EL 269: Advanced Aqua Exercise

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:
    - Fall, Second Fall, Winter, Spring, First Spring, Second Spring, May, Full Summer, First Summer, Second Summer, August 2016-17
    - Fall, First Fall, Second Fall 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