

Westmoreland County Community College & West Virginia University

Associate of Arts in Psychology A.A. leading to

Bachelor of Science in Sport, Exercise, and Performance Psychology B.S.

Suggested Plan of Study



Westmoreland County Community College	Hours	WVU Equivalents	Hours
Year One, 1 st 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 ^(Required)	3
SPC 155: Effective Speech	3	COMM 270 & COMM 270S: Effective Public Speaking and Studio	3
TOTAL	16		16
Year One, 2 nd 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 ^(Required)	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, 1 st 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 ^(Required)	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, 2 nd Semester			
BIO 156: General Biology II	4	BIOL 102: General Biology II & BIOL 102L: General Biology Lab II	4
PSY 260: Social Psychology	3	PSY 251: Intro to Social Psychology ^(Required)	3
PSY 270: Abnormal Psychology	3	PSYC 281: Abnormal Psychology ^(Required)	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
Elective	3	General Elective	3
TOTAL	16		16

West Virginia University			
Year Three, 1 st Semester		Year Three, 2 nd Semester	
ACE 149: Introduction to Applied Anatomy	3	ACE 307: Applied Sport Physiology	3
SEP 272: Psychological Perspectives Sport	3	COUN 303: Introduction to Helping Professions	3
CAHS 300: Career Exploration in Applied Human Sciences	3	SEP 371: Sport in American Society	3
SEP 283: Exercise Psychology	3	SEP 385: Social Psychology of Sport	3
General Elective or Minor Course ⁽¹⁾	3	General Elective or Minor Course ⁽²⁾	3
TOTAL	15	TOTAL	15
Year Four, 1 st Semester		Year Four, 2 nd Semester	
ACE 327: Applied Biomechanics	3	CAHS 489: Capstone in AHS	3
SEP 415: Physical Activity Promotion	3	SEP 425: Psychological Aspects of Sport Injury or HWB 359: Mindfulness for Health and Well-being	3
SEP 420: Sport Performance Enhancement	3	General Elective or Minor Course ⁽⁴⁾	3
General Elective or Minor Course ⁽³⁾	3	General Elective or Minor Course ⁽⁵⁾	3
General Elective	3	General Elective	3
TOTAL	15	TOTAL	15

Students must maintain a 2.0 GPA to graduate.

Students pursuing a degree in Sport and Exercise Psychology are encouraged to work with their advisors to integrate completion of an academic minor or minors into their programs of study, to the degree allowed within elective hours. WVU offers over 100 minors that complement major fields of study, build on students' unique interests, expand perspectives, and broaden skills. See

<http://catalog.wvu.edu/undergraduate/minors/#minorsofferedtext> for a list of available minors. Students may begin completion of their minors by utilizing elective hours at WCCC to take equivalent minor requirements.

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

Valerie Wayda

Sep 22, 2025

Print Name

Signature

Date

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