Course:

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 (Undergraduate)

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.)