**Nebraska Wesleyan University**

# HHP 3850 Biomechanics

## Catalog

2025-2026

## Course Description

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.)

## Course Hours

3 hours

## Departments

1. Health and Human Performance (Undergraduate)