

**CALIFORNIA UNIVERSITY  
OF PENNSYLVANIA**

**Program: Applied Sport Science AND Wellness Coaching**

**Start: Full-time Winter (December) Start**

**Total Credits: 54**

**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 716 Advanced Techniques in Movement and Recovery	3
PRF 714 Health and Wellness Coaching Competencies	3
PRF 720 Essentials of Human Movement Science	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>Summer 2</b>	
PRF 784 Current Topics in Wellness Coaching	3
PRF 786 Current Topics in Movement and Recovery Science	3
	6
<b>Fall</b>	
PRF 754 Health and Wellness Coaching Facilitating Change	3
PRF 756 Program Design for Optimizing Human Movement and Recovery	3
PRF 816 Research in Movement and Recovery Science	3
	9
<b>Total Credits (Year 1)</b>	<b>36</b>
<b>Year 2</b>	
<b>Winter</b>	
PRF 705 Industrial, Clinical, and Corporate Wellness	3
	3
<b>Spring</b>	
PRF 760 Leadership and Professional Development	3
PRF 770 Exercise Physiology: Assessment and Exercise Prescription	3
	6
<b>Fall</b>	
PRF 840 Research in Health and Wellness Coaching	3
GRA 800 Graduate Internship	6
	9
<b>Total Credits (Year 2)</b>	<b>18</b>
<b>Total Credits</b>	<b>54</b>

*Updated March 5, 2021*