

M.S. in Exercise Science and Health Promotion: Wellness Coaching

Program Description

The Wellness Coaching concentration of the Master of Science in Exercise Science and Health Promotion was developed in partnership with Wellcoaches®. The program prepares students to earn the Health and Wellness Coach certification, endorsed by the American College of Sports Medicine (ACSM).

Program Coordinator

Dr. Barry E. McGlumphy

Delivery Mode

Global Online (100% online delivery)

Curriculum

Course	Credits
PRF 700 Orientation to Exercise Science and Wellness	3
PRF 701 Advanced Topics in SAQ and Endurance Training	3
PRF 705 Industrial, Clinical and Corporate Wellness	3
PRF 714 Health and Wellness Coaching Competencies	3
PRF 715 Business and Entrepreneurship in the Fitness Industry	3
PRF 720 Essentials of Human Movement Science	3
PRF 754 Health and Wellness Coaching – Facilitating Change	3
PRF 760 Leadership and Professional Development	3
PRF 765 Nutrition for Peak Performance	3
PRF 770 Exercise Physiology: Assessment and Exercise Prescription	3
PRF 784 Current Topics in Wellness Coaching	3
PRF 840 Leadership and Professional Development	3
Total	36

Program Webpage

<https://www.calu.edu/academics/graduate/masters/exercise-science/wellness-coaching/>