Nebraska Wesleyan University

Health and Fitness Studies

Catalog

2020-2021

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: • HHP 2020 Consumer, Community, and Environment Health Issues • HHP 2030 Human Sexuality • HHP 2040 Stress and Disease Management • HHP 2650 Strength Training and Conditioning for Coaches • HHP 2720 Introduction to Massage Therapy • HHP 2920 Sport Facility and Event Management • HHP 3100 Worksite Health Promotion	9 hours