

**CALIFORNIA UNIVERSITY
OF PENNSYLVANIA**
Program: Doctorate in Health Sciences Start:
Fall Start Total Credits: 48-53

Year 1

Fall I	Credits
EXSC 8050 (DHS 805) Health Promotion & Wellness for the Individual	3
DHS 850 (DHS 850) Theories and Foundations of Adult Learning	3
	6
Spring I	
EXSC 8040 (DHS 804) Evidence-Based Practice Theory	3
EXSC 8510 (DHS 851) Learning Concepts for the Adult Learner	3
	6
Summer I	
EXSC 8600 (DHS 806) Community & Corporate Wellness (12-weeks)	3
	3
Total Credits (Year 1)	15

Year 2

Fall II	Credits
EXSC 8250 (DHS 825) Research Methods in Exercise Science I	3
EXSC 8520 (DHS 852) Curriculum and Course Design	3
	6
Spring II	
EXSC 8260 (DHS 826) Research Methods in Exercise Science II	3
EXSC 7600 (PRF 760) Leadership & Professional Development or EXSC elective*	3
	6
Summer II	
EXSC 8300 (DHS 830) Leadership in Wellness Education & Professional Practice (12 weeks)	3
EXSC 8450 (DHS 845) Advanced Delivery Techniques and Technology (12 weeks)	3
	6
Total Credits (Year 2)	18

Year 3

Fall III	Credits
EXSC 8350 (DHS 835) Values, Ethics, and the Promotion of Health and Wellness	3
EXSC 9150 (DHS 915) Evidence-based Professional Portfolio I	3
	6
Spring III	
EXSC 8990 (DHS 899) Evidence-Based Project Seminar	3
EXSC 9250 (DHS 925) Evidence-based Professional Portfolio II	3
	6
Summer III	
EXSC 950 (DHS 950) Evidence-based Professional Portfolio III (12 weeks)	3
	3
Total Credits (Year 3)	15

OPTIONAL Year 4

Fall, Spring, Summer IV	Credits
DHS 900 Dissertation* (the dissertation must be approved by the dissertation acceptance committee and not guaranteed)	5
DHS 901 (Taken only as needed if Dissertation is not completed by end of Summer IV)	1 to 3
Total Credits	53

NOTE:

*Cal U/PennWest Ex Sci MS graduate will select a EXSC elective (students will elect a elective course outside of the original, single or dual concentration)

*Non-Cal U Ex Sci MS graduate will be required to enroll in EXSC 7600 – Leadership & Professional Development