

**Nebraska Wesleyan University**

Catalog 2021-2022

# **HHP 1810 Sport Studies - An Introduction to Track/Cross Country**

2 hours

**Majors, Minors & Degrees:**

**Certification Endorsements**

Coaching Supplemental Certification Endorsement Grades 7-12

**Minors**

Coaching

**Departments/Programs:**

Health and Human Performance

A class that investigates the science and coaching methods of track and field and cross country. Areas of study include sport psychology, training theory, biomechanics, physiology and philosophy. Classroom work will be supplemented by actual practice coaching.

(Normally offered each summer.)