Nebraska Wesleyan University

HHP 1020 Advanced Physical Performance

Catalog

2023-2024

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 (Undergraduate)