Nebraska Wesleyan University

Exercise Science (B.S.)

Catalog

2025-2026

Program Description

As the most popular Health and Human Performance major, nearly 50% of our Exercise Science students apply to graduate schools to study physical therapy, physician's assistant, chiropractic or occupational therapy. An internship and a full-year of research and statistics are required.

Students interested in health-related professions such as physical therapy, occupational therapy and chiropractics may elect to major in Exercise Science. Students should consult with their advisor regarding pre professional requirements and suggested program of study.

Mission Statement: To develop students' knowledge, critical thinking skills, and values to serve and perform successfully in a diverse array of allied health and wellness professions.

Student Learning Outcomes:

1. Gain factual knowledge, analyze, and apply concepts in human nutrition, exercise physiology, biomechanics, and kinesiology.
2. Assess health, fitness, and well-being and develop programs to achieve goals in a safe and effective environment.
3. Apply 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.
5. Demonstrate purpose and contribution in their personal, professional, and civic lives.

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)

Exercise Science Major (43 hours)

Required Courses	21 hours
HHP 1270 Advanced Emergency Care	1 hour
HHP 1320 Introduction to Allied Health	1 hour
HHP 1910 Medical Terminology	1 hour
HHP 2500 Basic Human Nutrition	2 hours
HHP 2850 Structural Kinesiology	1 hour

Required Courses	21 hours
HHP 3850 Biomechanics	3 hours
HHP 4150 Physiology of Exercise	4 hours
HHP 4250 Exercise Testing and Programming	3 hours
HHP 4800 Research and Statistical Methods	3 hours
HHP 4970 Internship	2 hours
Select 12 credit hours from the following courses ***(must choose 1 course from each elective block below)***	**12 hours**
Health Electives	
HHP 2010 Drugs in Modern Society	3 hours
HHP 2030 Human Sexuality	3 hours
HHP 2040 Stress and Disease Management	2 hours
HHP 2800 Clinical Exercise Physiology	2 hours
HHP 3100 Worksite Health Promotion	3 hours
HHP 3330 Health Assessment	3 hours
HHP 3550 Health Methods	3 hours
Performance Electives:	
HHP 1300 Prevention and Care of Athletic Injuries	3 hours
HHP 2760 Sport and Exercise Psychology	2 hours
HHP 2920 Sport Facility and Event Management	3 hours
HHP 3120 Motor Learning and Control	3 hours
HHP 3150 Principles Of Sport Performance	3 hours
HHP 3400 Advanced Human Nutrition	2 hours
Anatomy and Physiology	**8 hours**
• BIO 1090 Introduction to Human Anatomy and Physiology I/BIO 1090L and BIO 1100 Introduction to Human Anatomy and Physiology II/BIO 1100L or • BIO 3200 Advanced Human Anatomy and Physiology I/BIO 3200L and BIO 3210 Advanced Human Anatomy and Physiology II/BIO 3210L	8 hours
Capstone Courses	**2 hours**
HHP 3990 Professional Engagement	1 hour
HHP 4990 Senior Capstone	1 hour