Nebraska Wesleyan University

Exercise Science (B.S.)

Catalog

2012-2013

Departments

1. Health and Human Performance

Exercise Science Major (60 hours)

Courses	
BIO 009 Human Anatomy and Physiology	4 hours
BIO 010 Human Anatomy and Physiology	4 hours
HHP 101 Nutrition	3 hours
HHP 106 Advanced Emergency Care	1 hour
HHP 130 Introduction to Allied Health	1 hours
HHP 132 Medical Terminology	2 hours
HHP 211 Biomechanics and Kinesiology	4 hours
HHP 215 Physiology of Exercise	4 hours
HHP 225 Exercise Testing and Programming	3 hours
HHP 280 Research and Statistical Methods - I	2 hours
HHP 281 Research and Statistical Methods - II	2 hours
HHP 297 Internship	3-6 hours
CHEM 051 Chemical Principles and CHEM 051L Chemical Principles Laboratory	4 hours
CHEM 120 Organic Chemistry I and CHEM 120L Organic Chemistry I Laboratory OR CHEM 122 Analytical and Inorganic Chemistry and CHEM 122L Analytical and Inorganic Chemistry Laboratory	4 hours
PHYS 101 Principles of Physics I	4 hours
PHYS 102 Principles of Physics II	4 hours
Select 9 hours from the courses below:	

- HHP 105 Prevention and Care of Athletic Injuries
- 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 275 Sport and Exercise Psychology
- AT 233 Health Assessment
- AT 140 Physical Exam of the Lower Extremity in Athletic Training
- AT 141 Physical Exam of the Upper Extremity in Athletic Training

Senior Comprehensive	
HHP 298 Capstone Seminar in Health and Human Performance	2 hours
HHP 299 Senior Comprehensive Examination	0 hours

Students interested in health-related professions such as physical therapy, occupational therapy and chiropractics may elect to major in Exercise Science. Students should consult with their advisor regarding pre professional requirements and suggested program of study.