## **Nebraska Wesleyan University**

Catalog 2020-2021

## **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.