

## ABOUT THE MAJOR

The mission of the Bachelor of Science (B.S.) in Health & Community Wellness is to provide professional candidates for employment in a variety of settings to promote health and wellness. Through program courses and experiential learning experiences, students will be prepared to help people, organizations, and communities change lifestyle behaviors to minimize health risks and improve overall wellness. Students have the option of taking 15 credit hours of electives or choosing an approved minor such as Biology, Business Administration, Management, Psychology, Sociology, Nutrition Promotion & Education, Sport Management, Coaching, or others. Students must maintain a minimum of 2.0 GPA for good academic standing in this program on the General Track. Students also have the option to choose 1 of 4 professional tracks: Athletic Training, Physical Therapy, Occupational Therapy, or Dietetics. These tracks will prepare students to apply for a Master's or doctoral program in the designated field of study.

## ABOUT THIS MAP

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. Use this map to help plan and guide your experience at UWG, including academic, co-curricular, and discovery opportunities. Everyone's experience is different and activities in this map are suggestions. Always consult with your advisors whenever possible for new opportunities and updates.

Visit [westga.edu/program-maps](https://westga.edu/program-maps) for the latest version of this major map.



VISIT WOLFWATCH  
FOR MORE  
INFORMATION.



HAVE A QUESTION?  
CHECK IN WITH  
YOUR ADVISOR!



## WHERE CAN YOU GO WITH THIS DEGREE?

- Coach
- Health and Wellness Coordinator
- Health Coach
- Health Educator
- Human Resources Specialist
- Medical Assistant
- Physical Therapist Assistant
- Program Coordinator
- Recruiter
- Wellness Coordinator

## ADD A CERTIFICATE

- Data Analysis & Evaluation Methods
- Health and Society
- Health Communication
- Power Up for 30
- Social Services

## HONORS COLLEGE

Consider joining if you have an Overall GPA of 3.2 and earned 15 college credit hours!

# HEALTH & COMMUNITY WELLNESS

## DIETETICS TRACK

*Bachelor of Science*

60

CORE CREDIT HOURS

60

MAJOR CREDIT HOURS

0

ELECTIVE CREDIT HOURS



UNIVERSITY OF WEST GEORGIA

2025-2026

**TERM 1: FALL**

**C1: ENGL 1101** **3** CREDIT HOURS  
English Composition I

**M: MATH 1111** **3** CREDIT HOURS  
College Algebra

**I1: COMM 1110** **3** CREDIT HOURS  
Public Speaking

**A: XIDS 2100** **3** CREDIT HOUR  
(Recommended) Arts and Ideas: Special Topics

**S: HIST 1111 OR 1112** **3** CREDIT HOURS  
World History

- MILESTONES:**
- COMPLETE ENGL 1101 WITH C OR BETTER
  - COMPLETE MATH 1111 WITH C OR BETTER
  - EARN 15 OR MORE CREDIT HOURS
  - MAINTAIN GPA 3.0 OR BETTER

**TERM 2: SPRING**

**C2: ENGL 1102** **3** CREDIT HOURS  
English Composition II

**F: MATH 1112** **3** CREDIT HOURS  
Trigonometry

**S: SOCI 1101** **3** CREDIT HOURS  
Introductory Sociology

**I2: CS 1000** **1** CREDIT HOURS  
Practical Computing

**A: HUMANITIES** **3** CREDIT HOURS

- MILESTONES:**
- COMPLETE ENGL 1102 WITH C OR BETTER
  - EARN 13 OR MORE CREDIT HOURS
  - MAINTAIN GPA 3.0 OR BETTER

**15 FALL CREDIT HOURS + 13 SPRING CREDIT HOURS  
= 28 CREDIT HOURS**

**CRUSH YOUR COURSEWORK**

- Complete ENGL 1101 and 1102, Math courses, and Lab Sciences with a C or better.
- For the best opportunity for admission into a graduate program, complete Lab Sciences and Math courses with a B or better.

**FIND YOUR PLACE**

- Join S.H.I.F.T. (Health and Community Wellness Club).
- Volunteer with the Wolf Wellness Lab
- Contact at least two registered dietitians 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 Education and Financial Literacy.

**PAVE YOUR PATH**

- Complete a self-assessment to see what careers and majors are right for you.
- Visit Office of Career and Graduate School Connections.
- Create your profile on Handshake.
- Consider applying for an on-campus job.

**TERM 1: FALL**

**F: CMWL 2100** **2** CREDIT HOURS  
Introduction to Health & Community Welless

**T1: CHEM 1211 + LAB** **4** CREDIT HOURS  
Principles of Chemistry I

**F: PHED 2628** **1** CREDIT HOUR  
First Aid & CPR for Ed majors

**P: POLS 1101** **3** CREDIT HOURS  
American Government

**P: CITIZENSHIP** **3** CREDIT HOURS

- MILESTONES:**
- COMPLETE LAB SCIENCES WITH C OR BETTER
  - COMPLETE FIELD OF STUDY RELATED COURSES WITH C OR BETTER
  - EARN 13 OF MORE CREDIT HOURS
  - MAINTAIN GPA 3.0 OR BETTER

**TERM 2: SPRING**

**F: PHED 2000** **3** CREDIT HOURS  
Applied Concepts

**T3: MATH 1401** **3** CREDIT HOURS  
Elementary Statistics

**CMWL 3210** **3** CREDIT HOURS  
Principles of Nutrition

**T2: CHEM 1212 + LAB** **4** CREDIT HOURS  
Principles of Chemistry II

**CMWL 3401** **3** CREDIT HOURS  
Tech in Hlth & Comm Wellness

- MILESTONES:**
- COMPLETE LAB SCIENCES WITH C OR BETTER
  - COMPLETE FIELD OF STUDY RELATED COURSES WITH C OR BETTER
  - EARN 16 OF MORE CREDIT HOURS
  - MAINTAIN GPA 3.0 OR BETTER

**13 FALL CREDIT HOURS + 16 SPRING CREDIT HOURS  
= 29 CREDIT HOURS**

**CRUSH YOUR COURSEWORK**

- Complete CMWL pre-test in CMWL 2100. Pass CMWL 2100 with a C or better before beginning CMWL major courses.
- Receiving an A in NUTR 3100 may count towards graduate credit at Georgia State University.

**FIND YOUR PLACE**

- Volunteer with a community health organization in a nutrition role.
- Research Academy of Nutrition and Dietetics.
- Take a leadership role in S.H.I.F.T. club.

**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.

**TERM 1: FALL**

<b>CHEM 2411 + LAB</b> Organic Chemistry I	<b>4</b> CREDIT HOURS
<b>CMWL 3101</b> Mental & Emotional Wellness	<b>3</b> CREDIT HOURS
<b>CMWL 4103</b> Applied Research Methods in Health & Community Wellness	<b>3</b> CREDIT HOURS
<b>HIST 4580/NUTR 4100/4300</b> US Foodways or Nutrition Education & Counseling Strategies or Cultural Aspects of Food and Nutrition	<b>3</b> CREDIT HOURS
<b>CMWL 2200</b> Social Determinants	<b>3</b> CREDIT HOURS

**TERM 2: SPRING**

<b>CMWL 3220</b> Health Promotion, Ed, and Program Eval	<b>3</b> CREDIT HOURS
<b>CMWL 3102</b> Psychology of Health and Wellness	<b>3</b> CREDIT HOURS
<b>F: BIOL 2251 + LAB</b> Human Anatomy and Physiology I	<b>4</b> CREDIT HOURS
<b>CMWL 3100</b> Lifespan Development	<b>3</b> CREDIT HOURS
<b>NUTR 3100</b> Lifecycle Nutrition	<b>3</b> CREDIT HOURS

**MILESTONES FOR FALL AND SPRING:**

- COMPLETE LAB SCIENCES WITH C OR BETTER
- COMPLETE ALL OTHER COURSES WITH C OR BETTER
- MAINTAIN 3.0 OR HIGHER GPA
- RECEIVING AN A IN NUTR 3100 MAY COUNT TOWARDS GRADUATE CREDIT AT GEORGIA STATE UNIVERSITY

**TERM 3: SUMMER**

<b>BIOL 2252 + LAB</b> Human Anatomy and Physiology II	<b>4</b> CREDIT HOURS
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**MILESTONES:**

- COMPLETE LAB SCIENCES WITH C OR BETTER
- MAINTAIN 3.0 OR HIGHER GPA

**16 FALL CREDIT HOURS + 16 SPRING CREDIT HOURS + 4 SUMMER CREDIT HOURS = 36 CREDIT HOURS**

**CRUSH YOUR COURSEWORK**

- Complete CMWL pre-test in CMWL 2100. Pass CMWL 2100 with a C or better before beginning CMWL major courses.
- Receiving an A in NUTR 3100 may count towards graduate credit at Georgia State University.

**FIND YOUR PLACE**

- Volunteer with a community health organization in a nutrition role.
- Research Academy of Nutrition and Dietetics.
- Take a leadership role in S.H.I.F.T. club.

**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.

**TERM 1: FALL**

<b>CMWL 3240</b> C.I. & Trends in Fitness and Wellness Leadership	<b>3</b> CREDIT HOURS
<b>CMWL 3110</b> Program Evaluation in Community Settings	<b>3</b> CREDIT HOURS
<b>PHED 4603</b> Advanced Concepts of Personal Training	<b>3</b> CREDIT HOURS
<b>CMWL 4100</b> Wellness Coaching	<b>3</b> CREDIT HOURS
<b>HIST 4580/NUTR 4100/4300</b> US Foodways or Nutrition Education & Counseling Strategies or Cultural Aspects of Food and Nutrition	<b>3</b> CREDIT HOURS

**TERM 2: SPRING**

<b>CMWL 3300</b> Medical Terminology	<b>3</b> CREDIT HOURS
<b>CMWL 4101</b> Worksite Wellness Programs	<b>3</b> CREDIT HOURS
<b>CMWL 4102</b> Service Learning in Health & Community Wellness	<b>3</b> CREDIT HOURS
<b>CMWL 4000</b> E/W Programming for Special Populations	<b>3</b> CREDIT HOURS

**MILESTONES FOR FALL AND SPRING:**

- COMPLETE COURSES C OR BETTER
- MAINTAIN 3.0 OR HIGHER GPA
- COMPLETE CMWL EXIT CONTENT EXAM AND SURVEY FOR GRADUATION

**15 FALL CREDIT HOURS + 12 SPRING CREDIT HOURS = 27 CREDIT HOURS**

**CRUSH YOUR COURSEWORK**

- Complete Service Learning nutrition centered project.
- Complete CMWL exit content exam for graduation.

**FIND YOUR PLACE**

- Obtain a student membership with the Academy of Nutrition and Dietetics.
- Attend and network at the Georgia Academy of Nutrition and Dietetics conference as a student member.

**BROADEN YOUR PERSPECTIVES**

- Assess your cultural competency.
- Consider working abroad and research visa regulations.
- Explore practices of creating more inclusive careers.

**CONNECT OFF-CAMPUS**

- Ask for advice from professionals in your field of interest.
- Explore career shadowing opportunities.

**TAKE CARE OF YOURSELF**

- 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**

- 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.