# HHP 1160 Fitness 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 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.
(Normally offered each semester.)