

## **HHP 1840 Sports Studies: An Introduction to Swimming**

2 hours

Majors, Minors & Degrees:

**Minors**

Coaching

Departments/Programs:

Health and Human Performance

A course designed to develop and expand basic information about coaching swimming, such as stroke mechanics, training different energy systems for the various events, dryland/weight training, and mental skills development. Students will learn about the various coaching opportunities in swimming, as well as acquire a general understanding of the rules of competitive swimming.