

**CALIFORNIA UNIVERSITY
OF PENNSYLVANIA**

**Program: Wellness Coaching
Start: Full-time Winter (December) Start
Total Credits: 36**

Year 1

| | Credits |
|---|-----------|
| Winter | |
| PRF 700 Orientation to Exercise Science and Wellness | 3 |
| PRF 701 Advanced Topics in SAQ and Endurance Training | 3 |
| | 6 |
| Spring | |
| PRF 714 Health and Wellness Coaching Competencies | 3 |
| PRF 720 Essentials of Human Movement Science | 3 |
| PRF 770 Exercise Physiology: Assessment and Exercise Prescription | 3 |
| | 9 |
| Summer 1 | |
| PRF 705 Industrial, Clinical, and Corporate Wellness | 3 |
| PRF 715 Business and Entrepreneurship in the Fitness Industry | 3 |
| | 6 |
| Summer 2 | |
| PRF 765 Nutrition for Peak Performance | 3 |
| PRF 784 Current Topics in Wellness Coaching | 3 |
| | 6 |
| Fall | |
| PRF 754 Health and Wellness Coaching – Facilitating Change | 3 |
| PRF 760 Leadership and Professional Development | 3 |
| PRF 840 Research in Health and Wellness Coaching | 3 |
| | 9 |
| Total Credits | 36 |

Updated November 8, 2018