EL 169: Aqua Exercise  
Health, Exercise Sci & Recreation Mgmt

Forms of aquatic exercise including aqua-aerobics, deep water running, shallow water running, and swimming.
Pass/Fail grade
1 Credit

Instruction Type(s)
- Lecture/Lab: Lecture/Lab for EL 169

Course Fee(s)
- Applied Science 2
  - $50.00

Subject Areas
- Health and Physical Education, General
- Kinesiology and Exercise Science

Related Areas
- Health and Physical Education, General
- Health and Physical Education/Fitness, Other
- Kinesiology and Exercise Science
- Socio-Psychological Sports Studies

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http://catalog.olemiss.edu/2019/spring/undergraduate/applied-sciences/health-exercise-sci-recreation-mgmt/el-169