**Nebraska Wesleyan University**

# HHP 1810 Sport Studies - An Introduction to Track/Cross Country

## Catalog

2015-2016

## Course Description

A class the investigates the science and coaching methods of track and field and cross country. Areas of study include sport psychology, training theory, biomechanics, physiology and philosophy. Classroom work will be supplemented by actual practice coaching.
(Normally offered each summer.)

## Course Hours

2 hours

## Departments

1. Health and Human Performance