Nebraska Wesleyan University

Health and Fitness Studies

Catalog

2015-2016

Departments

1. Health and Human Performance

Health and Fitness Studies Minor (18 hours)

Courses	
Required Courses:	9 hours
• HHP 1270 Advanced Emergency Care • HHP 2010 Drugs in Modern Society • HHP 2660 Personal Training • HHP 3010 Nutrition	
Select 9 hours from the following courses:	9 hours
• HHP 2020 Consumer, Community, and Environment Health Issues • HHP 2030 Human Sexuality • HHP 2040 Stress and Disease Management • HHP 2650 Strength Training and Conditioning for Coaches • HHP 2720 Introduction to Massage Therapy • HHP 2920 Sport Facility and Event Management • HHP 3100 Worksite Health Promotion	