Nebraska Wesleyan University

HHP 166 Personal Training

Catalog

2012-2013

Course Description

A course designed to help the student to acquire knowledge and new skills to become a certified personal trainer. This course is designed for entry-level personal trainers. The students will learn the scientific rationale, teaching tools and the practical experience necessary to perform assessments, create individualized programs and progress your clients to their goals. The student will also learn human movement, exercise science, nutrition, and behavior modification, as well as how to build clientele and increase revenue.

Prerequisite(s): HHP 106 Advanced Emergency Care, BIO 009 Human Anatomy and Physiology, BIO 010 Human Anatomy and Physiology or permission of the instructor.

(Normally offered each spring semester.)

Course Hours

2 hours

Departments

1. Health and Human Performance