Nebraska Wesleyan University

HHP 3150 Principles Of Sport Performance

Catalog

2025-2026

Course Description

An advanced study of the scientific principles and theories related to sport performance in both the private and public sectors. Discussions related to applications and concepts in the exercise sciences, testing and evaluation, exercise technique, sport nutrition, exercise psychology, program design, and strength and conditioning administration and facility organization will be emphasized.

Normally offered each semester.

Course Hours

3 hours

Departments

1. Health and Human Performance (Undergraduate)