

Nebraska Wesleyan University
Catalog 2019-2020

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.