Nebraska Wesleyan University

HHP 030 Advanced Physical Performance

Catalog

2011-2012

Course Description

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.)

Course Hours

0-1 hours

Departments

1. Health and Human Performance