

Nebraska Wesleyan University

Catalog 2011-2012

HHP 030 Advanced Physical Performance

0-1 hours

Departments/Programs:

Health and Human Performance

A course designed for developing speed, agility, strength explosiveness and overall conditioning for any sport. The course is recommended for well-conditioned students. May be repeated for a maximum of 2 credit hours.

Pass/Fail only.

(Normally offered each spring semester.)