

**California University of Pennsylvania**  
**MS in Exercise Science and Health Promotion: Fitness and Wellness Track**

**January Start**

Spring Semester

- PRF 711 An Integrated Approach to Fitness and Wellness
- PRF 720 Essentials of Human Movement Science
- PRF 770 Exercise Physiology: Assessment and Exercise Prescription

Summer Session I

- PRF 705 Industrial, Clinical, and Corporate Wellness
- PRF 715 Business and Entrepreneurship in the Fitness Industry

Summer Session II

- PRF 765 Nutrition for Peak Performance
- PRF 781 Current Topics in Fitness and Wellness

Fall Semester

- PRF 751 Program Design in Fitness and Wellness
- PRF 760 Leadership and Professional Development
- PRF 800 Research in Fitness and Wellness

**July Start**

Summer Session II

- PRF 705 Industrial, Clinical, and Corporate Wellness
- PRF 720 Essentials of Human Movement Science

Fall Semester

- PRF 711 An Integrated Approach to Fitness and Wellness
- PRF 770 Exercise Physiology: Assessment and Exercise Prescription
- PRF 800 Research in Fitness and Wellness

Spring Semester

- PRF 751 Program Design in Fitness and Wellness
- PRF 760 Leadership and Professional Development
- PRF 781 Current Topics in Fitness and Wellness

Summer Session I

- PRF 715 Business and Entrepreneurship in the Fitness Industry
- PRF 765 Nutrition for Peak Performance

