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 when booked for:
  - Spring, Second Spring, May, Full Summer, First Summer, Second Summer, August 2016-17
  - Fall, First Fall, Second Fall, Winter, Spring, First Spring, Second Spring 2017-18

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