

**Nebraska Wesleyan University**

Catalog 2019-2020

## **HHP 3100 Worksite Health Promotion**

3 hours

**Majors, Minors & Degrees:**

**Majors**

Exercise Science (B.S.)

Health and Fitness Studies (B.S.)

**Minors**

Exercise Science

Health and Fitness Studies

**Departments/Programs:**

Health and Human Performance

A course designed to introduce students to concepts and practices relating to worksite health promotion. Students will learn how to develop, implement, and evaluate wellness promotion programs. Students will complete a 20-hour field experience in an assigned worksite in the community to provide invaluable experience.

(Normally offered each fall semester.)