### Nebraska Wesleyan University

Catalog 2016-2017

### Course:

# **HHP 1140 Swimming**

1 hour

Majors, Minors & Degrees:

#### Maiors

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.