



Sport, Exercise, and Performance Psychology B.S.

Cuyahoga Community College & West Virginia University

Associate of Arts A.A. leading to
Bachelor of Science in Sport and Exercise Psychology 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
MATH 1410 – Intro to Stats I or Elective	3	STAT 111 – Understanding Statistics	3
PSY 1010/101H – General Psychology/Honors	3	PSYC 101 – Introduction to Psychology ^(Required)	3
COMM 1010/101H – Fund. of Speech Comm	3	COMM 270 & COMM 270S – Effective Public Speaking & Studio	3
PE 1000 – Personal Fitness, PE 1010 – Personal Strength Development, or PE 1020 – Weight Training	1-2	PE 165 – Conditioning, PE 229 – Fitness and Wellness, or PE164 – Weight Training	1-2
TOTAL	13-14		13-14
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 ^(Required)	4
PSY 2040 – Social Psychology	3	PSYC 251 – Intro to Social Psychology ^(Required)	3
SES 1040 Teaching Exercise Training Techniques	3	ACE ITC	3
BIOL 1500 – Biology Principles I	4	BIOL 115 & BIOL 115L – Principles of Biology & Principles of Biology	4
TOTAL	17		17
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 ^(Required)	3
*OT 36 Arts & Humanities	3	*Arts & Humanities	3
BIOL 1050 & BIOL 1050L – Human Biology	4	BIOL 235 & BIOL 236 ^(Sub for ACE 149)	4
SES 2310 Advanced Training Concepts and Techniques	3	ACE 369 Foundations of Strength and Conditioning	3
TOTAL	16		16
Year Two, 2 nd Semester			
PSY 2081 – Psychopathology	3	PSYC 281 – Intro to Psychological Disorders ^(Required)	3
*OT 36 Arts & Humanities	3	*Arts & Humanities	3
SES 2100 Sport and Exercise Physiology	3	ACE 307 – Applied Sport Physiology	3
Elective	3	Elective	3
SOC 2550 – Race & Ethnic Relations or SOC 2020 – Sociology of the Family ^(Elective)	3	SOC 235 – Race and Ethnic Relations or SOC 211 – Families and Society ^(SOC 200-Level Elective)	3
TOTAL	15		15
West Virginia University			
Year Three, 1 st Semester		Year Three, 2 nd Semester	
SEP 272 – Intro to Sport and Performance Psychology**	3	SEP 371 – Sport in American Society**	3
SEP 283 – Introduction to Exercise Psychology**	3	SEP 415 – Phys Activity Promo in Diverse Settings**	3
CAHS 300 – Career Exploration in Applied Human Sciences**	3	General Elective or Professional Minor Course ⁽²⁾	3
General Elective or Professional Minor Course ⁽¹⁾	3	General Elective or Professional Minor Course ⁽³⁾	3
General Elective	3	General Elective	3
TOTAL	15	TOTAL	15
Year Four, 1 st Semester		Year Four, 2 nd Semester	
ACE 327 – Applied Biomechanics	3	CAHS 489 – Capstone Experience in AHS**	3
SEP 385 – Social Psychology of Sport**	3	COUN 303 – Intro to Helping Professions	3
SEP 420 – Sport Performance Enhancement**	3	SEP 425 – Psychological Aspects of Sport Injury or HWB 359 – Mindfulness for Health and Well-being**	3
General Elective or Professional Minor Course ⁽⁴⁾	3	General Elective or Professional Minor Course ⁽⁵⁾	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.

*Courses listed in this term may be taken at any point during a student's progression toward this degree. This includes during the summer transitioning between Cuyahoga Community College and West Virginia University. Students should consult with academic advising to determine when completion of these courses is best suited for them.

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, formerly OTM) 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.

For this agreement, BIOL 1050 & BIOL 1050L is equivalent to BIOL 235 & BIOL 236 at WVU. It will fulfill the ACE 149 requirements.

**A grade of C- or higher must be earned in all the following courses.

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 transferring to West Virginia University under this Articulation Agreement will be accepted into the Sport & Exercise Psychology B.S. program must be in good academic standing (2.0 GPA).

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

Valerie Wayda

Oct 14, 2025

Print Name

Signature

Date

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