

**CALIFORNIA UNIVERSITY
OF PENNSYLVANIA**

Program: Wellness and Fitness AND Wellness Coaching

Start: Full-time Winter (December) Start

Total Credits: 48

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 714 Health and Wellness Coaching Competencies	3
PRF 720 Essentials of Human Movement Science	3
	9
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
	3
Fall	
PRF 751 Program Design in Fitness and Wellness	3
PRF 754 Health and Wellness Coaching Facilitating Change	3
PRF 840 Research in Health and Wellness Coaching	3
	9
Total Credits (Year 1)	33
Year 2	
Winter	
PRF 781 Current Topics in Fitness and Wellness	3
PRF 784 Current Topics in Wellness Coaching	3
	6
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
Total Credits (Year 2)	15
Total Credits	48

Updated March 1, 2021