Nebraska Wesleyan University

Exercise Science

Catalog

2020-2021

Departments

1. Health and Human Performance

Exercise Science Minor (17 hours)

Requirements	17 hours
HHP 2500 Basic Human Nutrition	2 hours
HHP 3850 Biomechanics and Kinesiology	4 hours
HHP 4150 Physiology of Exercise	4 hours
7 credit hours from courses below: • HHP 1270 Advanced Emergency Care • HHP 1910 Medical Terminology • HHP 2650 Strength Training and Conditioning for Coaches • HHP 2660 Personal Training • HHP 2720 Introduction to Massage Therapy • HHP 2800 Cardiac Rehabilitation • HHP 3100 Worksite Health Promotion • HHP 3120 Motor Learning and Control • HHP 4800 Research And Statistical Methods • HHP 4810 Senior Research • HHP 4250 Exercise Testing and Programming	7 hours