Nebraska Wesleyan University

HHP 1840 Sports Studies: An Introduction to Swimming

Catalog

2025-2026

Course Description

A course designed to develop and expand basic information about coaching swimming, such as stroke mechanics, training different energy systems for the various events, dryland/weight training, and mental skills development. Students will learn about the various coaching opportunities in swimming, as well as acquire a general understanding of the rules of competitive swimming.
(Normally offered every spring semester.)

Course Hours

2 hours

Departments

1. Health and Human Performance (Undergraduate)