

Nebraska Wesleyan University

## **HHP 1140 Swimming**

### **Catalog**

2026-2027

### **Course Description**

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.)

### **Course Hours**

1 hour

### **Departments/Programs**

1. Health and Human Performance (Undergraduate)