HESA 214 Beginning Swimming (1 credit hours)
Swimming strokes and deep water skills for the non-swimmer to survive in the water.

GEP Health and Exercise Studies
Typically offered in Fall and Spring

HESA 215 Advanced Beginning Swimming (1 credit hours)
Continuation of Basic Strokes acquired in Beginning Swimming, additional new strokes, and survival skills.
Prerequisite: HESA 214 or equivalent skill
GEP Health and Exercise Studies
Typically offered in Fall and Spring

HESA 217 Survival Swimming (1 credit hours)
This course will provide NCSU students with the opportunity to learn water survival skills and techniques that will enhance their chances of survival if stranded in the water. Skills include drownproofing, underwater swimming, survival swim strokes, jumping from a height, clothing inflation techniques, and swimming through a simulated oil/debris field. These survival skills and techniques will help promote physical fitness and a healthy lifestyle.
Prerequisite: HESA 214 or equivalent skill
GEP Health and Exercise Studies
Typically offered in Fall and Spring

HESA 221 Intermediate Swimming (1 credit hours)
This course is designed to provide instruction in five basic swim strokes-front crawl (freestyle), back crawl (backstroke), breaststroke, elementary backstroke and sidestroke. Additional emphasis will be placed on increased cardiovascular fitness along with skill development in treading water, underwater swims, turns and dives.
Prerequisite: HESA 214 or equivalent skill
GEP Health and Exercise Studies
Typically offered in Fall and Spring

HESA 223 Lifeguard Training (2 credit hours)
This course is designed to provide entry-level lifeguard participants with the knowledge and skills prevent, recognize and respond to emergencies and to provide care for injuries and sudden illnesses until Emergency Medical Services (EMS) personnel arrive and take over. Optional fee assessed for certification.
Prerequisite: PE 221 or equivalent skill
GEP Health and Exercise Studies
Typically offered in Fall and Spring

HESA 224 Scientific Diving (3 credit hours)
This course covers the knowledge, skills, and diving experience necessary to plan and safely conduct scientific dives with regards to site selection, safety procedures, gas mix considerations, equipment requirements, data collection techniques, and dive team selection. These skills and techniques will help promote physical fitness and a healthy lifestyle. Successful completion of all phases of the course will qualify students for certification as a "scientific diver." This course meets American Academy of Underwater Sciences (AAUS) guidelines. Fee is assessed for required fieldtrip(s). Students must provide their own transportation for fieldtrip(s).
Prerequisite: HESA 227 or equivalent skill
GEP Health and Exercise Studies
Typically offered in Fall and Spring