

**Nebraska Wesleyan University**

Catalog 2011-2012

## **HHP 015 Health and Wellness**

2 hours

**Departments/Programs:**

Health and Human Performance

A course designed to enable students to develop a concept of total health and fitness such that the student can attain a degree of physical well-being consonant with each student's unique abilities. The experiences in this course will focus on maintaining physical activity across the entire life span in order to promote life-long physical well-being. Specific topics include nutrition, cardiovascular endurance, body composition, muscular strength and endurance, muscular flexibility, behavior modification, stress management, and disease prevention.

(Normally offered each semester.)