

**Nebraska Wesleyan University**

Catalog 2016-2017

## **HHP 2760 Sport and Exercise Psychology**

2 hours

**Majors, Minors & Degrees:**

**Majors**

Exercise Science (B.S.)

Health and Fitness Studies (B.S.)

**Minors**

Coaching

**Departments/Programs:**

Health and Human Performance

This course examines psychological theories and practices related to sport and exercise behavior. The course is designed to introduce you to the field of sport and exercise psychology by providing a broad overview of the major topics in the area. (Normally offered each spring semester.)