Nebraska Wesleyan University

Exercise Science

Catalog

2013-2014

Departments

1. Health and Human Performance

Exercise Science Minor (18 hours)

Courses	
Required Courses	11 hours

- HHP 101 Nutrition for Health, Fitness, and Sport
- 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