**Nebraska Wesleyan University**

# HHP 1020 Advanced Physical Performance

## Catalog

2021-2022

## Course Description

A course designed for developing speed, agility, strength explosiveness and overall conditioning for any sport. The course is recommended for well-conditioned students. May be repeated for a maximum of 2 credit hours.
Pass/Fail only.
(Normally offered each semester.)

## Course Hours

0-1 hours

## Departments

1. Health and Human Performance