# 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 2**

- $25.00
- $50.00

## Subject Areas

- Health and Physical Education, General
- Kinesiology and Exercise Science

## Related Areas

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

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