Nebraska Wesleyan University

Exercise Science

Catalog

2012-2013

Departments

1. Health and Human Performance

Exercise Science Minor (18 hours)

Courses	
Required Courses	11 hours
• HHP 101 Nutrition • HHP 211 Biomechanics and Kinesiology • HHP 215 Physiology of Exercise	
7 credit hours from courses below:	7 hours
• HHP 106 Advanced Emergency Care • HHP 132 Medical Terminology • HHP 165 Strength Training and Conditioning • HHP 166 Personal Training • HHP 172 Introduction to Massage Therapy • HHP 180 Cardiac Rehabilitation • HHP 185 Motor Learning and Control • HHP 210 Worksite Health Promotion • HHP 225 Exercise Testing and Programming • HHP 280 Research and Statistical Methods - I • HHP 281 Research and Statistical Methods - II	