

## **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](#)

