Nebraska Wesleyan University

Health and Fitness Studies (B.S.)

Catalog

2023-2024

Program Description

Students majoring in Health and Fitness Studies may pursue interest in such areas as personal training, strength and conditioning training, worksite wellness, health promotions, fitness centers, and graduate school. See your advisor regarding possible career choices and graduate school requirements.

Learning Outcomes
Majors will be able to:

1. Possess understanding of human anatomy, physiology, and biomechanics of movement and performance.
2. Demonstrate proficiency in assessing health, fitness, and well-being and prescribing programs to achieve goals in a safe and effective environment.
3. Demonstrate practical application of knowledge and ethical decision making in an appropriately supervised organizational setting.
4. Analyze and effectively communicate (oral and written) scholarly work in health and human performance.

Departments

1. Health and Human Performance (Undergraduate)

Health and Fitness Studies (54 hours)

Required Courses	44 hours
BIO 1090 Introduction to Human Anatomy and Physiology I and BIO 1090L Introduction to Human Anatomy and Physiology I Laboratory	4 hours
BIO 1100 Introduction to Human Anatomy and Physiology II and BIO 1100L Introduction to Human Anatomy and Physiology II Lab	4 hours
HHP 1270 Advanced Emergency Care	1 hour
HHP 1320 Introduction to Allied Health	1 hour
HHP 2010 Drugs in Modern Society	3 hours
HHP 2020 Consumer, Community, and Environment Health Issues	3 hours
HHP 2030 Human Sexuality	3 hours
HHP 2040 Stress and Disease Management	2 hours
HHP 2500 Basic Human Nutrition	2 hours
HHP 2850 Structural Kinesiology	1 hour
HHP 3100 Worksite Health Promotion	3 hours
HHP 3150 Principles Of Sport Performance	3 hours

Required Courses	44 hours
HHP 3400 Advanced Human Nutrition	2 hours
HHP 3850 Biomechanics	3 hours
HHP 4150 Physiology of Exercise	4 hours
HHP 4250 Exercise Testing and Programming	3 hours
HHP 4970 Internship	2 hours

Select 8 hours from the following courses:

- ATTR 2400 Physical Exam of the Lower Extremity
- ATTR 2410 Physical Exam of the Upper Extremity
- HHP 1300 Prevention and Care of Athletic Injuries
- HHP 1400 Games and Activities I
- HHP 1450 Games and Activities II
- HHP 1500 Introduction to Coaching Theory
- HHP 1910 Medical Terminology
- HHP 2720 Introduction to Massage Therapy
- HHP 2760 Sport and Exercise Psychology
- HHP 2800 Clinical Exercise Physiology
- HHP 2920 Sport Facility and Event Management
- HHP 3120 Motor Learning and Control
- HHP 3500 Elementary PE Methods
- HHP 3550 Health Methods
- HHP 3600 Secondary PE Methods
- HHP 4800 Research and Statistical Methods
- HHP 4810 Senior Research

Capstone Courses
HHP 3990 Professional Engagement
HHP 4990 Senior Capstone