

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

