

**Course:**

**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.)