**Nebraska Wesleyan University**

# Exercise Science (B.S.)

## Catalog

2013-2014

## 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 for Health, Fitness, and Sport | 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 | 3 hours |
| HHP 281 Research and Statistical Methods - II | 2 hours |
| HHP 297 Internship | 3-6 hours |
| CHEM 051 Chemical Principles and<br>CHEM 051L Chemical Principles Laboratory | 4 hours |
| CHEM 120 Organic Chemistry I and<br>CHEM 120L Organic Chemistry I Laboratory OR<br>CHEM 122 Analytical and Inorganic Chemistry and<br>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
- AT 141 Physical Exam of the Upper Extremity

| 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.