Nebraska Wesleyan University

Health and Fitness Studies (B.S.)

Catalog

2013-2014

Departments

1. Health and Human Performance

Health and Fitness Studies (57 hours)

Course	Credit Hours
BIO 009 Human Anatomy and Physiology	4 hours
BIO 010 Human Anatomy and Physiology	4 hours
HHP 100 Drugs	3 hours
HHP 101 Nutrition for Health, Fitness, and Sport	3 hours
HHP 102 Consumer, Community, and Environmental Health Issues	3 hours
HHP 103 Human Sexuality	3 hours
HHP 104 Stress and Disease Management	2 hours
HHP 106 Advanced Emergency Care	1 hour
HHP 130 Introduction to Allied Health	1 hours
HHP 165 Strength Training and Conditioning	2 hours
HHP 166 Personal Training	2 hours
HHP 210 Worksite Health Promotion	3 hours
HHP 211 Biomechanics and Kinesiology	4 hours
HHP 215 Physiology of Exercise	4 hours
HHP 220 Sport Facility and Event Management	3 hours
HHP 225 Exercise Testing and Programming	3 hours
HHP 297 Internship	3 hours
Select 7 hours from the courses below:	

- HHP 105 Prevention and Care of Athletic Injuries
- HHP 132 Medical Terminology
- HHP 135 Basic Instruction Block
- AT 140 Physical Exam of the Lower Extremity
- AT 141 Physical Exam of the Upper Extremity
- HHP 172 Introduction to Massage Therapy
- HHP 180 Cardiac Rehabilitation
- HHP 185 Motor Learning and Control
- AT 233 Health Assessment
- HHP 280 Research and Statistical Methods - I
- HHP 281 Research and Statistical Methods - II
- HHP 275 Sport and Exercise Psychology

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

Students majoring in Health and Fitness Studies may pursue interest in such areas as personal training, strength and conditioning training, worksite wellness, health promotions, fitness centers, and graduate school. See your advisor regarding possible career choices and graduate school requirements.