

**CALIFORNIA UNIVERSITY
OF PENNSYLVANIA**

Program: Nutrition

Start: Part-time Winter (December) Start

Total Credits: 36

Year 1

	Credits
Winter	
PRF 700 Orientation to Exercise Science and Wellness	3
PRF 781 Current Topics in Fitness and Wellness	3
	6
Spring	
PRF 718 Health Behavior Change in Nutrition Education	3
PRF 720 Essentials of Human Movement Science	3
	6
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
	3
Fall	
PRF 758 Applied Principles of Human Nutrition	3
PRF 770 Exercise Physiology: Assessment and Exercise Prescription	3
	6
Total Credits (Year 1)	27

Year 2

Winter	
PRF 788 Nutrition Through the Lifecycle	3
	3
Spring	
PRF 760 Leadership and Professional Development	3
PRF 800 Research in Wellness and Fitness	3
	6
Total Credits (Year 2)	9
Total Credits	36

Updated November 8, 2018