Nebraska Wesleyan University

HHP 2970 Field Experience: Fitness Coaching

Catalog

2020-2021

Course Description

This course is designed to provide students with on-the-job experience in health and fitness coaching. The purpose of a field experience is to help students make the transition from student to professional. This course will go through an entire health and fitness coaching experience starting with the client recruitment, initial evaluation, goal setting, health guidance and planning (exercise and nutrition), and final evaluation. You must be signed up for credit while completing hours or the hours toward your field experience do not count. May be repeated for a maximum of 6 credit hours. P/F Only.
Prerequisite(s): HHP 1270 Advanced Emergency Care, HHP 2500 Basic Human Nutrition, and HHP 2660 Personal Training or HHP 2650 Strength Training and Conditioning for Coaches, and approval of instructor.
(Normally offered each semester.)

Course Hours

1-3 hours

Departments

1. Health and Human Performance