

**California University of Pennsylvania**  
**MS- Exercise Science and Health Promotion**  
**Wellness Coaching Concentration**

**Winter Start**

Winter Session

- PRF 700 Orientation to Exercise Science and Wellness
- PRF 701 Advanced Topics in SAQ and Endurance Training

Spring Semester

- PRF 714 Health and Wellness Coaching Competencies
- PRF 720 Essentials of Human Movement Science
- PRF 770 Exercise Physiology: Assessment and Exercise Prescription

Summer Session I

- PRF 705 Industrial, Clinical, and Corporate Wellness
- PRF 715 Business and Entrepreneurship in the Fitness Industry

Summer Session II

- PRF 765 Nutrition for Peak Performance
- PRF 784 Current Topics in Wellness Coaching

Fall Semester

- PRF 754 Health and Wellness Coaching – Facilitating Change
- PRF 760 Leadership and Professional Development
- PRF 840 Research in Health and Wellness Coaching

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