

## **HHP 033 Fitness Swimming**

1 hours

### **Majors, Minors & Degrees:**

#### **Majors**

Health and Physical Education (B.S.)

Physical Education (B.S.)

### **Departments/Programs:**

Health and Human Performance

A course designed to improve cardiovascular endurance through individual workouts and to introduce students to fitness-related principles. The student must have swimming competency. May be repeated for a maximum of 2 credit hours.

Pass/Fail only.