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