

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

Program Description

The Wellness and Fitness concentration of the Master of Science in Exercise Science and Health Promotion prepares students to design fitness training and wellness programs using NASM's Optimum Performance Training (OPT™) model and to take the NASM exam to earn accredited certification as a Certified Personal Trainer (CPT).

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 711 An Integrated Approach to Fitness and Wellness	3
PRF 715 Business and Entrepreneurship in the Fitness Industry	3
PRF 720 Essentials of Human Movement Science	3
PRF 751 Program Design in Wellness and Fitness	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 781 Current Topics in Fitness and Wellness	3
PRF 800 Research in Wellness and Fitness	3
Total	36

Program Webpage

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