

Suggested Transfer Pathway

College of Southern Maryland Associate of Science in Exercise and Sport Science A.S. leading to
West Virginia University Bachelor of Science in Sport, Exercise, and Performance Psychology B.S
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 & BIO 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 & 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
CAHS 300* Career Exploration in Applied Human Sciences	3
SPA 283* Clinical Practice/Audiology	3
PSYC 281 Introduction to Psychological Disorders	3
Elective or Professional Minor Course (1)	3
TOTAL	15

Year Three – Second Semester	Credits
ACE 307 Applied Sport Physiology	3
SEP 415* Physical Activity Promotion in Diverse Settings	3
PSYC 241 Introduction to Human Development	3
PSYC 251 Introduction to Social Psychology	3
Elective or Professional Minor Course(2)	3
TOTAL	15

Year Four – First Semester	Credits
ACE 327 Applied Biomechanics	3
SEP 385* Performance Psychology of Teams and Groups	3
SEP 420* Sport and Performance Enhancement	3
Elective or Professional Minor Course (3)	3
Elective or Professional Minor Course (4)	3
TOTAL	15

Year Four – Second Semester	Credits
CAHS 489 (Capstone) Capstone Experience in AHS	3
SEP 425 Psychology of Injury and Rehabilitation or HWB 359*	3
COUN 303 Introduction to Helping Professions	3
Elective or Professional Minor Course(5)	3
General Elective	3
TOTAL	15

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