

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

- \$5.00

Subject Areas

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

