Nebraska Wesleyan University

Health and Fitness Studies

Catalog

2013-2014

Departments

1. Health and Human Performance

Health and Fitness Studies Minor (18 hours)

Courses	
Required Courses:	9 hours
• HHP 100 Drugs • HHP 101 Nutrition for Health, Fitness, and Sport • HHP 106 Advanced Emergency Care • HHP 166 Personal Training	
Select 9 hours from the following courses:	9 hours
• HHP 102 Consumer, Community, and Environmental Health Issues • HHP 103 Human Sexuality • HHP 104 Stress and Disease Management • HHP 165 Strength Training and Conditioning • HHP 172 Introduction to Massage Therapy • HHP 210 Worksite Health Promotion • HHP 220 Sport Facility and Event Management	