

**CALIFORNIA UNIVERSITY  
OF PENNSYLVANIA**

**Program: Exercise Science: Wellness and Fitness Certificate**

**Total Credits: 12**

**Year 1**

<b>Required Courses</b>	<b>Credits</b>
PRF 800 Research in Fitness and Wellness	3
PRF 711 An Integrated Approach to Fitness and Wellness	3
PRF 751 Program Design in Fitness and Wellness	3
PRF 781 Current Topics in Fitness and Wellness	3
<b>Total Credits</b>	<b>12</b>