

Suggested Transfer Pathway

Associate of Science in Exercise and Sport Science A.S. leading to
Bachelor of Science in Coaching and Performance Science B.S. Strength & Conditioning
Total Credits: 60, Catalog Year: 2025–2026



College of Southern Maryland

(Courses may be taken in any order, pending prerequisites)

Year One – First Semester	Credits
ENG 1010 Composition and Rhetoric	3
WFS 1401 Nutrition and Health Management	3
WFS 1745 Introduction to Exercise Science	3
MTH 1120 College Algebra	3
COM 1010 Basic Principles of Speech Communication	3
TOTAL	15

Year One – Second Semester	Credits
BIO 1060 & BIOL 1060L Principles of Biology I & Lab	4
PSY 1010 General Psychology	3
WFS 1775 Introduction to Legal Issues of Sports, Recreation and Leisure	3
WFS 1670 Personal Trainer Fundamentals	3
BAD 1210 Principles of Management	3
TOTAL	16

Year Two – First Semester	Credits
WFS 2000 Kinesiology: An Introduction to the Field	3
WFS 2011 Injury Prevention and Management	3
WFS 1760 Introduction to Sport Psychology	3
COM 1250 Introduction to Interpersonal Communication	3
ENG 1020 Composition & Literature	3
TOTAL	15

Year Two – Second Semester	Credits
WFS 1790 Wellness for a Diverse Society	3
WFS 1701 Personal Health and Fitness	3
CHE 1200 & CHEM 1200L General Chemistry I & Lab	4
WFS 1770 Introduction to the Sociology of Sport	3
Elective	1
TOTAL	14

Please see agreement for details.



College of Southern Maryland Contact:
advisor@csmd.edu

Suggested Transfer Pathway

Associate of Science in Exercise and Sport Science A.S. leading to
Bachelor of Science in Coaching and Performance Science B.S. Strength & Conditioning
Total Credits: 60, Catalog Year: 2025–2026



(Courses may be taken in any order, pending prerequisites)

West Virginia University

Year Three – First Semester	Credits
ACE 149 Introduction to Applied Anatomy	3
ACE 256 Foundations of Coaching	3
PET 175 Motor Development	2
PET 244 Motor Learning and Performance	2
PET 215 (Fall only) Adapted Sports and Physical Activity for All Learners	3
General Elective	2
TOTAL	15

Year Three – Second Semester	Credits
CAHS 300 Career Exploration in Applied Human Sciences	3
ACE 307 Applied Sport Physiology	3
ACE 327 Applied Biomechanics	3
HN&F 200 (AoE) Nutrition/Activity/Health	3
General Elective	3
TOTAL	15

Year Four – First Semester	Credits
ACE 310 Coaching Pedagogy	3
ACE 430 Coaching Program Administration	3
ACE 469 Basic Strength and Conditioning for Coaches	3
ACE 457 (AoE) Introduction to Sport Technology and Sport Science	3
General Elective	3
TOTAL	15

Year Four – Second Semester	Credits
ACE 473 (AoE) Strength and Conditioning Coaching Techniques	3
ACE 487 (AoE) Sport Specific Strength/Conditioning	3
ACE 410 Training Theories for Coaches	3
PET 477 (Spring Only) Adapted Sports and Physical Activity Practicum	3
TOTAL	12

Please see agreement for details.



College of Southern Maryland Contact:
advisor@csm.edu