

**CALIFORNIA UNIVERSITY  
OF PENNSYLVANIA**

**Program: Performance Enhancement & Injury Prevention AND Rehabilitation Science**

**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 710 Performance Enhancement in Physical Activity              | 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 780 Current Topics in Performance Enhancement                 | 3         |
|   | 6         |
| <b>Fall</b>   |           |
| PRF 750 Performance Enhancement Program Design                    | 3         |
| PRF 712 Corrective Exercise in Rehabilitation                     | 3         |
| PRF 810 Research in Performance Enhancement                       | 3         |
|   | 9         |
| <b>Total Credits (Year 1)</b>                                     | <b>36</b> |
| <b>Year 2</b>   |           |
| <b>Winter</b>   |           |
| PRF 782 Current Topics in Rehabilitation                          | 3         |
|   | 3         |
| <b>Spring</b>   |           |
| PRF 760 Leadership and Professional Development                   | 3         |
| PRF 752 Corrective Exercise Program Design                        | 3         |
| PRF 820 Research in Rehabilitation                                | 3         |
|   | 9         |
| <b>Total Credits (Year 2)</b>                                     | <b>12</b> |
| <b>Total Credits</b>  | <b>48</b> |

*Updated November 15, 2018*