

**CALIFORNIA UNIVERSITY
OF PENNSYLVANIA**
Program: Bachelor of Science: Exercise Science
Start: Accelerated Fall
Total Credits: 120

Year 1

	Credits
Fall	
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 405 Wellness Seminar 1 (1st 8 weeks)	3
FIT 425 Evaluating Research in Fitness and Wellness (1st 8 weeks)	3
FIT 380 Wellness and Fitness for the Aging Population (2nd 8 weeks)	3
FIT 430 Applications of Research in Fitness and Wellness (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 June 20, 2019