

Westmoreland County Community College & West Virginia University



Associate of Arts in Psychology A.A. leading to
 Bachelor of Science in Coaching and Performance Science B.S.
 – Strength & Conditioning
 Suggested Plan of Study



Westmoreland County Community College	Hours	WVU Equivalents	Hours
Year One, 1st Semester			
PDV 101: First Year Seminar	1	WVUE 191: First Year Seminar	1
CPT 150: Microcomputer Concepts	3	CS 1TC: Microcomputer Concepts	3
ENG 161: College Writing	3	ENGL 101: Composition and Rhetoric	3
MTH 157: College Algebra	3	MATH 126: College Algebra	3
*PSY 160: Introduction to Psychology	3	PSYC 101: Introduction to Psychology	3
SPC 155: Effective Speech	3	MDS 270: Effective Public Speaking	3
TOTAL	16		16
Year One, 2nd Semester			
ENG 164: Advanced Composition	3	ENGL 102: Composition and Rhetoric	3
MTH 160: Introduction Statistics	3	STAT 211: Elementary Statistical Inference	3
PSY 161: Human Growth Development	3	PSYC 241: Intro to Human Development	3
PSY 163: Physiological Psych	3	PSYC 1TC: Physiological Psych	3
PHL 161: Introduction to Ethics	3	PHIL 100: Problems of Philosophy	3
TOTAL	15		15
Year Two, 1st Semester			
BIO 155: General Biology I	4	BIOL 101: General Biology I & BIOL 101L: General Biology Lab	4
PSY 250: Research Methods/Psychology	3	PSYC 2TC: Research Methods/Psychology	3
SOC 155: Introduction to Sociology	3	SOC 101: Introduction to Sociology	3
ART 155: Introduction to Art	3	ARHS 101: Landmarks of World Art	3
ENG 255: Intro to Literature	3	ENGL 132: Short Story and Novel	3
TOTAL	16		16
Year Two, 2nd Semester			
BIO 171: Human Anatomy and Physiology 1	3	BIOL 230: Human Anatomy and Physiology 1 <small>(Required/Sub for ACE 149)</small>	3
PSY 260: Social Psychology	3	PSY 251: Intro to Social Psychology	3
PSY 270: Abnormal Psychology	3	PSYC 281: Abnormal Psychology	3
SOC 161: Marriage & Family or SOC 162: Contemporary Social Problems	3	SOC 221: Families and Society or SOC 207: Social Problems-Contemporary America	3
FSM 159: Nutrition	3	H&NF 171: Introduction to Nutrition	3
TOTAL	15		15

Coaching and Performance Science B.S. – Strength & Conditioning

West Virginia University			
Year Three, 1 st Semester		Year Three, 2 nd Semester	
PET 244: Motor Learning & Control	2	ACE 215: Sport for Exceptional Athlete ^(SP Only)	3
ACE 256: Principles & Problems Coaching**	3	ACE 307: Applied Sport Physiology	3
SEP 272: Psychological Perspectives Sport	3	ACE 327: Applied Biomechanics	3
CAHS 300: Career Exploration in Applied Human Science	3	ACE 430: Coaching Education Administration	3
General Elective	4	HN&F 200: Nutrition/Activity/Health ^(AoE)	3
TOTAL	15	TOTAL	15
Year Four, 1 st Semester		Year Four, 2 nd Semester	
ACE 310: Coaching Pedagogy **	3	ACE 487: Sport Specific Strength/Conditioning ^(AoE)	3
ACE 469: Basic Strength/Conditioning-Coaches	3	ACE 488: Practicum Coaching Exceptional Athletes	3
SEP 385: Performance Psychology of Teams and Groups	3	ACE 410: Training Theories for Coaches	3
ACE 457: Introduction to Sport Technology and Sport Science ^(AoE)	3	General Elective	3
ACE 473: Strength and Conditioning Coaching Techniques ^(AoE)	3		
TOTAL	15	TOTAL	12
Summer Session			
ACE 475: Capstone Strength and Conditioning ^(AoE)			3

For this agreement, the following substitutions will be granted:

- PSY 161 = PSYC 241. Will be substituted for PET 175.
- BIO 171 = BIOL 230. Will be substituted for ACE 149

**Courses must be completed with a B- or higher.

Students must maintain a 2.0 GPA to graduate.

Students transferring to West Virginia University with an Associate of Arts or Associate of Science degree will have satisfied the General Education Foundation requirements at WVU.

Students who have questions about admission into their intended program, GEF requirements, minors, or any other issue relating to academics at West Virginia University should contact the Office of Undergraduate Education at WVU.

The above transfer articulation of credit between West Virginia University and Westmoreland County Community College, is approved by the Dean, or the Dean’s designee, and effective the date of the signature.

Valerie Wayda

Print Name

Valerie Wayda
Valerie Wayda (Aug 1, 2024 09:02 EDT)

Signature

Aug 1, 2024

Date

Valerie Wayda, Ed.D., Associate Dean for Student Success – College of Applied Human Sciences







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Final Audit Report

2024-08-01

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