Nebraska Wesleyan University

HHP 1810 Sport Studies - An Introduction to Track/Cross Country

Catalog

2025-2026

Course Description

A class that investigates the science and coaching methods of track and field and cross country. Areas of study include sport psychology, training theory, biomechanics, physiology and philosophy. Classroom work will be supplemented by actual practice coaching.
(Normally offered each summer.)

Course Hours

2 hours

Departments

1. Health and Human Performance (Undergraduate)