

## **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**

- \$5.00

#### **Subject Areas**

- [Leisure and Recreational Activities, General](#)

