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