georgia Government POLS 1101	3	
Core IMPACTS Area A - Arts, Humanities & Ethics (Humanities)	6	
1. Fine Arts XIDS 2100, ART 1201, ART 2201, ART 2202, FILM 2080, MUSC 1100, MUSC 1120, THEA 1100	3	
2. Humanities XIDS 2100, COMM 1154, ENGL 2110, ENGL 2120, ENGL 2130, ENGL 2180, ENGL 2190, FREN 1001, GRMN 1001, SPAN 1001, FREN 1002, GRMN 1002, SPAN 1002, FREN 2001, GRMN 2001, SPAN 2001, FREN 2002, GRMN 2002, SPAN 2002, FORL 2200, FORL 2300, PHIL 2010, PHIL 2030	3	
Core IMPACTS Area C - Communicating in Writing	6	
ENGL 1101	3	
ENGL 1102	3	
Core IMPACTS Area T - Technology, Mathematics, and Sciences (STEM)	10-11	
1. Science Courses CHEM 1211(L) and CHEM 1212(L)	8	
2. Mathematics, Science, and Quantitative Technology Courses MATH 1401	3	
Core IMPACTS Area S - Social Sciences	6	
1. World History HIST 1111 or 1112	3	
2. Social Science Elective Courses ANTH 1004, ANTH 1102, CRIM 1100, ECON 2100, ECON 2105, ECON 2106, GEOG 1013, GEOG 2503, PHIL 2130, POLS 2201, PSYC 1101, SOCI 1101, SOCI 1160, XIDS 2300, XIDS 2301	3	
Field of Study	HRS	GR
PHED 2628 (First Aid and CPR for Education Majors)	1	
PHED 2000 (App Con of Fitness & Wellness)	3	
CMWL 2100 (Intro to Health and Community Wellness)	2	
BIOL 2251/2251L (Anatomy and Physiology I)	4	
BIOL 2252/2252L (Anatomy and Physiology II)	4	
CHEM 2411L (Organic Chemistry I Laboratory)	1	
MATH 1112 (College Trigonometry)	3	

Major Course Options	HRS	GR
Professional Classes for the Degree	42	
CMWL 2200 (Social Determinants of Health and Wellness)	3	
CMWL 3100 (Lifespan Development)	3	
CMWL 3240 (Current Issues and Trends in Fitness and Wellness Leadership)	3	
CMWL 3300 (Medical Terminology)	3	
CMWL 3101 (Mental and Emotional Wellness)	3	
CMWL 3102 (Psychology of Health and Wellness)	3	
CMWL 4100 (Wellness Coaching)	3	
PHED 4603 (Advanced Concepts of Personal Training)	3	
CMWL 4000 (Exercise and Wellness Programming for Special Populations)	3	
CMWL 4101 (Worksite Wellness Programs)	3	
CMWL 4103 (Applied Research Methods in Health and Community Wellness)	3	
CMWL 3220 (Principles and Foundations of Health Promotion and Education)	3	
CMWL 3110 (Program Evaluation in Community Settings)	3	
CMWL 4102 (Health and Community Wellness Internship)	3	
Professional Elective for the Degree: (Select one of the Following Courses) CMWL 3230, CMWL 3302, CMWL 3304, CMWL 3401, or PHED 4631	3	
Required Electives: (For this professional track, these courses are required to earn a Minor in Nutrition Promotion and Education) CMWL 3210, CHEM 2411, NUTR 3100, <i>Select two of the following courses:</i> HIST 4580, NUTR 3200, NUTR 4100, or NUTR 4300	15	
Total	120	



Health and Community Wellness, B.S. (Occupational Track)

Core IMPACTS Curriculum	HRS	GR
Core IMPACTS Area I - Institutional Priorities	4-5	
1. Written and Oral Communication One of the following is required of all majors. Choose from the following: ART 2000, ANTH 110, COMM 1100, COMM 1110, ENGL 2000, ENGL 2050 (or) THEA 2050, PHIL 2020, or any international language 1001, 1002	3	
2. Other Institutional Options ANTH 1100, BUSA 1900, CS 1000, LIBR 2100, MUSC 1110, XIDS 2001, XIDS 2002	1-2	
Core IMPACTS Area M - Mathematics and Quantitative Skills	3	
MATH 1111	3	
Core IMPACTS Area P - Political Science and U.S. History (Citizenship)	6	
1. American / United States History HIST 2111 or 2112	3	
2. American / Georgia Government POLS 1101	3	
Core IMPACTS Area A - Arts, Humanities & Ethics (Humanities)	6	
1. Fine Arts XIDS 2100, ART 1201, ART 2201, ART 2202, FILM 2080, MUSC 1100, MUSC 1120, THEA 1100	3	
2. Humanities XIDS 2100, COMM 1154, ENGL 2110, ENGL 2120, ENGL 2130, ENGL 2180, ENGL 2190, FREN 1001, GRMN 1001, SPAN 1001, FREN 1002, GRMN 1002, SPAN 1002, FREN 2001, GRMN 2001, SPAN 2001, FREN 2002, GRMN 2002, SPAN 2002, FORL 2200, FORL 2300, PHIL 2010, PHIL 2030	3	
Core IMPACTS Area C - Communicating in Writing	6	
ENGL 1101	3	
ENGL 1102	3	
Core IMPACTS Area T - Technology, Mathematics, and Sciences (STEM)	10-11	
1. Science Courses BIOL 1107(L) and BIOL 1108(L)	8	
2. Mathematics, Science, and Quantitative Technology Courses MATH 1401	3	
Core IMPACTS Area S - Social Sciences	6	
1. World History HIST 1111 or 1112	3	
2. Social Science Elective Courses SOCI 1101	3	
Field of Study	HRS	GR
PHED 2000 (App Con of Fitness & Wellness)	3	
CMWL 2100 (Intro to Health and Community Wellness)	2	
CMWL 2200 (Social Determinants of Health and Wellness)	3	
MATH 1112 (College Trigonometry)	3	
PHYS 1111/1111L (Introductory Physics I)	4	
PSYC 1101 (Introduction to General Psychology)	3	

Major Course Options	HRS	GR
Professional Classes for the Degree	45	
PHED 2628 (First Aid and CPR for Education Majors)	1	
CMWL 3210 (Principles of Nutrition)	3	
CMWL 3240 (Current Issues and Trends in Fitness and Wellness Leadership)	3	
CMWL 3300 (Medical Terminology)	3	
PSYC 3010 (Human Growth and Development)	4	
CMWL 3101 (Mental and Emotional Wellness)	3	
CMWL 3102 (Psychology of Health and Wellness)	3	
CMWL 4100 (Wellness Coaching)	3	
PHED 4603 (Advanced Concepts of Personal Training)	3	
CMWL 4000 (Exercise and Wellness Programming for Special Populations)	3	
PHED 4631 (Prevention and Care of Athletic Injuries)	3	
CMWL 4101 (Worksite Wellness Programs)	3	
CMWL 4103 (Applied Research Methods in Health and Community Wellness)	3	
CMWL 3220 (Principles and Foundations of Health Promotion and Education)	3	
CMWL 3110 (Program Evaluation in Community Settings)	3	
CMWL 4102 (Health and Community Wellness Internship)	3	
Required Electives	12	
BIOL 2251/2251L (Anatomy and Physiology I)	4	
BIOL 2252/2252L (Anatomy and Physiology II)	4	
PSYC 3150 (Abnormal Psychology)	4	
Total	120	



Health and Community Wellness, B.S. (Physical Track)

Core IMPACTS Curriculum	HRS	GR
Core IMPACTS Area I - Institutional Priorities	4-5	
1. Written and Oral Communication One of the following is required of all majors. Choose from the following: ART 2000, ANTH 110, COMM 1100, COMM 1110, ENGL 2000, ENGL 2050 (or) THEA 2050, PHIL 2020, or any international language 1001, 1002	3	
2. Other Institutional Options ANTH 1100, BUSA 1900, CS 1000, LIBR 2100, MUSC 1110, XIDS 2001, XIDS 2002	1-2	
Core IMPACTS Area M - Mathematics and Quantitative Skills	3	
MATH 1111	3	
Core IMPACTS Area P - Political Science and U.S. History (Citizenship)	6	
1. American / United States History HIST 2111 or 2112	3	
2. American / Georgia Government POLS 1101	3	
Core IMPACTS Area A - Arts, Humanities & Ethics (Humanities)	6	
1. Fine Arts XIDS 2100, ART 1201, ART 2201, ART 2202, FILM 2080, MUSC 1100, MUSC 1120, THEA 1100	3	
2. Humanities XIDS 2100, COMM 1154, ENGL 2110, ENGL 2120, ENGL 2130, ENGL 2180, ENGL 2190, FREN 1001, GRMN 1001, SPAN 1001, FREN 1002, GRMN 1002, SPAN 1002, FREN 2001, GRMN 2001, SPAN 2001, FREN 2002, GRMN 2002, SPAN 2002, FORL 2200, FORL 2300, PHIL 2010, PHIL 2030	3	
Core IMPACTS Area C - Communicating in Writing	6	
ENGL 1101	3	
ENGL 1102	3	
Core IMPACTS Area T - Technology, Mathematics, and Sciences (STEM)	10-11	
1. Science Courses BIOL 1107(L) and BIOL 1108(L)	7-8	
2. Mathematics, Science, and Quantitative Technology Courses MATH 1401	3-4	
Core IMPACTS Area S - Social Sciences	6	
1. World History HIST 1111 or 1112	3	
2. Social Science Elective Courses PSYC 1101	3	
Field of Study	HRS	GR
PHED 2628 (First Aid and CPR for Education Majors)	1	
CMWL 2100 (Intro to Health and Community Wellness)	2	
CMWL 2200 (Social Determinants of Health and Wellness)	3	
CHEM 1211 (Principles of Chemistry I)	3	
CHEM 1212 (Principles of Chemistry II)	3	
BIOL 2251 (Anatomy and Physiology I)	3	
MATH 1112 (College Trigonometry)	3	

Major Course Options	HRS	GR
Professional Classes for the Degree	44	
PSYC 3010 (Human Growth and Development)	4	
PSYC 3150 (Abnormal Psychology)	4	
CMWL 3210 (Principles of Nutrition)	3	
CMWL 3240 (Current Issues and Trends in Fitness and Wellness Leadership)	3	
CMWL 3300 (Medical Terminology)	3	
CMWL 3101 (Mental and Emotional Wellness)	3	
CMWL 3102 (Psychology of Health and Wellness)	3	
CMWL 4100 (Wellness Coaching)	3	
PHED 4603 (Advanced Concepts of Personal Training)	3	
CMWL 4000 (Exercise and Wellness Programming for Special Populations)	3	
CMWL 3220 (Principles and Foundations of Health Promotion and Education)	3	
CMWL 3110 (Program Evaluation in Community Settings)	3	
CMWL 4102 (Health and Community Wellness Internship)	3	
PHED 4631 (Prevention and Care of Athletic Injuries)	3	
Required Electives	15	
PHYS 1111/1111L (Introductory Physics I)	4	
PHYS 1112/1112L (Introductory Physics II)	4	
CHEM 1211L (Principles of Chemistry I Lab)	1	
CHEM 1212L (Principles of Chemistry II Lab)	1	
BIOL 2251L (Anatomy and Physiology I Laboratory)	1	
BIOL 2252/2252L (Anatomy and Physiology II)	4	
Total	120	