## Year 1

<table>
<thead>
<tr>
<th>Semester</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</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 SAQ and Endurance Training</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td><strong>Total</strong></td>
<td>6</td>
</tr>
<tr>
<td><strong>Fall</strong></td>
<td>PRF 710 Performance Enhancement in Physical Activity</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>PRF 720 Essentials of Human Movement Science</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>PRF 770 Exercise Physiology: Assessment and Exercise Prescription</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td><strong>Total</strong></td>
<td>9</td>
</tr>
<tr>
<td><strong>Winter</strong></td>
<td>PRF 705 Industrial, Clinical, and Corporate Wellness</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>PRF 780 Current Topics in Performance Enhancement</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td><strong>Total</strong></td>
<td>6</td>
</tr>
<tr>
<td><strong>Spring</strong></td>
<td>PRF 718 Health Behavior Change in Nutrition Education</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>PRF 750 Performance Enhancement Program Design</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>PRF 810 Research in Performance Enhancement</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td><strong>Total</strong></td>
<td>9</td>
</tr>
<tr>
<td><strong>Summer 1</strong></td>
<td>PRF 715 Business and Entrepreneurship in the Fitness Industry</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>PRF 765 Nutrition for Peak Performance</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td><strong>Total Credits (Year 1)</strong></td>
<td>36</td>
</tr>
</tbody>
</table>

## Year 2

<table>
<thead>
<tr>
<th>Semester</th>
<th>Course Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Summer 2</strong></td>
<td>PRF 788 Nutrition Through the Lifecycle</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td><strong>Total</strong></td>
<td>3</td>
</tr>
<tr>
<td><strong>Fall</strong></td>
<td>PRF 758 Applied Principles of Human Nutrition</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>PRF 760 Leadership and Professional Development</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>PRF 800 Research in Fitness and Wellness</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td><strong>Total</strong></td>
<td>9</td>
</tr>
<tr>
<td><strong>Total Credits (Year 2)</strong></td>
<td></td>
<td>12</td>
</tr>
</tbody>
</table>

**Total Credits** 48

*Updated November 15, 2018*