

**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.)