

HHP 1160 Fitness Swimming

Catalog

2026-2027

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/Programs

1. Health and Human Performance (Undergraduate)