## PED 142: SWIMMING (ADVANCED

This course introduces lap swimming, aquacises, water activities, and games. Emphasis is placed on increasing cardiovascular efficiency through aquatic exercise. Upon completion, students should be able to develop an individualized aquatic fitness program.

Credits 1
Lecture Hours 0
Lab Hours 2
Prerequisites
PED 141 or advisor approval.

1 BSCC 2023-24 Catalog