

# 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.

## 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

## OCCUPATIONAL THERAPY TRACK

Bachelor of Science

60 CORE CREDIT HOURS

60 MAJOR CREDIT HOURS

0 ELECTIVE CREDIT HOURS

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!



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

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

T1: BIOL 1107 + LAB 4 CREDIT HOURS  
Principles of Biology I

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
  - COMPLETE BIOL 1107/1107L WITH C OR BETTER
  - EARN 16 OR MORE CREDIT HOURS
  - MAINTAIN GPA 3.0 OR BETTER

TERM 2: SPRING

C2: ENGL 1102 3 CREDIT HOURS  
English Composition II

T2: BIOL 1108 + LAB 4 CREDIT HOURS  
Principles of Biology II

I1: COMM 1110 3 CREDIT HOURS  
Public Speaking

S: SOCI 1101 3 CREDIT HOURS  
Introductory Sociology

A: HUMANITIES 3 CREDIT HOURS

- MILESTONES:
- COMPLETE ENGL 1102 WITH C OR BETTER
  - COMPLETE BIOL 1108/1108L WITH C OR BETTER
  - EARN 16 OR MORE CREDIT HOURS
  - MAINTAIN GPA 3.0 OR BETTER

16 FALL CREDIT HOURS + 16 SPRING CREDIT HOURS  
= 32 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 a certified occupational therapist 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

F: BIOL 2251 + LAB 4 CREDIT HOURS  
Anatomy and Physiology I

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

F: MATH 1112 3 CREDIT HOURS  
Trigonometry

P: HIST 2111 OR 2112 3 CREDIT HOURS  
US History

A: HUMANITIES 3 CREDIT HOURS

- MILESTONES:
- COMPLETE MATH 1112 WITH C OR BETTER
  - COMPLETE BIOL 2251/2251L WITH C OR BETTER
  - COMPLETE FIELD OF STUDY RELATED COURSES WITH C OR BETTER
  - EARN 15 OF MORE CREDIT HOURS
  - MAINTAIN GPA 3.0 OR BETTER
  - OBTAIN 20 OT OBSERVATION HOURS (SETTING #1)

TERM 2: SPRING

F: BIOL 2252 + LAB 4 CREDIT HOURS  
Anatomy and Physiology II

F: CMWL 2200 3 CREDIT HOURS  
Social Determinants

T3: MATH 1401 3 CREDIT HOURS  
Elementary Statistics

F: PSYC 1101 3 CREDIT HOURS  
Intro to General Psychology

P: POLS 1101 3 CREDIT HOURS  
American Government

- MILESTONES:
- COMPLETE BIOL 2252/2252L WITH C OR BETTER
  - COMPLETE FIELD OF STUDY RELATED COURSES WITH C OR BETTER
  - EARN 15 OF MORE CREDIT HOURS
  - MAINTAIN GPA 3.0 OR BETTER
  - OBTAIN 20 OT OBSERVATION HOURS (SETTING #2)

16 FALL CREDIT HOURS + 16 SPRING CREDIT HOURS  
= 32 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.
- Obtain 40 hours of Occupational Therapy observation logged in each setting (1 & 2)
- Maintain 3.0 or better GPA.

FIND YOUR  
PLACE

- Volunteer with a community health organization.
- Take a leadership role in S.H.I.F.T.
- Apply for an internship.
- Explore Master's in Occupational Therapy programs.
- Research AOTA Georgia.
- 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.

TERM 1: FALL

<b>PHYS 1111 + LAB</b> Introductory Physics 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>F: PHED 2000</b> Applied Concepts	<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>PSYC 3010</b> Human Growth and Development	<b>4</b> CREDIT HOURS
<b>CMWL 3210</b> Principles of Nutrition	<b>3</b> CREDIT HOURS
<b>PHED 4603</b> Advanced Concepts of Personal Training	<b>3</b> CREDIT HOURS

MILESTONES FOR YEAR 3:

- COMPLETE ALL COURSES WITH C OR BETTER
- MAINTAIN 3.0 OR HIGHER GPA
- OBTAIN 40 HOURS OF OCCUPATIONAL THERAPY OBSERVATION HOURS (SETTING #1 [FALL] AND #2 [SPRING])

TERM 3: SUMMER

<b>CMWL 3240</b> C.I. & Trends in Fitness and Wellness Leadership	<b>3</b> CREDIT HOURS
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MILESTONES:

- COMPLETE ALL COURSES WITH C OR BETTER
- MAINTAIN 3.0 OR HIGHER GPA
- RESEARCH AND VISIT GRADUATE OT PROGRAMS

13 FALL CREDIT HOURS + 16 SPRING CREDIT HOURS + 3 SUMMER CREDIT HOURS = 32 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.
- Obtain 40 hours of Occupational Therapy observation logged in each setting (1 & 2)
- Maintain 3.0 or better GPA.

FIND YOUR PLACE

- Volunteer with a community health organization.
- Take a leadership role in S.H.I.F.T.
- Apply for an internship.
- Explore Master's in Occupational Therapy programs.
- Research AOTA Georgia.
- 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.

TERM 1: FALL

<b>CMWL 4101</b> Worksite Wellness Programs	<b>3</b> CREDIT HOURS
<b>CMWL 3110</b> Program Evaluation in Community Settings	<b>3</b> CREDIT HOURS
<b>CMWL 4000</b> E/W Programming for Special Populations	<b>3</b> CREDIT HOURS
<b>CMWL 4100</b> Wellness Coaching	<b>3</b> CREDIT HOURS

TERM 2: SPRING

<b>CMWL 3300</b> Medical Terminology	<b>3</b> CREDIT HOURS
<b>PHED 4631</b> Wellness Coaching	<b>3</b> CREDIT HOURS
<b>CMWL 4102</b> Prevention and Care of Athletic Injuries	<b>3</b> CREDIT HOURS
<b>PSYC 3150</b> Abnormal Psychology	<b>3</b> CREDIT HOURS

MILESTONES FOR YEAR 4:

- COMPLETE COURSE WITH C OR BETTER
- MAINTAIN GPA 3.0 OR BETTER
- OBTAIN 40 HOURS OF OCCUPATIONAL THERAPY OBSERVATION HOURS (SETTING #3)
- COMPLETE CMWL EXIT CONTENT EXAM FOR GRADUATION

12 FALL CREDIT HOURS + 12 SPRING CREDIT HOURS = 26 CREDIT HOURS

CRUSH YOUR COURSEWORK

- 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.

FIND YOUR PLACE

- Attend a conference in OT or a related field as a student member.
- Complete a research project with a faculty member.
- Apply to Graduate School.

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.