## Nebraska Wesleyan University

Catalog 2022-2023

Course:

## **HHP 1020 Advanced Physical Performance**

0-1 hours

## Departments/Programs:

Health and Human Performance (Undergraduate)

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.)