

**CALIFORNIA UNIVERSITY
OF PENNSYLVANIA**

Program: Wellness and Fitness AND Applied Sport Science

Start: Full-time Winter (December) Start

Total Credits: 54

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 711 Integrated Approach to Wellness & Fitness	3
PRF 716 Advanced Techniques in Movement and Recovery	3
PRF 720 Essentials of Human Movement Science	3
	9
Summer 1	
PRF 715 Business and Entrepreneurship in the Fitness Industry	3
PRF 765 Nutrition for Peak Performance	3
	6
Summer 2	
PRF 781 Current Topics in Fitness and Wellness	3
PRF 786 Current Topics in Movement and Recovery Science	3
	6
Fall	
PRF 751 Program Design in Fitness and Wellness	3
PRF 756 Program Design for Optimizing Human Movement and Recovery	3
PRF 816 Research in Movement and Recovery Science	3
	9
Total Credits (Year 1)	36
Year 2	
Winter	
PRF 705 Industrial, Clinical, and Corporate Wellness	3
	3
Spring	
PRF 760 Leadership and Professional Development	3
PRF 770 Exercise Physiology: Assessment and Exercise Prescription	3
PRF 800 Research in Fitness and Wellness	3
	9
Fall	
GRA 800 Graduate Internship	6
Total Credits (Year 2)	18
Total Credits	54

Updated February 26, 2021