Nebraska Wesleyan University

HHP 2660 Personal Training

Catalog

2020-2021

Course Description

A course designed to help the student to acquire knowledge and new skills to become a certified personal trainer. This course is designed for entry-level personal trainers. The students will learn the scientific rationale, teaching tools and the practical experience necessary to perform assessments, create individualized programs and progress your clients to their goals. The student will also learn human movement, exercise science, nutrition, and behavior modification, as well as how to build clientele and increase revenue.
(Normally offered each spring semester.)

Course Hours

2 hours

Departments

1. Health and Human Performance