Nebraska Wesleyan University

Exercise Science

Catalog

2015-2016

Departments

1. Health and Human Performance

Exercise Science Minor (18 hours)

Courses	
Required Courses	11 hours

- HHP 3010 Nutrition
- HHP 3850 Biomechanics and Kinesiology
- HHP 4150 Physiology of Exercise

7 credit hours from courses below:	7 hours

- HHP 1270 Advanced Emergency Care
- HHP 2330 Medical Terminology
- HHP 2650 Strength Training and Conditioning for Coaches
- HHP 2660 Personal Training
- HHP 2720 Introduction to Massage Therapy
- HHP 2800 Cardiac Rehabilitation
- HHP 3100 Worksite Health Promotion
- HHP 3120 Motor Learning and Control
- HHP 3800 Research and Statistical Methods - I
- HHP 3810 Research and Statistical Methods - II
- HHP 4250 Exercise Testing and Programming