CALIFORNIA UNIVERSITY
OF PENNSYLVANIA

Program: Bachelor of Science: Exercise Science
Start: Accelerated Fall
Total Credits: 120

Year 1		
	Fall	Credits
	FIT 100 Intro to Fitness (1st 8 weeks)	3
	HSC 110 Anatomy and Physiology I (1st 8 weeks)	4
	FIT 125 Fundamentals of Speed Training (2nd 8 weeks)	3
	SPT 300 Psychology of Sport (2nd 8 weeks)	3
		13
	Spring	
	FIT 115 Applied Anatomy and Physiology in Wellness and Fitness (1st 8 weeks)	3
	SPT 305 Ethics in Sport (1st 8 weeks)	3
	ATE 340 Sports Nutrition (2nd 8 weeks)	3
	HSC 115 Current Health Issues (2nd 8 weeks)	4
		13
	Summer	
	General Education or Elective	12-18
	Total Credits (Year 1)	**41**
Year 2		
	Fall	
	HSC 275 Functional Kinesiology (1st 8 weeks)	3
	FIT 300 Business Aspects of Fitness (1st 8 weeks)	3
	FIT 305 Motivational Strategies in Wellness and Fitness (2nd 8 weeks)	3
	SPT 400 Legal Aspects of Sport (2nd 8 weeks)	3
		12
	Spring	
	FIT 325 Integrated Personal Fitness Training (1st 8 weeks)	3
	HSC 325 Physiology of Exercise (1st 8 weeks)	3
	FIT 335 Integrated Personal Fitness Program Design (2nd 8 weeks)	3
	FIT 250 Current Topics and Strategies for Youth Fitness (2nd 8 weeks)	3
		12
	Summer	
	General Education or Elective	12-18
	Total Credits (Year 2)	**39**
Year 3		
	Fall	
	FIT 425 Evaluating Research in Fitness and Wellness (1st 8 weeks)	3
	FIT 430 Applications of Research in Fitness and Wellness (1st 8 weeks)	3
	FIT 405 Wellness Seminar 1 (2nd 8 weeks)	3
	FIT 380 Wellness and Fitness for the Aging Population (2nd 8 weeks)	3
		12
	Spring	
	FIT 350 Fitness for Special Populations (1st 8 weeks)	3
	FIT 410 Wellness Seminar II (1st 8 weeks)	3
	FIT 401 Leadership Concepts and Actions in Wellness and Fitness (2nd 8 weeks)	3

FIT 420 Contemporary Issues in Wellness and Fitness (2nd 8 weeks)	3
	12
Summer	
General Education or Elective	12-18
Total Credits (Year 3)	**40**
Total Credits	**120**

Updated March 7, 2019