

**CALIFORNIA UNIVERSITY
OF PENNSYLVANIA**

Program: Tactical Strength and Conditioning AND Nutrition

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 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
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
PRF 789 Current Topics in Tactical Strength and Conditioning	3
	6
Fall	
PRF 718 Health Behavior Change in Nutrition Education	3
PRF 759 Tactical Strength and Conditioning Program Design	3
PRF 800 Research in Fitness and Wellness	3
	9
Total Credits (Year 1)	36

Year 2

Winter	
PRF 788 Nutrition Through the Lifecycle	3
	3
Spring	
PRF 758 Applied Principles of Human Nutrition	3
PRF 760 Leadership and Professional Development	3
PRF 810 Research in Performance Enhancement	3
	9
Total Credits (Year 2)	12
Total Credits	48
Optional Elective Course (2 credits)	
RES 829 Research Project	2

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.

Updated March 1, 2021