Nebraska Wesleyan University

HHP 1040 Weight Training

Catalog

2026-2027

Course Description

A course designed to help students develop a healthier lifestyle through weight training. The course includes information on proper technique and training program organization. Safety is emphasized and there are no strength standards. May be repeated for a maximum of 2 credit hours.
Pass/Fail only.
(Normally offered each fall semester.)

Course Hours

1 hour

Departments

1. Health and Human Performance (Undergraduate)