**Nebraska Wesleyan University**

# HHP 2660 Personal Training

## Catalog

2017-2018

## Course Description

A course designed to help the student to acquire knowledge and new skills to become a certified personal trainer. This course is designed for entry-level personal trainers. The students will learn the scientific rationale, teaching tools and the practical experience necessary to perform assessments, create individualized programs and progress your clients to their goals. The student will also learn human movement, exercise science, nutrition, and behavior modification, as well as how to build clientele and increase revenue.
*Prerequisite(s): HHP 1270 Advanced Emergency Care, BIO 1090 Introduction to Human Anatomy and Physiology I, BIO 1100 Introduction to Human Anatomy and Physiology II or permission of the instructor.*
(Normally offered each spring semester.)

## Course Hours

2 hours

## Departments

1. Health and Human Performance