**Nebraska Wesleyan University**

# HHP 3120 Motor Learning and Control

## Catalog

2023-2024

## Course Description

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.)

## Course Hours

3 hours

## Departments

1. Health and Human Performance (Undergraduate)