**Nebraska Wesleyan University**

# HHP 4250 Exercise Testing and Programming

## Catalog

2026-2027

## Course Description

This course provides students hands-on learning of the laboratory and field tests used for assessing physical fitness and body composition for health and performance. Test results are used in developing individualized exercise programming to improve cardiorespiratory fitness, muscular fitness, body weight and body composition, as well as flexibility.
*Prerequisite(s): BIO 1100 Introduction to Human Anatomy and Physiology II or BIO 3200 Advanced Human Anatomy and Physiology I and junior standing.*
(Normally offered each semester.)

## Course Hours

3 hours

## Departments

1. Health and Human Performance (Undergraduate)