

### 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 2

• \$25.00

## **Subject Areas**

- Health and Physical Education, General
- <u>Kinesiology and Exercise Science</u>

### **Related Areas**

- Health and Physical Education/Fitness, Other
- Sport and Fitness Administration/Management
- Sports Studies

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