Nebraska Wesleyan University

HHP 1160 Fitness Swimming

Catalog

2025-2026

Course Description

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.)

Course Hours

1 hour

Departments

1. Health and Human Performance (Undergraduate)