

**Nebraska Wesleyan University**  
Catalog 2013-2014

**Course:**

## **HHP 044 Cross Training**

**1 hours**

**Departments/Programs:**

Health and Human Performance

A course designed to introduce students to a variety of methods to develop cardiovascular endurance. Students will receive basic instruction in several proven cross training methods. May be repeated for a maximum of 2 credits.

Pass/Fail only.