Nebraska Wesleyan University

HHP 3120 Motor Learning and Control

Catalog

2026-2027

Course Description

A course that will introduce students to current understandings of how complex motor skills are initially learned, and how they are controlled and refined with practice, from a behavioral point of view. A variety of activities will provide students with practical examples to deepen understanding. This course has applications to general exercise science, physical therapy, and coaching. (Normally offered each fall semester.)

Course Hours

3 hours

Departments

1. Health and Human Performance (Undergraduate)