Nebraska Wesleyan University

HHP 4250 Exercise Testing and Programming

Catalog

2021-2022

Course Description

This course provides students hands-on learning of the laboratory and field tests used for assessing physical fitness and body composition for health and performance. Test results are used in developing individualized exercise programming to improve cardiorespiratory fitness, muscular fitness, body weight and body composition, as well as flexibility.
Prerequisite(s): HHP 4150 Physiology of Exercise.
(Normally offered each spring semester.)

Course Hours

3 hours

Departments

1. Health and Human Performance