

## 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 (Undergraduate)

A beginning course designed to teach the fundamental skills of water safety, gliding, floating, treading, front crawl, backstroke and breaststroke.

Pass/Fail only.

(Normally offered each semester.)