CALIFORNIA UNIVERSITY
OF PENNSYLVANIA

Program: Wellness and Fitness AND Applied Sport Science
Start: Full-time Summer (July) Start
Total Credits: 54

Year 1		
	Summer 2	Credits
	PRF 700 Orientation to Exercise Science and Wellness	3
	PRF 701 Advanced Topics in SAQ and Endurance Training	3
		6
	Fall	
	PRF 711 Integrated Approach to Wellness & Fitness	3
	PRF 720 Essentials of Human Movement Science	3
	PRF 770 Exercise Physiology: Assessment and Exercise Prescription	3
		9
	Winter	
	PRF 705 Industrial, Clinical, and Corporate Wellness	3
	PRF 781 Current Topics in Fitness and Wellness	3
		6
	Spring	
	PRF 751 Program Design in Wellness and Fitness	3
	PRF 716 Advanced Techniques in Movement and Recovery	3
	PRF 800 Research in Fitness and Wellness	3
		9
	Summer 1	
	PRF 715 Business and Entrepreneurship in the Fitness Industry	3
	PRF 765 Nutrition for Peak Performance	3
		6
	Total Credits (Year 1)	**36**
Year 2		
	Summer 2	
	PRF 786 Current Topics in Movement and Recovery Science	3
		3
	Fall	
	PRF 760 Leadership and Professional Development	3
	PRF 756 Program Design for Optimizing Human Movement and Recovery	3
	PRF 816 Research in Movement and Recovery Science	3
		9
	Spring	
	GRA 800 Graduate Internship	6
	Total Credits (Year 2)	**18**
	Total Credits	**54**

Updated November 15, 2018