

**CALIFORNIA UNIVERSITY  
OF PENNSYLVANIA**

Program: Tactical Strength and Conditioning AND Rehabilitation Science

Start: Full-time Summer (July) Start

Total Credits: 48

**Year 1**

	Credits
<b>Summer 2</b>	
PRF 700 Orientation to Exercise Science and Wellness	3
PRF 701 Advanced Topics in SAQ and Endurance Training	3
	6
<b>Fall</b>	
PRF 712 Corrective Exercise in Rehabilitation	3
PRF 720 Essentials of Human Movement Science	3
PRF 770 Exercise Physiology: Assessment and Exercise Prescription	3
	9
<b>Winter</b>	
PRF 705 Industrial, Clinical, and Corporate Wellness	3
PRF 782 Current Topics in Rehabilitation	3
	6
<b>Spring</b>	
PRF 719 Advanced Techniques in Tactical Strength and Conditioning	3
PRF 752 Corrective Exercise Program Design	3
PRF 820 Research in Rehabilitation	3
	9
<b>Summer 1</b>	
PRF 715 Business and Entrepreneurship in the Fitness Industry	3
PRF 765 Nutrition for Peak Performance	3
	6
<b>Total Credits (Year 1)</b>	<b>36</b>

**Year 2**

<b>Summer 2</b>	
PRF 789 Current Topics in Tactical Strength and Conditioning	3
	3
<b>Fall</b>	
PRF 759 Tactical Strength and Conditioning Program Design	3
PRF 760 Leadership and Professional Development	3
PRF 800 Research in Fitness and Wellness	3
	9
<b>Total Credits (Year 2)</b>	<b>12</b>
<b>Total Credits</b>	<b>48</b>

**Optional Elective Courses (1-14 credits)**

RES 829 Research Project	2
GRA 800 Graduate Internship	1 to 12

**NOTE: Optional elective courses are available to students wishing to develop a Research Project and/or fulfill an Internship Experience. These courses are in addition to the credits required in the major.**