**Program:** Performance Enhancement & Injury Prevention AND Advanced Golf Performance Training  
**Start:** Full-time Winter (December) Start  
**Total Credits:** 48

### Year 1

#### Winter
- PRF 700 Orientation to Exercise Science and Wellness  
- PRF 701 Advanced Topics in SAQ and Endurance Training  

### Spring
- PRF 710 Performance Enhancement in Physical Activity  
- PRF 720 Essentials of Human Movement Science  
- PRF 770 Exercise Physiology: Assessment and Exercise Prescription  

#### Summer 1
- PRF 705 Industrial, Clinical, and Corporate Wellness  
- PRF 715 Business and Entrepreneurship in the Fitness Industry  

#### Summer 2
- PRF 765 Nutrition for Peak Performance  
- PRF 780 Current Topics in Performance Enhancement  

#### Fall
- PRF 704 Golf Performance Training  
- PRF 750 Performance Enhancement Program Design  
- PRF 800 Research in Fitness and Wellness  

### Total Credits (Year 1)  
36

### Year 2

#### Winter
- PRF 774 Current Topics in Golf Performance, Fitness and Instruction  

#### Spring
- PRF 744 Golf Performance Program Design  
- PRF 760 Leadership and Professional Development  
- PRF 810 Research in Performance Enhancement  

### Total Credits (Year 2)  
12

### Total Credits
48

**Optional Elective Courses (1-14 credits)**
- RES 829 Research Project  
- GRA 800 Graduate Internship  

**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 February 26, 2021*