#### Nebraska Wesleyan University Catalog 2012-2013

# Course: 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.)