Nebraska Wesleyan University

HHP 2760 Sport and Exercise Psychology

Catalog

2025-2026

Course Description

This course examines psychological theories and practices related to sport and exercise behavior. The course is designed to introduce you to the field of sport and exercise psychology by providing a broad overview of the major topics in the area. (Normally offered each semester.)

Course Hours

2 hours

Departments

1. Health and Human Performance (Undergraduate)