**EL 269: Advanced Aqua Exercise**

**HEALTH, EXERCISE SCI & RECREATION MGMT**

This course will systematically review and expand the concepts of aquatic exercises introduced in EL 169 (Aqua Exercise). The exercises will improve cardiovascular endurance, flexibility, strength, and muscle tone.

Pass/Fail grade

1 Credit

**Instruction Type(s)**
- Lecture/Lab: Lecture/Lab for EL 269

**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