Nebraska Wesleyan University

Health and Fitness Studies

Catalog

2011-2012

Departments

1. Health and Human Performance

Health and Fitness Studies Minor (18-23 hours)

Courses	
Select 3 from the following: • HHP 100 Drugs in Modern Society • HHP 101 Nutrition • HHP 102 Consumer, Community, and Environmental Health Issues • HHP 103 Understanding Human Sexuality • HHP 104 Stress and Disease Management	8-9 hours
Select 2 from the following: • HHP 106 Advanced Emergency Care • HHP 135 Basic Instruction Block II - Dual/Individual Sports • HHP 165 Strength Training and Conditioning for Coaches • HHP 172 Introduction to Massage Therapy • HHP 180 Cardiac Rehabilitation	4-6 hours
Select 2 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 220 Sport Facility and Event Management • HHP 225 Exercise Testing and Programming	6-8 hours