Nebraska Wesleyan University

Exercise Science

Catalog

2011-2012

Departments

1. Health and Human Performance

Exercise Science Minor (19-22 hours)

Courses	
Select 3 courses: • HHP 101 Nutrition • HHP 106 Advanced Emergency Care • HHP 172 Introduction to Massage Therapy • HHP 180 Cardiac Rehabilitation	7-8 hours
Select 4 from the following: • HHP 185 Motor Learning and Control • HHP 210 Worksite Health Promotion • HHP 211 Biomechanics and Kinesiology • HHP 215 Physiology of Exercise • HHP 225 Exercise Testing and Programming • HHP 280 Research and Statistical Methods - I	12-14 hours