Nebraska Wesleyan University

HHP 225 Exercise Testing and Programming

Catalog

2011-2012

Course Description

A course designed to provide students with the opportunity for instruction in graded exercise testing as well as other modes of fitness assessment. Students will receive instruction in the art of exercise and wellness programming.

Prerequisite(s): HHP 215 Physiology of Exercise.

(Normally offered each spring semester.)

Course Hours

3 hours

Departments

1. Health and Human Performance