**Nebraska Wesleyan University**

# Health and Fitness Studies (B.S.)

## Catalog

2024-2025

## 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:** | **8 hours** |

- ATTR-2400
- ATTR-2410
- 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 | 2 hours |
|---|---|
| HHP 3990 Professional Engagement | 1 hour |
| HHP 4990 Senior Capstone | 1 hour |