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: $50.00

Subject Areas

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

Related Areas

- Health and Physical Education/Fitness, Other