

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

The University of Mississippi is accredited by the Southern Association of Colleges and Schools Commission on Colleges to award certificates and baccalaureate, master's, specialist, and doctoral degrees. Contact the Commission on Colleges at 1866 Southern Lane, Decatur, Georgia 30033-4097, call 404-679-4500, or visit online at www.sacscoc.org for questions about the accreditation.

