**Nebraska Wesleyan University**

# HHP 1820 Sport Studies: An Introduction To Wrestling

## Catalog

2026-2027

## Course Description

This course is designed to provide the knowledge and skills essential to the coaching of competitive wrestling. Students will learn how to create a season schedule, travel, and budget. Students will learn about the different styles of wrestling, rules, weight classes, and how to run a tournament and dual. Classroom work will be supplemented by actual practice coaching. Normally offered each spring semester.

## Course Hours

2 hours

## Departments

1. Health and Human Performance (Undergraduate)