

**CALIFORNIA UNIVERSITY
OF PENNSYLVANIA**

Program: Sport Psychology AND Advanced Golf Performance Training

Start: Full-time Summer (July) Start

Total Credits: 48

Year 1

	Credits
Summer 2	
PRF 700 Orientation to Exercise Science and Wellness	3
PRF 701 Advanced Topics in SAQ and Endurance Training	3
	6
Fall	
PRF 704 Golf Performance Training	3
PRF 710 Performance Enhancement in Physical Activity	3
PRF 720 Essentials of Human Movement Science	3
PRF 783 Psychological Perspectives in Sport Performance Enhancement and Intervention	3
	12
Winter	
PRF 774 Current Topics in Golf Performance, Fitness and Instruction	3
	3
Spring	
PRF 744 Golf Performance Program Design	3
PRF 753 Psychological Aspects of Sport Injury and Rehabilitation	3
PRF 830 Research in Sport Psychology	3
	9
Summer 1	
PRF 715 Business and Entrepreneurship in the Fitness Industry	3
PRF 765 Nutrition for Peak Performance	3
	6
Total Credits (Year 1)	36

Year 2

Summer 2	
PRF 713 Special Topics in Sport Psychology	3
	3
Fall	
PRF 760 Leadership and Professional Development	3
PRF 770 Exercise Physiology: Assessment and Exercise Prescription	3
PRF 800 Research in Wellness and Fitness	3
	9
Total Credits (Year 2)	12
Total Credits	48
Optional Elective Courses (1-14 credits)	
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 February 26, 2021