



Cuyahoga Community College & West Virginia University

Associate of Arts A.A. leading to
Bachelor of Science in Strength and Conditioning B.S.
Suggested Plan of Study



Cuyahoga Community College	Hours	WVU Equivalents	Hours
Year One, 1 st Semester			
ENG 1010/101H – College Composition I/Honors	3	ENGL 101 – Intro to Composition and Rhetoric	3
Elective	3	Elective	3
PSY 1010/101H – General Psychology/Honors	3	PSYC 101 – Introduction to Psychology	3
COMM 1010/101H – Fund. of Speech Comm	3	COMM 270 & COMM 270S – Effective Public Speaking & Studio	3
COMM 1000 – Fund. of Interpersonal Comm ^(Elective)	3	COMM 102 – Fund. of Interpersonal Comm	3
TOTAL	15		15
Year One, 2 nd Semester			
ENG 1020/102H – College Composition II/Honors	3	ENGL 102 – Composition, Rhetoric, and Research	3
PSY 2020/202H – Lifespan Development	4	PSYC 241 – Intro to Human Development + PSYC 2TC – Lifespan Development	4
PSY 2040 – Social Psychology	3	PSYC 251 – Intro to Social Psychology	3
MATH 1530 – College Algebra	4	MATH 126 – College Algebra + MATH 1TC	4
BIO 1500 – Biology Principles I	4	BIOL 115 & BIOL 115L – Principles of Biology & Principles of Biology Lab	4
TOTAL	18		18
Year Two, 1 st Semester			
PSY 2050 – Psychology of Personality	3	PSYC 2TC – Psychology of Personality	3
SOC 1010/101H – Introductory Sociology/Honors	3	SOC 101 – Introduction to Sociology	3
^OT 36 Arts & Humanities	3	Arts & Humanities	3
*BIO 1050 & BIO 1050L – Human Biology	4	BIOL 235 & BIOL 236 ^(Sub for ACE 149)	4
Elective	3	Elective	3
TOTAL	16		16
Year Two, 2 nd Semester			
PSY 2081 – Psychopathology	3	PSYC 281 – Intro to Psych Disorders	3
^OT 36 Arts & Humanities	3	Arts & Humanities	3
Elective	1-3	Elective	1-3
DIET 1200 – Basic Nutrition ^(Elective)	3	HN&F 171 – Introduction to Human Nutrition ^(Required)	3
Elective	3	Elective	3
TOTAL	13-15		13-15
West Virginia University			
Year Three, 1 st Semester		Year Three, 2 nd Semester	
PET 215 – Adapted Sports and Physical Activity for All Learners ^(Fall only)	3	ACE 257 – Assessment and Monitoring in Strength and Conditioning ^(Spring only)	3
ACE 307 – Applied Sport Physiology	3	ACE 371 – Coaching and Cueing in Strength and Conditioning	3
ACE 369 – Foundations of Strength and Conditioning ^(Fall only)	3	ACE 387 – Periodization and Programming in Strength and Conditioning ^(Spring only)	3
ACE 256 – Principles and Problems of Coaching	3	HN&F 200 – Nutrition/Activity/Health ^(Spring only)	3
PET 175 – Motor Development ^(Fall only)	2	General Elective	2
PET 244 – Motor Learning and Performance	2		
TOTAL	16	TOTAL	14
Year Four, 1 st Semester		Year Four, 2 nd Semester	
ACE 310 – Coaching Pedagogy	3	ACE 410 – Training Theories for Coaches ^(Spring only)	3
ACE 327 – Applied Biomechanics	3	ACE 430 – Coaching Education Admin	3
CAHS 300 – Career Exploration in AHS	3	PET 477 – Adapted Sports and Physical Activity Practicum ^(Spring only)	3
SEP 272 – Intro to Sport and Performance Psychology	3	ACE 475 – Strength and Conditioning Internship	3
General Elective	3	General Elective	3
TOTAL	15	TOTAL	15

Course sequence may change based on the individual needs of the student and schedule type required.

New college students may be required during their first semester to participate in GEN 1070, First Year Success Seminar, a one credit hour course. See a Tri-C Counselor for details.

This represents an example of suggested courses to complete the Associate of Arts to continue for a bachelor's degree, which must total at least 60 semester credits and includes 36 Ohio Transfer 36 (OT36) credits which are approved Tri-C general education requirements. OT36 details can be found at <https://www.ohiohighered.org/Ohio-Transfer-36>. Students should work closely with advisors at both institutions to discuss options.

Students transferring to West Virginia University under this Articulation Agreement will be accepted into the Coaching and Performance Science program must be in good academic standing (2.0 GPA).

^Courses must be from two different disciplines.

*For this agreement, the following will be accepted:

- BIO 1050 & BIO 1050L is equivalent to BIOL 235 & BIOL 236. It will fulfill the ACE 149 requirement.

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 regarding this articulation agreement or the transferability of coursework may contact the WVU Office of the University Registrar. All other questions should be directed to the WVU Office of Admissions (304-293-2121).

The above transfer articulation of credit between West Virginia University and Cuyahoga 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

Signature

Jul 15, 2026

Date

Valerie Wayda - Ed.D. Associate Dean for Student Success for WVU's College of Applied Human Sciences