**Nebraska Wesleyan University**

# HHP 1160 Fitness Swimming

## Catalog

2014-2015

## 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 hour

## Departments

1. Health and Human Performance