

**CALIFORNIA UNIVERSITY
OF PENNSYLVANIA**
Program: Advanced Golf Performance Training
Start: Part-time Winter (December) Start
Total Credits: 36

Year 1

	Credits
Winter	
PRF 700 Orientation to Exercise Science and Wellness	3
PRF 774 Current Topics in Golf Performance, Fitness and Instruction	3
	6
Spring	
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
Summer 1	
PRF 715 Business and Entrepreneurship in the Fitness Industry	3
	3
Summer 2	
PRF 701 Advanced Topics in SAQ and Endurance Training	3
PRF 765 Nutrition for Peak Performance	3
	6
Fall	
PRF 704 Golf Performance Training and Instruction	3
PRF 800 Research in Wellness and Fitness	3
	6

Year 2

Spring	
PRF 744 Golf Performance Program Design	3
PRF 760 Leadership and Professional Development	3
	6
Total Credits	36
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.

Updated March 1, 2021