Nebraska Wesleyan University

Health and Fitness Studies

Catalog

2025-2026

Departments

1. Health and Human Performance (Undergraduate)

Health and Fitness Studies Minor (18 hours)

Requirements	18 hours
HHP 1270 Advanced Emergency Care	1 hour
HHP 2500 Basic Human Nutrition	2 hours
HHP 3150 Principles Of Sport Performance	3 hours
Select 12 hours from the following courses: • HHP 1910 Medical Terminology • HHP 2010 Drugs in Modern Society • HHP 2020 Consumer, Community, and Environment Health Issues • HHP 2030 Human Sexuality • HHP 2040 Stress and Disease Management • HHP 2720 Introduction to Massage Therapy • HHP 2850 Structural Kinesiology • HHP 2920 Sport Facility and Event Management • HHP 3100 Worksite Health Promotion	12 hours