### **Nebraska Wesleyan University**

Catalog 2025-2026

#### Course:

# **HHP 3850 Biomechanics**

3 hours

Majors, Minors & Degrees:

### **Majors**

Exercise Science (B.S.)
Exercise Science (Pre-AT) (B.S.)
Health and Physical Education (B.S.)
Physical Education (B.S.)

### **Minors**

**Exercise Science** 

## Departments/Programs:

Health and Human Performance (Undergraduate)

This course integrates physics with human movement to provide understanding of human movement from a kinetic and kinematic perspective. Students will explore and apply these principles to a human movement or exercise of their choice. Prerequisite(s): BIO 1090 Introduction to Human Anatomy and Physiology I or BIO 3200 Advanced Human Anatomy and Physiology I.

(Normally offered each semester.)