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
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