

Suggested Transfer Pathway

College of Southern Maryland Associate of Science in Exercise and Sport Science A.S. leading to
West Virginia University Bachelor of Arts in Health and Well-Being B.A.

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 (Biological/Physical Science)	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 & CHE 1200L General Chemistry I & Lab	4
WFS 1770 Introduction to the Sociology of Sport	3
Elective	1
TOTAL	14

Please see agreement for details.



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advisor@csmd.edu

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Year Three – First Semester	Credits
ACE 149 Introduction to Applied Anatomy	3
SEP 283 Introduction to Exercise Psychology	3
CAHS 300 Career Exploration in Applied Human Sciences	3
HWB 224 Enhancing Health and Well-being	3
PET 401 Foundations of Health Education	3
TOTAL	15

Year Three – Second Semester	Credits
ACE 307 Applied Sport Physiology	3
COUN 303 Introduction to Helping Professions	3
PET 402 Core Concepts in Health Education	3
HWB 375 Methods of Health Coaching	3
General Elective or Minor Course	3
TOTAL	15

Year Four – First Semester	Credits
HWB 359 Mindfulness for Health and Well-being	3
CDFS 417 Families and Health	3
PET 403 Program Design, Implementation, and Evaluation for Health Educators	3
General Elective or Minor Course	3
General Elective or Minor Course	3
TOTAL	15

Year Four – Second Semester	Credits
CAHS 489 Capstone Experience in Ahs	3
COUN 400 Diversity and Human Relations	3
HWB 404 Enhancing Community Well-being	3
General Elective or Minor Course	3
General Elective or Minor Course	3
TOTAL	15

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