Nebraska Wesleyan University

Exercise Science

Catalog

2025-2026

Departments

1. Health and Human Performance (Undergraduate)

Exercise Science Minor (18 hours)

Requirements	18 hours
HHP 2500 Basic Human Nutrition	2 hours
HHP 3850 Biomechanics	3 hours
HHP 4150 Physiology of Exercise	4 hours
9 credit hours from courses below: • HHP 1270 Advanced Emergency Care • HHP 1910 Medical Terminology • HHP 2720 Introduction to Massage Therapy • HHP 2800 Clinical Exercise Physiology • HHP 2850 Structural Kinesiology • HHP 3100 Worksite Health Promotion • HHP 3120 Motor Learning and Control • HHP 3150 Principles Of Sport Performance • HHP 4800 Research and Statistical Methods • HHP 4250 Exercise Testing and Programming	9 hours