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, General
- Health and Physical Education/Fitness, Other
- Kinesiology and Exercise Science
- Socio-Psychological Sports Studies