



# Cuyahoga Community College & West Virginia University

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



Cuyahoga Community College	Hours	WVU Equivalents	Hours
Year One, 1 <sup>st</sup> 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	MDS 270 – Effective Public Speaking	3
COMM 1000 – Fund. of Interpersonal Comm <sup>(Elective)</sup>	3	COMM 102 – Fund. of Interpersonal Comm	3
<b>TOTAL</b>	15		15
Year One, 2 <sup>nd</sup> 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 <sup>(Required/ Sub for PET 175)</sup>	4
PSY 2040 – Social Psychology	3	PSYC 251 – Intro to Social Psychology	3
MATH 1530 – College Algebra	3	MATH 126 – College Algebra <sup>(Required)</sup>	3
BIOL 1500 – Biology Principles I	4	BIOL 115 & BIOL 115L – Principles of Biology & Principles of Biology Lab	4
<b>TOTAL</b>	17		17
Year Two, 1 <sup>st</sup> 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
BIOL 1050 & BIOL 1050L – Human Biology	4	BIOL 235 & BIOL 236 <sup>(Sub for ACE 149)</sup>	4
Elective	3	Elective	3
<b>TOTAL</b>	16		16
Year Two, 2 <sup>nd</sup> Semester			
PSY 2081 – Psychopathology	3	PSYC 281 – Intro to Abnormal Psychology	3
^OT 36 Arts & Humanities	3	Arts & Humanities	3
Elective	1-3	Elective	1-3
DIET 1200 – Basic Nutrition <sup>(Elective)</sup>	3	HN&F 171 – Introduction to Human Nutrition <sup>(Required)</sup>	3
Elective	3	Elective	3
<b>TOTAL</b>	13-15		13-15
<b>West Virginia University</b>			
Year Three, 1 <sup>st</sup> Semester		Year Three, 2 <sup>nd</sup> Semester	
PET 244 – Motor Learning and Performance	2	ACE 307 – Applied Sport Physiology	3
SEP 272 – Intro to Sport and Performance Psychology	3	**ACE 310 – Coaching Pedagogy	3
**ACE 256 – Principles and Problems of Coaching	3	ACE 430 – Coaching Education Admin	3
PET 215 – Adapted Sports and Physical Activity for All Learners <sup>(Fall only)</sup>	3	HN&F 200 – Nutrition/Activity/Health <sup>(AoE)</sup>	3
General Elective	4	CAHS 300 – Career Exploration in AHS	3
<b>TOTAL</b>	15	<b>TOTAL</b>	15
Year Four, 1 <sup>st</sup> Semester		Year Four, 2 <sup>nd</sup> Semester	
ACE 327 – Applied Biomechanics	3	ACE 410 – Training Theories for Coaches	3
ACE 457 – Intro to Sport Technology & Sport Science <sup>(AoE)</sup>	3	PET 477 – Adapted Sports and Physical Activity Practicum <sup>(Spring only)</sup>	3
ACE 468 – Sport Movement Analysis	3	ACE 487 – Sport Specific Strength & Conditioning <sup>(AoE)</sup>	3
ACE 469 – Basic Strength & Conditioning for Coaches	3	General Elective	3
ACE 473 – Strength and Conditioning Coaching Techniques <sup>(AoE)</sup>	3		
<b>TOTAL</b>	15	<b>TOTAL</b>	12
Year Four, Summer Semester			
		ACE 475 – Strength and Conditioning Internship <sup>(AoE)</sup>	3

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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:

- PSY 2020/H is equivalent to PSYC 241. It will be substituted for PET 175: Motor Development
- BIOL 1050 & BIOL 1050L is equivalent to BIOL 235 & BIOL 236. It will fulfill the ACE 149 requirement.

\*\*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 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*

Jan 14, 2025

Print Name

Signature

Date

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