

**CALIFORNIA UNIVERSITY
OF PENNSYLVANIA**

Program: Tactical Strength and Conditioning 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 716 Advanced Techniques in Movement and Recovery	3
PRF 719 Advanced Techniques in Tactical Strength and Conditioning	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 786 Current Topics in Movement and Recovery Science	3
PRF 789 Current Topics in Tactical Strength and Conditioning	3
	6
Fall	
PRF 756 Program Design for Optimizing Human Movement and Recovery	3
PRF 759 Tactical Strength and Conditioning Program Design	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 810 Research in Performance Enhancement	3
	9
Fall	
GRA 800 Graduate Internship	6
Total Credits (Year 2)	18
Total Credits	54

Optional Elective Course (2 credits)

RES 829 Research Project	2
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NOTE: The optional elective course is available to students wishing to develop a Research Project. This course is in addition to the credits required in the major.