

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](#)

