

**Course:**

**HHP 1140 Swimming**

**1 hour**

**Majors, Minors & Degrees:**

**Majors**

Health and Physical Education (B.S.)

Physical Education (B.S.)

**Departments/Programs:**

Health and Human Performance

A course designed to teach the fundamental skills of water exploration, primary swimming skills, stroke readiness, and stroke development.

Pass/Fail only.