Nebraska Wesleyan University

HHP 4250 Exercise Testing and Programming

Catalog

2015-2016

Course Description

A course designed to provide students with the opportunity for instruction in graded exercise testing as well as other modes of fitness assessment. Students will receive instruction in the art of exercise and wellness programming.
Prerequisite(s): HHP 4150 Physiology of Exercise.
(Normally offered each spring semester.)

Course Hours

3 hours

Departments

1. Health and Human Performance