

# HHPL 002: Beginning Swimming

Designed to teach individuals to swim, including such basic skills to make them safe in deep water as floating in a prone position as well as supine position, breath control, and rhythmic breathing.

**Credits:** 1

**Program:**

## Health, Human Perform. & Leisure Studies

### COURSE DESCRIPTIONS

**Essential Learning Outcomes:** ELO #7: Comprehensive Wellness Practices