

**CALIFORNIA UNIVERSITY  
OF PENNSYLVANIA**

**Program: Sport Psychology AND Advanced Golf Performance Training**

**Start: Full-time Winter (December) Start**

**Total Credits: 48**

**Year 1**

|  | Credits   |
|--|-----------|
| <b>Winter</b>  |           |
| PRF 700 Orientation to Exercise Science and Wellness                                 | 3         |
| PRF 701 Advanced Topics in SAQ and Endurance Training                                | 3         |
|  | 6         |
| <b>Spring</b>  |           |
| PRF 704 Golf Performance Training  | 3         |
| PRF 720 Essentials of Human Movement Science   | 3         |
| PRF 783 Psychological Perspectives in Sport Performance Enhancement and Intervention | 3         |
| PRF 830 Research in Sport Psychology   | 3         |
|  | 12        |
| <b>Summer 1</b>  |           |
| PRF 713 Special Topics in Sport Psychology   | 3         |
|  | 3         |
| <b>Summer 2</b>  |           |
| PRF 715 Business and Entrepreneurship in the Fitness Industry                        | 3         |
| PRF 765 Nutrition for Peak Performance   | 3         |
|  | 6         |
| <b>Fall</b>  |           |
| PRF 710 Performance Enhancement in Physical Activity                                 | 3         |
| PRF 753 Psychological Aspects of Sport Injury and Rehabilitation                     | 3         |
| PRF 770 Exercise Physiology: Assessment and Exercise Prescription                    | 3         |
|  | 9         |
| <b>Total Credits (Year 1)</b>  | <b>36</b> |

**Year 2**

|   |           |
|---|-----------|
| <b>Winter</b>   |           |
| PRF 774 Current Topics in Golf Performance, Fitness and Instruction | 3         |
|   | 3         |
| <b>Spring</b>   |           |
| PRF 744 Golf Performance Program Design                             | 3         |
| PRF 760 Leadership and Professional Development                     | 3         |
| PRF 800 Research in Wellness and Fitness                            | 3         |
|   | 9         |
| <b>Total Credits (Year 2)</b>                                       | <b>12</b> |
| <b>Total Credits</b>  | <b>48</b> |
| <b>Optional Elective Courses (1-14 credits)</b>                     |           |
| RES 829 Research Project  | 2         |
| GRA 800 Graduate Internship   | 1 to 12   |

**NOTE: Optional elective courses are available to students wishing to develop a Research Project and/or fulfill an Internship Experience. These courses are in addition to the credits required in the major.**

*Updated February 26, 2021*