

**CALIFORNIA UNIVERSITY
OF PENNSYLVANIA**

Program: Wellness and Fitness

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 711 An Integrated Approach to Fitness and Wellness	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 781 Current Topics in Fitness and Wellness	3
	6
Fall	
PRF 751 Program Design in Wellness and Fitness	3
PRF 760 Leadership and Professional Development	3
PRF 800 Research in Wellness and Fitness	3
	9
Total Credits	36

Updated November 8, 2018