**Nebraska Wesleyan University**

# HHP 033 Fitness Swimming

## Catalog

2011-2012

## Course Description

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.

## Course Hours

1 hours

## Departments

1. Health and Human Performance