# Program: Nutrition AND Applied Sport Science

**Start:** Full-time Summer (July) Start  
**Total Credits:** 54

## Year 1

<table>
<thead>
<tr>
<th>Semester</th>
<th>Course Title</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td><strong>Summer 2</strong></td>
<td>PRF 700 Orientation to Exercise Science and Wellness</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>PRF 701 Advanced Topics in Speed, Agility, and Quickness and Endurance Training</td>
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<td></td>
<td><strong>Fall</strong></td>
<td><strong>6</strong></td>
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<tr>
<td></td>
<td>PRF 718 Health Behavior Change in Nutrition Education</td>
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<tr>
<td></td>
<td>PRF 720 Essentials of Human Movement Science</td>
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<td></td>
<td>PRF 770 Exercise Physiology: Assessment and Exercise Prescription</td>
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<td></td>
<td><strong>Winter</strong></td>
<td><strong>9</strong></td>
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<td>PRF 705 Industrial, Clinical, and Corporate Wellness</td>
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<td>PRF 788 Nutrition Through the Lifecycle</td>
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<td>PRF 758 Applied Principles of Human Nutrition</td>
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<td></td>
<td>PRF 716 Advanced Techniques in Movement and Recovery</td>
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<td></td>
<td>PRF 800 Research in Wellness and Fitness</td>
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<td>PRF 715 Business and Entrepreneurship in the Fitness Industry</td>
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<td>PRF 765 Nutrition for Peak Performance</td>
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**Total Credits (Year 1)** 36

## Year 2

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<td>PRF 786 Current Topics in Movement and Recovery Science</td>
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<td>PRF 760 Leadership and Professional Development</td>
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<td>PRF 756 Program Design for Optimizing Human Movement and Recovery</td>
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<tr>
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<td>PRF 816 Research in Movement and Recovery Science</td>
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<td><strong>Spring</strong></td>
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<td>GRA 800 Graduate Internship</td>
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**Total Credits (Year 2)** 18

**Total Credits** 54

*Updated August 10, 2020*