**Nebraska Wesleyan University**

# Health and Fitness Studies

## Catalog

2018-2019

## Departments

1. Health and Human Performance

### Health and Fitness Studies Minor (17 hours)

| Requirements | 17 hours |
|---|---|
| HHP 1270 Advanced Emergency Care | 1 hour |
| HHP 2010 Drugs in Modern Society | 3 hours |
| HHP 2500 Basic Human Nutrition | 2 hours |
| HHP 2660 Personal Training | 2 hours |
| Select 9 hours from the following courses:<br>• HHP 2020 Consumer, Community, and Environment Health Issues<br>• HHP 2030 Human Sexuality<br>• HHP 2040 Stress and Disease Management<br>• HHP 2650 Strength Training and Conditioning for Coaches<br>• HHP 2720 Introduction to Massage Therapy<br>• HHP 2920 Sport Facility and Event Management<br>• HHP 3100 Worksite Health Promotion | 9 hours |