### Program: Applied Sport Science

**Start:** Part-time Winter (December) Start  
**Total Credits:** 42

#### Year 1

<table>
<thead>
<tr>
<th>Semester</th>
<th>Course Title</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td><strong>Winter</strong></td>
<td>PRF 700 Orientation to Exercise Science and Wellness</td>
<td>3</td>
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<tr>
<td></td>
<td>PRF 701 Advanced Topics in SAQ and Endurance Training</td>
<td>3</td>
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<tr>
<td><strong>Spring</strong></td>
<td>PRF 716 Advanced Techniques in Movement and Recovery</td>
<td>3</td>
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<tr>
<td></td>
<td>PRF 720 Essentials of Human Movement Science</td>
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<tr>
<td><strong>Summer 1</strong></td>
<td>PRF 705 Industrial, Clinical, and Corporate Wellness</td>
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<tr>
<td></td>
<td>PRF 715 Business and Entrepreneurship in the Fitness Industry</td>
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<tr>
<td><strong>Summer 2</strong></td>
<td>PRF 765 Nutrition for Peak Performance</td>
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<td>PRF 786 Current Topics in Movement and Recovery Science</td>
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<td><strong>Fall</strong></td>
<td>PRF 756 Program Design for Optimizing Human Movement and Recovery</td>
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<td></td>
<td>PRF 816 Research in Movement and Recovery Science</td>
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**Total Credits (Year 1):** 30

#### Year 2

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<td><strong>Spring</strong></td>
<td>PRF 760 Leadership and Professional Development</td>
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<tr>
<td></td>
<td>PRF 770 Exercise Physiology: Assessment and Exercise Prescription</td>
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<td><strong>Fall</strong></td>
<td>GRA 800 Graduate Internship</td>
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**Total Credits (Year 2):** 12

**Total Credits:** 42

*Updated March 1, 2021*