

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

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, 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	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 (Sub for PET 175)	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	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 171: Human Anatomy and Physiology 1	3	BIOL 230: Human Anatomy and Physiology 1 (Required/Sub for ACE 149)	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 (Pre-req for HN&F 200)	3
TOTAL	15		15

West Virginia University

Year Three, 1 st Semester		Year Three, 2 nd Semester	
CAHS 300: Career Exploration in Applied Human Science	3	ACE 310: Coaching Pedagogy	3
ACE 256: Principles & Problems Coaching	3	HN&F 200: Nutrition/Activity/Health ^(AoE)	3
ACE 307: Applied Sport Physiology	3	ACE 257: Assessment and Monitoring in Strength and Conditioning ^(AoE)	3
PET 215: Adapted Sports and Physical Activity for All Learners ^(Fall Only)	3	ACE 371: Coaching and Cueing in Strength and Conditioning ^(AoE)	3
PET 244: Motor Learning & Control	2	ACE 387: Periodization and Programming in Strength and Conditioning ^(AoE/Spring Only)	3
		General Elective	1
TOTAL	14	TOTAL	16
Year Four, 1 st Semester		Year Four, 2 nd Semester	
ACE 327: Applied Biomechanics	3	ACE 410: Training Theories for Coaches	3
ACE 369: Foundations of Strength and Conditioning	3	ACE 477: Adapted Sports and Physical Activity Practicum	3
ACE 430: Coaching Education Administration	3	ACE 475: Capstone Strength and Conditioning ^(AoE)	3
SEP 272: Psychological Perspectives Sport	3	General Elective	3
General Elective	3	General Elective	3
TOTAL	15	TOTAL	15

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

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

Valerie Wayda

Sep 22, 2025

Print Name

Signature

Date

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