

Nebraska Wesleyan University

Catalog 2017-2018

## HHP 4250 Exercise Testing and Programming

3 hours

Majors, Minors & Degrees:

**Majors**

Exercise Science (B.S.)

Health and Fitness Studies (B.S.)

**Minors**

Exercise Science

Departments/Programs:

Health and Human Performance

This course provides students hands-on learning of the laboratory and field tests used for assessing physical fitness and body composition for health and performance. Test results are used in developing individualized exercise programming to improve cardiorespiratory fitness, muscular fitness, body weight and body composition, as well as flexibility.

*Prerequisite(s): HHP 4150 Physiology of Exercise.*

(Normally offered each spring semester.)