

**CALIFORNIA UNIVERSITY  
OF PENNSYLVANIA**

**Program: Performance Enhancement & Injury Prevention AND Tactical Strength and Conditioning**

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

**Total Credits: 48**

**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 719 Advanced Techniques in Tactical Strength and Conditioning	3
PRF 720 Essentials of Human Movement Science	3
PRF 770 Exercise Physiology: Assessment and Exercise Prescription	3
	9
<b>Summer 1</b>	
PRF 705 Industrial, Clinical, and Corporate Wellness	3
PRF 715 Business and Entrepreneurship in the Fitness Industry	3
	6
<b>Summer 2</b>	
PRF 765 Nutrition for Peak Performance	3
PRF 789 Current Topics in Tactical Strength and Conditioning	3
	6
<b>Fall</b>	
PRF 710 Performance Enhancement in Physical Activity	3
PRF 759 Tactical Strength and Conditioning Program Design	3
PRF 800 Research in Fitness and Wellness	3
	9
<b>Total Credits (Year 1)</b>	<b>36</b>

**Year 2**

<b>Winter</b>	
PRF 780 Current Topics in Performance Enhancement	3
	3
<b>Spring</b>	
PRF 750 Performance Enhancement Program Design	3
PRF 760 Leadership and Professional Development	3
PRF 810 Research in Performance Enhancement	3
	9
<b>Total Credits (Year 2)</b>	<b>12</b>
<b>Total Credits</b>	<b>48</b>
<b>Optional Elective Courses (1-14 credits)</b>	
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*