**Nebraska Wesleyan University**

# HHP 150 An Introduction to Coaching Theory

## Catalog

2012-2013

## Course Description

A course designed to develop and expand information about coaching, coaching styles, and coaching strategies. The course will cover practical coaching theories and include information about organization, communication, and motivation.

(Normally offered each spring semester.)

## Course Hours

2 hours

## Departments

1. Health and Human Performance