

**Nebraska Wesleyan University**  
Catalog 2017-2018

Major:

## **Health and Fitness Studies (B.S.)**

Students majoring in Health and Fitness Studies may pursue interest in such areas as personal training, strength and conditioning training, worksite wellness, health promotions, fitness centers, and graduate school. See your advisor regarding possible career choices and graduate school requirements.

### **Departments/Programs:**

Health and Human Performance

### **Health and Fitness Studies (57 hours)**

<b>Required Courses</b>	<b>46 hours</b>
BIO 1090 Introduction to Human Anatomy and Physiology I <b>and</b> BIO 1090L Introduction to Human Anatomy and Physiology I Laboratory	4 hours
BIO 1100 Introduction to Human Anatomy and Physiology II <b>and</b> BIO 1100L Introduction to Human Anatomy and Physiology II Lab	4 hours
HHP 1270 Advanced Emergency Care	1 hour
HHP 1320 Introduction to Allied Health	1 hour
HHP 2010 Drugs in Modern Society	3 hours
HHP 2020 Consumer, Community, and Environment Health Issues	3 hours
HHP 2030 Human Sexuality	3 hours
HHP 2040 Stress and Disease Management	2 hours
HHP 2500 Basic Human Nutrition	2 hours
<b>HHP-2600</b>	<b>HHP-2600</b>
HHP 2650 Strength Training and Conditioning for Coaches	2 hours
HHP 2660 Personal Training	2 hours
HHP 3100 Worksite Health Promotion	3 hours
HHP 3850 Biomechanics and Kinesiology	4 hours
HHP 4150 Physiology of Exercise	4 hours
HHP 4250 Exercise Testing and Programming	3 hours
HHP 4970 Internship	3 hours
<b>Select 9 hours from the following courses:</b>	<b>9 hours</b>

- AT 3330 Health Assessment
- AT 2400 Physical Exam of the Lower Extremity
- AT 2410 Physical Exam of the Upper Extremity
- HHP 1300 Prevention and Care of Athletic Injuries
- **HHP-1330**
- HHP 1500 Introduction to Coaching Theory
- HHP 1910 Medical Terminology
- HHP 2720 Introduction to Massage Therapy
- HHP 2760 Sport and Exercise Psychology
- HHP 2800 Cardiac Rehabilitation
- HHP 2920 Sport Facility and Event Management
- HHP 3120 Motor Learning and Control
- **HHP-3800**
- **HHP-3810**

Capstone Courses	2 hours
HHP-4980	HHP-4980
HHP 4990 Senior Capstone	1 hour