

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](#)
- [Kinesiology and Exercise Science](#)

Related Areas

- [Health and Physical Education/Fitness, Other](#)
- [Sport and Fitness Administration/Management](#)

