

**CALIFORNIA UNIVERSITY
OF PENNSYLVANIA**
Program: Nutrition AND Applied Sport Science
Start: Full-time Winter (December) Start
Total Credits: 54

Year 1

	Credits
Winter	
PRF 700 Orientation to Exercise Science and Wellness	3
PRF 701 Advanced Topics in Speed, Agility, and Quickness and Endurance Training	3
	6
Spring	
PRF 716 Advanced Techniques in Movement and Recovery	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 786 Current Topics in Movement and Recovery Science	3
	6
Fall	
PRF 718 Health Behavior Change in Nutrition Education	3
PRF 756 Program Design for Optimizing Human Movement and Recovery	3
PRF 816 Research in Movement and Recovery Science	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 800 Research in Wellness and Fitness	3
	9
Summer 1	
GRA 800 Graduate Internship	6
Total Credits (Year 2)	18
Total Credits	54

Updated March 1, 2021