**Nebraska Wesleyan University**

# Health and Human Performance (Undergraduate)

## Catalog

2022-2023

## Majors, Minors & Degrees

### Majors

1. Exercise Science (B.S.)
2. Exercise Science (Pre-AT) (B.S.)
3. Health and Fitness Studies (B.S.)
4. Health and Physical Education (B.S.)
5. Physical Education (B.S.)
6. Sport Management (B.S.)

### Minors

1. Coaching
2. Exercise Science
3. Health and Fitness Studies
4. Sport Management

## Courses

### ATTR 1270 Advanced Emergency Care

1 hour

See HHP 1270 Advanced Emergency Care.

### ATTR 1300 Prevention and Care of Athletic Injuries

3 hours

See HHP 1300 Prevention and Care of Athletic Injuries.

### ATTR 1900 Selected Topics

1-4 hours

A topical course designed to investigate relevant subject matter not included in any standard courses. The title and the content will be determined by current mutual interests of students and faculty. This course may be offered to meet a requirement for a major only by approval of the department chair.

### ATTR 1950 Independent Study

1-4 hours

This is a research course. The student initially meets with the department chair to select a study topic and review research methods. At this time the student will be assigned a faculty resource person to guide his or her work and assist in an advisory capacity. A copy of the student's work is filed in the archives for the department. Independent Study may not duplicate courses described in the catalog.
*Prerequisite(s): Permission of the department chair.*

## ATTR 1960 Special Projects

1-15 hours

Supervised individual projects for students on topics selected by the student in consultation with the instructor. Special Projects may not duplicate courses described in the catalog.
*Prerequisite(s): Permission of the instructor.*

## ATTR 1970 Internship

1-8 hours

An on-the-job experience oriented toward the student's major interest. The student is to secure a position in an organization that satisfies the mutual interests of the instructor, the sponsor, and the student. P/F Only.
*Prerequisite(s): Permission of the department chair.*

## ATTR 2010 Athletic Training Clinical Experience I

2 hours

This course provides clinical experience supervised by a Clinical Preceptor in an athletic training setting. Emphasis will be placed on advanced first aid and CPR with AED, spine boarding, emergency action plan implementation, heat and environmental related conditions, risk management and injury prevention, taping and wrapping of athletic injuries and protective equipment fitting and prevention, taping and wrapping of athletic injuries and protective equipment fitting and maintenance.
*Prerequisite(s): Admission into the ATP.*
(Normally offered each fall semester.)

## ATTR 2020 Athletic Training Clinical Experience II

2 hours

This course provides clinical experience supervised by a Clinical Preceptor in an athletic training setting. Emphasis will be placed on recognition and evaluation of the lower extremity sports injuries.
*Prerequisite(s): ATTR 2010 Athletic Training Clinical Experience I.*
(Normally offered each spring semester.)

## ATTR 2400 Physical Exam of the Lower Extremity

3 hours

An in-depth study of the lower extremities including skills used to evaluate, treat and manage athletic injuries. Includes one 1-hour lab per week.
*Prerequisite(s): Formal admission into ATP or permission of the instructor.*
(Normally offered each fall semester.)

## ATTR 2410 Physical Exam of the Upper Extremity

3 hours

An in-depth study of the upper extremities including skills used to evaluate, treat and manage athletic injuries. Includes one 1-hour lab per week.
*Prerequisite(s): AT 2400 Physical Exam Of The Lower Extremity.*
(Normally offered each spring semester.)

## ATTR 2450 Therapeutic Modalities of Athletic Injuries

3 hours

This course is designed to provide an overview of the theory, application, and knowledge of therapeutic modalities. The use of heat, cold, electrical, and other treatments will be explored. Includes one 1-hour lab per week.
*Prerequisite(s): Admission to the ATP or permission of the instructor.*
(Normally offered each spring semester.)

Archway Curriculum: Essential Connections: Writing Instructive

## ATTR 2900 Selected Topics

1-4 hours

A topical course designed to investigate relevant subject matter not included in any standard courses. The title and the content will be determined by current mutual interests of students and faculty. This course may be offered to meet a requirement for a major only by approval of the department chair.

## ATTR 2950 Independent Study

1-4 hours

This is a research course. The student initially meets with the department chair to select a study topic and review research methods. At this time the student will be assigned a faculty resource person to guide his or her work and assist in an advisory capacity. A copy of the student's work is filed in the archives for the department. Independent Study may not duplicate courses described in the catalog.
*Prerequisite(s): Permission of the department chair.*

## ATTR 2960 Special Projects

1-15 hours

Supervised individual projects for students on topics selected by the student in consultation with the instructor. Special Projects may not duplicate courses described in the catalog.
*Prerequisite(s): Permission of the instructor.*

## ATTR 2970 Internship

1-8 hours

An on-the-job experience oriented toward the student’s major interest. The student is to secure a position in an organization that satisfies the mutual interests of the instructor, the sponsor, and the student. P/F Only.
*Prerequisite(s): Permission of the department chair.*

## ATTR 3010 Athletic Training Clinical Experience III

2 hours

This course provides clinical experience supervised by a Clinical Preceptor in an athletic training setting. Emphasis will be placed on recognition and evaluation of upper extremity injuries, and therapeutic modalities.
*Prerequisite(s): ATTR 2020 Athletic Training Clinical Experience II.*
(Normally offered each fall semester.)

## ATTR 3020 Athletic Training Clinical Experience IV

2 hours

This course provides clinical experience supervised by a Clinical Preceptor in an athletic training setting. Emphasis will be placed on conditioning and rehabilitation exercises for injuries.
*Prerequisite(s): ATTR 3010 Athletic Training Clinical Experience III.*
(Normally offered each spring semester.)

## ATTR 3330 Health Assessment

3 hours

This course will provide skills required to conduct a holistic health assessment through comprehensive analysis of a patient's health status across the age continuum. Topics include: dermatological, cardiovascular, ear, nose and throat, neurological, respiratory, musculoskeletal, gastrointestinal, renal and urogenital, endocrine and metabolic systems, and psychological medical disorders.
Cross listed with HHP 3330.
*Prerequisite(s): HHP 1320 Introduction to Allied Health or ATTR 1300 Prevention and Care of Athletic Injuries/HHP 1300 and junior standing or permission of the instructor.*
(Normally offered each fall semester.)

Archway Curriculum: Essential Connections: Speaking Instructive
Archway Curriculum: Integrative Core: Human Health and Disease Thread

## ATTR 3600 Rehabilitation of Injuries

3 hours

This course involves learning essential components of a rehabilitation program including principles of therapeutic exercises, rehabilitation techniques and special therapeutic techniques. Includes one 1-hour lab per week.
*Prerequisite(s): Admission to the ATP or permission of instructor.*
(Normally offered each fall semester.)

Archway Curriculum: Essential Connections: Writing Instructive

## ATTR 3900 Selected Topics

1-4 hours

A topical course designed to investigate relevant subject matter not included in any standard courses. The title and the content will be determined by current mutual interests of students and faculty. This course may be offered to meet a requirement for a major only by approval of the department chair.

## ATTR 3950 Independent Study

1-4 hours

This is a research course. The student initially meets with the department chair to select a study topic and review research methods. At this time the student will be assigned a faculty resource person to guide his or her work and assist in an advisory capacity. A copy of the student's work is filed in the archives for the department. Independent Study may not duplicate courses described in the catalog.
*Prerequisite(s): Permission of the department chair.*

## ATTR 3960 Special Projects

1-15 hours

Supervised individual projects for students on topics selected by the student in consultation with the instructor. Special Projects may not duplicate courses described in the catalog.
*Prerequisite(s): Permission of the instructor.*

## ATTR 3970 Internship

1-8 hours

An on-the-job experience oriented toward the student's major interest. The student is to secure a position in an organization that satisfies the mutual interests of the instructor, the sponsor, and the student. P/F Only.
*Prerequisite(s): Permission of the department chair.*

### ATTR 4010 Athletic Training Clinical Experience V

2 hours

This course provides clinical experience supervised by a Clinical Preceptor in an athletic training setting. Emphasis is placed on medical conditions and disabilities, pharmacology, nutritional aspects of injury and illness, and psychosocial intervention and referral.
*Prerequisite(s): ATTR 3020 Athletic Training Clinical Experience IV.*
(Normally offered each fall semester.)

Archway Curriculum: Essential Connections: Experiential Learning: Intensive

### ATTR 4020 Athletic Training Clinical Experience VI

2 hours

This course provides clinical experience supervised by a Clinical Preceptor in an athletic training setting. Emphasis is placed on the use of computer software, health care administration, and professional development. Incorporated into this course will be a research project which serves as a capstone of the educational experiences at Nebraska Wesleyan University.
*Prerequisite(s): ATTR 4010 Athletic Training Clinical Experience V.*
(Normally offered each spring semester.)

Archway Curriculum: Essential Connections: Experiential Learning: Intensive

### ATTR 4350 Organization and Administration of Athletic Training

3 hours

This course is designed to study the application of the organizational and administrative outlooks in regards to the field of athletic training. It will address emergency care situations in respect to proper record keeping, facility management, and scheduling of medical staff and equipment. In addition, an in-depth exploration of the requirements set forth by OSHA and other federal agencies will be incorporated into each learning environment.
*Prerequisite(s): Admission into the ATP or permission of instructor.*
(Normally offered each spring semester.)

Archway Curriculum: Essential Connections: Discourse Instructive

### ATTR 4900 Selected Topics

1-4 hours

A topical course designed to investigate relevant subject matter not included in any standard courses. The title and the content will be determined by current mutual interests of students and faculty. This course may be offered to meet a requirement for a major only by approval of the department chair.

### ATTR 4910 Directed Readings

1-6 hours

An opportunity for students, under the supervision of a faculty member, to pursue scientific literature not covered in other coursework.

### ATTR 4950 Independent Study

1-12 hours

This is a research course. The student initially meets with the department chair to select a study topic and review research methods. At this time the student will be assigned a faculty resource person to guide his or her work and assist in an advisory

capacity. A copy of the student's work is filed in the archives of the department. Independent Study may not duplicate courses described in the catalog.
*Prerequisite(s): Senior standing or permission of the department chair.*

### ATTR 4960 Special Projects

1-15 hours

Supervised individual projects for students on topics selected by the student in consultation with the instructor. Special Projects may not duplicate courses described in the catalog.
*Prerequisite(s): Permission of the instructor.*

### ATTR 4970 Internship

1-8 hours

An on-the-job experience oriented toward the student's major interest. The student is to secure a position in an organization that satisfies the mutual interests of the instructor, the sponsor, and the student. May be repeated for a maximum of 8 credit hours. P/F Only.
*Prerequisite(s): Junior standing and approval of the supervising faculty member.*

### ATTR 4990 Senior Capstone

1 hour

This senior capstone class is the final course for a degree in the Health and Human Performance Department. In a capstone experience, students will reflect on your academic growth while finalizing a customized electronic portfolio. The ePortfolio will be used to review and reflect on previous work, carryout an assessment of their academic career, and project a future vision for an intended career in their chosen field. This ePortfolio can be used for future academic goals as well as to serve as an aid for housing acquired material. No Pass/Fail.
*Prerequisite(s): Senior standing, admission to the ATP, or permission of the instructor.*

### HHP 1000 Varsity Sports

0-1 hour

Participation on a varsity team regularly coached and organized by a member of the staff. Course may be recorded on transcript a maximum of four times in each sport, with a limit of one recording per year per sport.
Pass/Fail only.

### HHP 1020 Advanced Physical Performance

0-1 hours

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.)

### HHP 1040 Weight Training

1 hour

A course designed to help students develop a healthier lifestyle through weight training. The course includes information on proper technique and training program organization. Safety is emphasized and there are no strength standards. May be repeated for a maximum of 2 credit hours.
Pass/Fail only.
(Normally offered each fall semester.)

## HHP 1100 Golf

1 hour

A course designed to teach fundamental skills and knowledge of beginning golf.
Pass/Fail only.
(Normally offered each spring semester.)

## HHP 1140 Swimming

1 hour

A beginning course designed to teach the fundamental skills of water safety, gliding, floating, treading, front crawl, backstroke and breaststroke.

Pass/Fail only.

(Normally offered each semester.)

## HHP 1150 Yoga I

1 hour

A course designed to promote health, alleviate stress, improve skeletal alignment, and increase muscular strength and flexibility. Students will learn a series of physical postures (asanas) as well as practical methods for relaxation, breathing techniques (pranayama), and concentration designed to balance the mind, body and spirit.
Pass/Fail only.
(Normally offered each semester.)

## HHP 1160 Fitness Swimming

1 hour

A course designed to improve cardiovascular endurance through individual workouts and to introduce students to fitness-related principles. The student must have swimming competency. May be repeated for a maximum of 2 credit hours.
Pass/Fail only.
(Normally offered each semester.)

## HHP 1180 Scuba I: Open Water Dive

1 hour

A course designed to introduce students to background principles and beginning techniques of scuba diving. Certification may be awarded at the discretion of the instructor. Students must have basic swimming ability and be in general good health.
Pass/Fail only.
(Normally offered each semester.)

## HHP 1190 Scuba II: Advanced Open Water Dive

1 hour

A course designed to introduce students to underwater navigation, deep diving, night diving, and confined water skills. Students must have basic swimming ability and be in general good health. P/F Only.
*Prerequisite(s): HHP 1180 Scuba I: Open Water Dive.*
(Normally offered each semester.)

## HHP 1260 Human Health and Wellness

2 hours

A course designed to give the students a better understanding of how the body functions. Health and wellness involves the study of factors affecting the physical, emotional and mental well-being of individuals. Health is a state of body and mind viewed within the context of the individual, community, society, and environment. This class will offer a holistic view of how ones external and internal factors affect health.
(Normally offered each semester.)

Archway Curriculum: Integrative Core: Human Health and Disease Thread

### HHP 1270 Advanced Emergency Care

1 hour

A study and application of the principles and techniques involved in the advanced administration of first aid, cardio-pulmonary resuscitation (CPR), and automated electronic defibrillators (AEDs). Students will earn American Red Cross certifications. Cross listed with AT 1270.
(Normally offered each semester.)

### HHP 1300 Prevention and Care of Athletic Injuries

3 hours

A study of injuries common to athletic participants and the prevention and care of such injuries. Cross listed with AT 1300.
(Normally offered each semester.)

### HHP 1320 Introduction to Allied Health

1 hour

This course is designed to introduce students to the world of allied health. The course will explore careers in the allied health fields. Additionally, students will begin to develop the personal and professional skills needed to work in these fields.
(Normally offered each semester.)

### HHP 1350 Introduction to Health and Physical Education

2 hours

This course provides an overview of the field of Health and Physical Education. Topics addressed will include: How to become a Health and Physical Education teacher; Passing the Praxis; the role of Health and Physical Education in society; the role of Health and Physical Education in the school setting; the history of Physical Education; and current issues in Health.

Normally offered each spring semester.

### HHP 1400 Games and Activities I

2 hours

The purpose of this course is to teach students the fundamental skills and basic rules for games and activities commonly played in physical education classes (baseball, basketball, football, soccer, volleyball). Additionally, students will learn about and participate in a few less-common games and activities that are popular throughout the world.

(Normally offered each fall semester).

### HHP 1450 Games and Activities II

2 hours

The purpose of this course is to teach students the fundamental skills and basic rules for games and activities commonly played in physical education classes (badminton, golf, pickleball, tennis, track and field). Additionally, students will learn about and

participate in a few less-common games and activities that are popular throughout the world.

(Normally offered each spring semester.)

### HHP 1500 Introduction to Coaching Theory

2 hours

A course designed to develop and expand information about coaching, coaching styles, and coaching strategies. The course will cover practical coaching theories and include information about organization, communication, and motivation.
(Normally offered each spring semester.)

### HHP 1700 Introduction to Sport Management and Leadership

3 hours

This course is designed to provide current or future sport program administrators with an overview of the sport management discipline. The introduction is focused on the history of the sport management discipline, career opportunities, management principles, marketing, economics and finance, facility and event management, law, communications, and public relations. These principles are applied to various sport and exercise settings, such as interscholastic, intercollegiate, international, and professional sport along with the community recreation industries.
(Normally offered each semester.)

### HHP 1740 Sport in Society

2 hours

Sport in Society course designed in taking global, issues-oriented approach to the study of the role of sport in society. This course encourages the discussion of current sport-related controversies and helps students develop critical thinking skills. This course also provides an analysis of social patterns of sport as these are shaped and maintained in social contexts. Structures and dynamics of sport can be viewed as an instruction that is closely linked with other institutions such as family, education, gender roles, and racial and socioeconomic patterns.
(Normally offered each spring semester.)

### HHP 1760 Sports Studies - An Introduction to Football

2 hours

A course designed to develop and expand information about the game of football. This course will familiarize students with the rules, strategies, and skills associated with football. Information will be provided to benefit students interested in coaching and officiating as well as those who want to increase their knowledge of the game.
(Normally offered each fall semester.)

### HHP 1770 Sports Studies - An Introduction to Volleyball

2 hours

A course designed to develop and expand information about the game of volleyball. This course will familiarize students with the rules, strategies, and skills associated with volleyball. Information will be provided to benefit students interested in coaching and officiating as well as those who want to increase their knowledge of the game.
(Normally offered each fall semester.)

### HHP 1780 Sports Studies - An Introduction to Basketball

2 hours

A course designed to develop and expand information about the game of basketball. This course will familiarize students with the rules, strategies, and skills associated with basketball. Information will be provided to benefit students interested in coaching and officiating as well as those who want to increase their knowledge of the game.

(Normally offered each fall semester.)

### HHP 1790 Sports Studies - An Introduction to Baseball/Softball

2 hours

A course designed to develop and expand information about the game of baseball/softball. This course will familiarize students with the rules, strategies, and skills associated with baseball/softball. Information will be provided to benefit students interested in coaching and officiating as well as those who want to increase their knowledge of the game.
(Normally offered each spring semester.)

### HHP 1800 Sports Studies - An Introduction to Soccer

2 hours

A course designed to develop and expand information about the game of soccer. This course will familiarize students with the rules, strategies, and skills associated with soccer. Information will be provided to benefit students interested in coaching and officiating as well as those who want to increase their knowledge of the game.
(Normally offered each spring semester.)

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

2 hours

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.)

### HHP 1820 Sport Studies: An Introduction To Wrestling

2 hours

This course is designed to provide the knowledge and skills essential to the coaching of competitive wrestling. Students will learn how to create a season schedule, travel, and budget. Students will learn about the different styles of wrestling, rules, weight classes, and how to run a tournament and dual. Classroom work will be supplemented by actual practice coaching. Normally offered each spring semester.

### HHP 1840 Sports Studies: An Introduction to Swimming

2 hours

A course designed to develop and expand basic information about coaching swimming, such as stroke mechanics, training different energy systems for the various events, dryland/weight training, and mental skills development. Students will learn about the various coaching opportunities in swimming, as well as acquire a general understanding of the rules of competitive swimming.
(Normally offered every spring semester.)

### HHP 1900 Selected Topics

1-4 hours

A topical course designed to investigate relevant subject matter not included in any standard courses. The title and the content will be determined by current mutual interests of students and faculty. This course may be offered to meet a requirement for a major only by approval of the department chair.

### HHP 1910 Medical Terminology

1 hour

This course focuses on the systematic approach to word building and term comprehension of medical terms. Includes definitions, spellings, pronunciations and common abbreviations of medical terms.
(Normally offered each semester.)

## HHP 1950 Independent Study

1-4 hours

This is a research course. The student initially meets with the department chair to select a study topic and review research methods. At this time the student will be assigned a faculty resource person to guide his or her work and assist in an advisory capacity. A copy of the student's work is filed in the archives for the department. Independent Study may not duplicate courses described in the catalog.
*Prerequisite(s): Permission of the department chair.*

## HHP 1960 Special Projects

1-15 hours

Supervised individual projects for students on topics selected by the student in consultation with the instructor. Special Projects may not duplicate courses described in the catalog.
*Prerequisite(s): Permission of the instructor.*

## HHP 1970 Internship

1-8 hours

An on-the-job experience oriented toward the student's major interest. The student is to secure a position in an organization that satisfies the mutual interests of the instructor, the sponsor, and the student. P/F Only.
*Prerequisite(s): Permission of the department chair.*

## HHP 2000 Mindfulness and Stress

2 hours

The multi-disciplinary science of mindfulness meditation reveals how stress can be perceived in the mind and body, and the physiological, cognitive, and emotional effects of acute and chronic stress. Through reviewing scholarship about meditation and listening to interviews from experts in the natural and social sciences, engagement in daily personal meditation practice, exploration of a variety of contemplative practices, and daily journaling, students in this course will learn how stress manifests itself in their lives, how they often react to stressors, and what positive, negative, and neutral consequences there are to these reactions. The benefits to a regular mindfulness meditation practice will also be discussed each class period. A required 45 minute pre-class meeting with the instructor must take place at least one month before the class begins. After you enroll in this course, please email the instructor to schedule the appointment. Failure to have this appointment will result in your class registration being dropped. Pass/Fail only.

Archway Curriculum: Integrative Core: Human Health and Disease Thread

## HHP 2010 Drugs in Modern Society

3 hours

A course designed to develop and expand information about the use and abuse of drugs including: alcohol, tobacco, depressants, stimulants, narcotics, inhalants, club drugs, date rape drugs, hallucinogens, marijuana, sport enhancement drugs, prescription and OTC drugs. The course will include history of, and facts about the substances, the pharmacokinetic properties, the formation of laws, the victims, prevention, and approaches to treating the problem.
(Normally offered each semester.)

Archway Curriculum: Integrative Core: Human Health and Disease Thread
Archway Curriculum: Essential Connections: Discourse Instructive

## HHP 2020 Consumer, Community, and Environment Health Issues

3 hours

A course designed to develop and expand information about the environment, the informed health consumer, healthful aging and community health. The course will acquaint students with the process of aging, consumer protection, the environment, and community from a health perspective.
(Normally offered each fall semester.)

Archway Curriculum: Integrative Core: Human Health and Disease Thread

## HHP 2030 Human Sexuality

3 hours

A course designed to develop and expand current information about human sexuality in a practical manner. The course will present facts and statistics about anatomy and physiology, gender, sexual orientation, reproduction, sexually transmitted infections, contraception, sexual growth and development, relationships and sexual communication, sexual health, commercialization of sex and sexual coercion.
(Normally offered each semester.)

Archway Curriculum: Integrative Core: UC Reflected Self Thread
Archway Curriculum: Integrative Core: Human Health and Disease Thread
Archway Curriculum: Essential Connections: Discourse Instructive
Archway Curriculum: Essential Connections: Diversity Instructive: U.S.

## HHP 2040 Stress and Disease Management

2 hours

A course designed to develop and expand information about stress, mental health, and major chronic diseases. The course will present causes and warning signs of major chronic diseases and coping strategies for emotional stress.
(Normally offered each spring semester.)

Archway Curriculum: Integrative Core: Human Health and Disease Thread

## HHP 2050 Pharmaceutical Drugs I

2 hours

This course is designed to provide an extensive framework of knowledge through the introduction to pharmacologic principles. A basic knowledge of the subject of drugs, their sources, and their uses will be introduced. Medication preparation, supplies, and specific information on each route of administration are covered.

## HHP 2060 Pharmacology Drugs II

2 hours

This course is designed to provide an extensive framework of knowledge through the study of medications. Students will study drugs according to classifications including characteristics of typical drugs, their purposes, side effects, precautions or contradictions, and interactions.
*Prerequisite(s): HHP 1910/NURS 1910 Medical Terminology and HHP 2050 Pharmaceutical Drugs I or permission of the instructor.*

## HHP 2500 Basic Human Nutrition

2 hours

This is a course designed to provide students with the basic scientific principles of nutrition focusing on their personal choices and experiences. The student will develop a definition of nutrition, and learn how nutrition has evolved. The student will be introduced to the concepts of: essential nutrient classifications, defining and developing a healthy diet, recommendations for

specific nutrients, eating disorders, energy balance and obesity, body composition, lifetime nutrition (infancy to older adults), and food/beverage choices and the influence on chronic disease and optimal wellbeing.
(Normally offered each semester)

Archway Curriculum: Integrative Core: Human Health and Disease Thread

### HHP 2640 Positive Psychology

2 hours

This course provides an introduction to the study of topics related to happiness and the positive aspects of human experience. The first part of the course will focus on the basic areas of research in positive psychology and the methods that researchers use to study happiness, while the second half will broaden the focus to include big-picture issues and real-world application.
*Prerequisite(s): PSYCH 1010/PSYCH 1010FYW Introduction to Psychological Science or permission of instructor.*

### HHP 2720 Introduction to Massage Therapy

3 hours

This course is an introduction to the field of massage therapy in rehabilitation programs and personal wellness plans. The class will address local, national and global perspectives, current research, history and development in the field. Laboratory experiences with methods in wellness massage are emphasized.

(Normally offered each fall and spring semester.)

Archway Curriculum: Integrative Core: Human Health and Disease Thread

### HHP 2760 Sport and Exercise Psychology

2 hours

This course examines psychological theories and practices related to sport and exercise behavior. The course is designed to introduce you to the field of sport and exercise psychology by providing a broad overview of the major topics in the area.
(Normally offered each semester.)

### HHP 2780 Curriculum and Methodology for Elementary Health and Physical Education

3 hours

An examination of the objectives of an elementary health and physical education program and the development of a curriculum to meet these objectives. An introduction to teaching methods and class management skills are utilized in these programs. This course is designed for elementary education majors.
*Prerequisite(s): Sophomore standing.*
(Normally offered each fall semester.)

### HHP 2800 Cardiac Rehabilitation

2 hours

A course designed to introduce students to clinical exercise. This course will involve learning basic cardiovascular physiology, the phases of cardiac rehabilitation, and appropriate exercise and testing procedures. Introduction to interpreting electrocardiograms and case-study analyses are also included.
*Prerequisite(s): BIO 1090 Introduction to Human Anatomy and Physiology I and BIO 1100 Introduction to Human Anatomy and Physiology II.*
(Offered as needed.)

### HHP 2850 Structural Kinesiology

1 hour

This course integrates musculoskeletal anatomy with human movement. Students will learn and apply musculoskeletal anatomy and joint actions to upper extremity, lower extremity, and trunk movements.

Normally offered each semester.

## HHP 2900 Selected Topics

1-4 hours

A topical course designed to investigate relevant subject matter not included in any standard courses. The title and the content will be determined by current mutual interests of students and faculty. This course may be offered to meet a requirement for a major only by approval of the department chair.

## HHP 2920 Sport Facility and Event Management

3 hours

This course examines the sports industry in relation to facility design, facility maintenance and risk management of operating sporting and recreational facilities. Students are required to complete 20 hours of facility/event management experience. (Normally offered each semester.)

Archway Curriculum: Essential Connections: Experiential Learning: Exploratory

## HHP 2950 Independent Study

1-4 hours

This is a research course. The student initially meets with the department chair to select a study topic and review research methods. At this time the student will be assigned a faculty resource person to guide his or her work and assist in an advisory capacity. A copy of the student's work is filed in the archives for the department. Independent study may not duplicate courses described in the catalog.
*Prerequisite(s): Senior standing or permission of the department chair.*

## HHP 2960 Special Projects

1-15 hours

Supervised individual projects for students on topics selected by the student in consultation with the instructor. Special Projects may not duplicate courses described in the catalog.
*Prerequisite(s): Permission of the instructor.*

## HHP 2970 Field Experience: Fitness Coaching

1-3 hours

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 3150 Principles Of Sport Performance, and approval of instructor.*
(Normally offered each semester.)

## HHP 3000 Coaching Practicum

1-6 hours

Practical experience in coaching in interscholastic athletic programs. The student will work with an athletic team throughout a season and will be involved with all aspects of the program. This course requires a considerable amount of commitment from the

student. May be repeated for a maximum of 6 credit hours.
Pass/Fail only.
*Prerequisite(s): Permission of instructor.*
(Normally offered each semester.)

Archway Curriculum: Essential Connections: Experiential Learning: Intensive

### HHP 3100 Worksite Health Promotion

3 hours

A course designed to introduce students to concepts and practices relating to worksite health promotion. Students will learn how to develop, implement, and evaluate wellness promotion programs. Students will complete a 20-hour field experience in an assigned worksite in the community to provide invaluable experience.
(Normally offered each fall semester.)

### HHP 3120 Motor Learning and Control

3 hours

A course that will introduce students to current understandings of how complex motor skills are initially learned, and how they are controlled and refined with practice, from a behavioral point of view. A variety of activities will provide students with practical examples to deepen understanding. This course has applications to general exercise science, physical therapy, and coaching.
(Normally offered each fall semester.)

### HHP 3150 Principles Of Sport Performance

3 hours

An advanced study of the scientific principles and theories related to sport performance in both the private and public sectors. Discussions related to applications and concepts in the exercise sciences, testing and evaluation, exercise technique, sport nutrition, exercise psychology, program design, and strength and conditioning administration and facility organization will be emphasized.

Normally offered each semester.

### HHP 3210 Current Issues and Ethics in Sport

3 hours

This is a course designed to introduce students to ethical theories and thinking through the analysis of major issues present in today's sporting landscape. Students will be engaged in discussions of the past, current and future nature of sport and the issues that affect both sport and society in order to better understand the ethical dilemmas that face current and future sport managers/administrators, participants, health professionals, coaches, academics and consumers.

*Prerequisite(s): Junior standing or permission of instructor.*
(Normally offered each spring semester.)

Archway Curriculum: Essential Connections: Discourse Instructive

### HHP 3330 Health Assessment

3 hours

See AT 3330 Health Assessment.

Archway Curriculum: Essential Connections: Speaking Instructive
Archway Curriculum: Integrative Core: Human Health and Disease Thread

### HHP 3400 Advanced Human Nutrition

2 hours

This is a course designed to study foods and their effects upon health, development, and performance of the individual. The student will build on materials and knowledge learned from HHP 2500 Basic Human Nutrition. The student will be introduced to the concepts of: link between food and energy, proper water balance and electrolytes, science of supplementation, manipulation of macronutrient intake, nutrient timing, customized nutrition plans, and the key concepts of sport nutrition relative to both exercise and nutrition for optimal health and physical performance.

*Prerequisite(s): HHP 2500 Basic Human Nutrition, BIO 1090 Introduction to Human Anatomy and Physiology I or BIO 3200 Advanced Human Anatomy and Physiology I, BIO 1100 Introduction to Human Anatomy and Physiology II or BIO 3210 Advanced Human Anatomy and Physiology II, or permission of the instructor.*

(Normally offered semester)

Archway Curriculum: Essential Connections: Writing Instructive

## HHP 3500 Elementary PE Methods

3 hours

A course designed to instruct students on how to teach physical education to elementary students. Topics include curriculum development, planning, assessment, behavior management, modifications, and locomotor and object control skills. Students will have numerous opportunities to create and teach PE lessons to each other. For PE majors, a 20-hour practicum experience in a local elementary physical education class is required. For non-PE majors, a final project will be required.
*Prerequisite(s): Junior standing or permission of instructor.*
(Normally offered every fall semester.)

Archway Curriculum: Essential Connections: Speaking Instructive
Archway Curriculum: Essential Connections: Writing Instructive

## HHP 3550 Health Methods

3 hours

A course designed to instruct students on how to teach Health education in the school setting. This course will prepare students to teach standards-based Health to all grade levels. Topics include curriculum development, planning, CSPAP, assessment, and technology. Students will have numerous opportunities to create and teach Health lessons to each other. For Health and PE majors, a 10-hour practicum experience in a local school Health class is required. For non-majors, a final project will be required.
*Prerequisite(s): Junior standing or permission of instructor.*
(Normally offered every fall semester.)

Archway Curriculum: Essential Connections: Speaking Instructive
Archway Curriculum: Essential Connections: Writing Instructive

## HHP 3600 Secondary PE Methods

3 hours

A course designed to instruct students on how to teach physical education to middle and high school students. Topics include curriculum development, planning, assessment, behavior management, modifications, team sports, individual and lifetime activities, and technology. Students will have numerous opportunities to create and teach PE lessons to each other. For PE majors, a 20-hour practicum experience in a local middle or high school physical education class is required. For non-PE majors, a final project will be required.
*Prerequisite(s): Junior standing or permission of instructor.*
(Normally offered every spring semester.)

Archway Curriculum: Essential Connections: Speaking Instructive
Archway Curriculum: Essential Connections: Writing Instructive

## HHP 3650 Adapted Physical Education

3 hours

A course designed to instruct students on how to teach physical education to students with disabilities. Topics include curriculum development, planning, assessment, behavior management, modifications, IEPs, law, and disability sports. Students will learn about the different disability classifications found in the school system. Students will also participate in a number of disability simulation labs. A 10-hour practicum experience working with students with disabilities in a physical activity setting is required.

*Prerequisite(s): Junior standing or permission of the instructor.*
(Normally offered each spring semester.)

## HHP 3700 Sport Law and Governance

3 hours

This course is designed to provide students with an introduction to the U.S. legal system as presented and applied to contexts within the sport industry. Students will also be introduced to fundamental legal principles of significance to sport management. Students will analyze numerous cases and the legal concepts and analyses presented to gain a deeper understanding of legal issues in various coaching, governance, management, and sport participation scenarios.

*Prerequisite(s): Junior standing or permission of instructor.*
(Normally offered each fall semester.)

Archway Curriculum: Essential Connections: Writing Instructive

## HHP 3720 Healthcare Policy

2 hours

This course will focus on the inner workings of health care policymaking, from the legislative process to socioeconomic impacts, and reveals both modern and historical perspectives in detail. The student will explore factors that shape the U.S. health care system and policy, such as values, government, and private players, and compares them to other countries for international context.
*Prerequisite(s): Junior standing or permission of instructor.*

Archway Curriculum: Integrative Core: Human Health and Disease Thread

## HHP 3730 Sports Marketing and Communication

3 hours

This course will introduce students to the application of basic principles of marketing to the sport industry with an emphasis on intercollegiate athletics, professional sport and multisport club operations. The function of the course is threefold: 1) to provide students with a broad appreciation of marketing; 2) to provide students with an up-to-date understanding of marketing concepts as they are currently being applied in various sport management contexts; and 3) to provide a foundation for those students who plan to do advanced study and work in marketing, consumer behavior, and related fields.

*Prerequisite(s): BUSAD 2000 Principles of Marketing or permission of instructor.*
(Normally offered each fall semester.)

## HHP 3850 Biomechanics

3 hours

This course integrates physics with human movement to provide understanding of human movement from a kinetic and kinematic perspective. Students will explore and apply these principles to a human movement or exercise of their choice.
*Prerequisite(s): BIO 1090 Introduction to Human Anatomy and Physiology I or BIO 3200 Advanced Human Anatomy and Physiology I.*
Normally offered each spring semester.

## HHP 3900 Selected Topics

1-5 hours

An intermediate-level course to treat subject matter not covered in other departmental courses. The title, content, and credit will be determined for each offering. This course may be used to meet major requirements only by approval of the department chair.

## HHP 3970 Internship

1-8 hours

This course allows students to participate at a meaningful level in an internship with a public official, political figure, public agency, campaign or interest group and to use that experience as the basis for an academic paper.
Pass/Fail only.
*Prerequisite(s): Permission of the department chair.*

## HHP 3990 Professional Engagement

1 hour

This class is designed to prepare students who are entering the professional field of health and human performance. Real-life, hands on tools for career advancement will be examined and then applied including the creation of goals and objectives, a personal statement, a cover letter, and a professional resume with references. An investigation into graduate schools (and the requirements for applying) or the job market for your intended career will be explored, as well as searching for alternative career paths. No Pass/Fail.

*Prerequisites: Junior or senior standing or permission of the instructor.*

(Normally offered each semester.)

## HHP 4000A Learning Abroad

1-3 hours

This is a short term faulty-led learning abroad course. Topics and travel will vary. Students should check with the HHP department to inquire about travel options for current trips. Students will be introduced to a mixture of history, culture,economics, academic systems, health care, political policies,challenges,and opportunities unique to that country. The course is open to all Nebraska Wesleyan students. Credits vary by program. No Pass/Fail.

Archway Curriculum: Essential Connections: Experiential Learning: Intensive

## HHP 4000B Learning Abroad

0 hours

This is a short term faulty-led learning abroad course. Topics and travel will vary. Students should check with the HHP department to inquire about travel options for current trips. Students will be introduced to a mixture of history, culture, economics, academic systems, health care, political policies, challenges, and opportunities unique to that country. The course is open to all Nebraska Wesleyan students. Pass/Fail only.

## HHP 4150 Physiology of Exercise

4 hours

This course explores the physiological effects and adaptations of exercise using a system approach. Students will be exposed to the latest research in the field that contributes to our understanding of how the human body is designed for exercise and movement. Practical application of these principles will be explored during class and throughout the laboratory experience.
One 1.5 hour lab per week.
*Prerequisite(s): BIO 1100 Introduction to Human Anatomy and Physiology II or BIO 3210 Advanced Human Anatomy and Physiology II and junior standing.*
(Normally offered each semester.)

## HHP 4220 Sport Finance

3 hours

This course examines the sports industry in relation to the principles of budget, finance, and economics. Students will gain an understanding of financial management within the sport context.
*Prerequisite(s): Junior standing.*
(Normally offered each spring semester.)

## HHP 4250 Exercise Testing and Programming

3 hours

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): BIO 1100 Introduction to Human Anatomy and Physiology II or BIO 3200 Advanced Human Anatomy and Physiology I and junior standing.*
(Normally offered each semester.)

## HHP 4800 Research and Statistical Methods

3 hours

Research and Statistical Methods is designed for senior-level HHP majors to develop an understanding of the research process and the rationales for basic behavioral statistics in the field of exercise science. This class will focus on the creation of a research proposal for exercise science and on developing reading, writing, and practical skills to interpret and conduct research.

*Prerequisite(s): HHP 1320 Introduction to Allied Health and junior standing, or permission of the instructor.*

(Normally offered each semester)

Archway Curriculum: Essential Connections: Writing Instructive
Archway Curriculum: Essential Connections: Discourse Instructive

## HHP 4810 Senior Research

1 hour

This course will focus on developing skills to conduct a research study, analyze results, and complete a research paper. Students will present their research proposal to recruit subjects, give an informal elevator speech regarding the state of their research project, and at the end of the course, formally present their research study at
the NWU Student Symposium.

*Prerequisite(s): HHP 4800 Research and Statistical Methods.*

(Normally offered each semester.)

Archway Curriculum: Essential Connections: Speaking Instructive

## HHP 4900 Selected Topics

1-3 hours

A topical course designed to investigate relevant subject matter not included in any standard courses. The title and the content will be determined by current mutual interests of students and faculty. This course may be offered to meet a requirement for a major only by approval of the department chair.

## HHP 4950 Independent Study

1-12 hours

An opportunity for a student to engage in advanced, supervised, individual field, lab, or library research. Independent study may not duplicate courses described in the catalog. May be repeated for a maximum of up to 6 credit hours.
*Prerequisite(s): Junior standing and approval of the department chair.*

## HHP 4960 Special Projects

1-15 hours

Supervised individual projects for students on topics selected by the student in consultation with the instructor. Special Projects may not duplicate courses described in the catalog.
*Prerequisite(s): Permission of the instructor.*

## HHP 4970 Internship

1-8 hours

An on-the-job experience oriented toward the student's major interest. The student is to secure a position in an organization that satisfies the mutual interests of the instructor, the sponsor, and the student. May be repeated for a maximum of 8 credit hours. No P/F.
*Prerequisite(s): Junior standing and approval of the supervising faculty member.*

(Normally offered each semester.)

Archway Curriculum: Essential Connections: Experiential Learning: Intensive

## HHP 4990 Senior Capstone

1 hour

This senior capstone class is the final course for a degree in the Health and Human Performance Department. In a capstone experience, students will reflect on your academic growth while finalizing a customized electronic portfolio. The ePortfolio will be used to review and reflect on previous work, carryout an assessment of their academic career, and project a future vision for an intended career in their chosen field. This ePortfolio can be used for future academic goals as well as to serve as an aid for housing acquired material. Prerequisites: Senior standing and Departmental major or permission of the instructor. No Pass/Fail.
*Prerequisite(s): Senior standing and a departmental major, or permission of the instructor.*

(Normally offered each semester.)