

**CALIFORNIA UNIVERSITY  
OF PENNSYLVANIA**

**Program: Wellness and Fitness AND Nutrition**

**Start: Full-time Winter (December) Start**

**Total Credits: 48**

**Year 1**

	Credits
<b>Winter</b>	
PRF 700 Orientation to Exercise Science and Wellness	3
PRF 701 Advanced Topics in SAQ and Endurance Training	3
	6
<b>Spring</b>	
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
<b>Summer 1</b>	
PRF 705 Industrial, Clinical, and Corporate Wellness	3
PRF 715 Business and Entrepreneurship in the Fitness Industry	3
	6
<b>Summer 2</b>	
PRF 765 Nutrition for Peak Performance	3
PRF 781 Current Topics in Fitness and Wellness	3
	6
<b>Fall</b>	
PRF 751 Program Design in Fitness and Wellness	3
PRF 718 Health Behavior Change in Nutrition Education	3
PRF 800 Research in Fitness and Wellness	3
	9
<b>Total Credits (Year 1)</b>	<b>36</b>
<b>Year 2</b>	
<b>Winter</b>	
PRF 788 Nutrition Through the Lifecycle	3
	3
<b>Spring</b>	
PRF 760 Leadership and Professional Development	3
PRF 758 Applied Principles of Human Nutrition	3
PRF 810 Research in Performance Enhancement	3
	9
<b>Total Credits (Year 2)</b>	<b>12</b>
<b>Total Credits</b>	<b>48</b>

*Updated November 15, 2018*