

**CALIFORNIA UNIVERSITY
OF PENNSYLVANIA**

Program: Tactical Strength and Conditioning

Start: Part-time Winter (December) Start

Total Credits: 36

Year 1

	Credits
Winter	
PRF 700 Orientation to Exercise Science and Wellness	3
PRF 701 Advanced Topics in SAQ and Endurance Training	3
	6
Spring	
PRF 719 Advanced Techniques in Tactical Strength and Conditioning	3
PRF 720 Essentials of Human Movement Science	3
	6
Summer 1	
PRF 705 Industrial, Clinical, and Corporate Wellness	3
PRF 715 Business and Entrepreneurship in the Fitness Industry	3
	6
Summer 2	
PRF 765 Nutrition for Peak Performance	3
PRF 789 Current Topics in Tactical Strength and Conditioning	3
	6
Fall	
PRF 759 Tactical Strength and Conditioning Program Design	3
PRF 810 Research in Performance Enhancement	3
	6

Year 2

Spring	
PRF 760 Leadership and Professional Development	3
PRF 770 Exercise Physiology: Assessment and Exercise Prescription	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