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  
- $50.00  

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

Related Areas  
- Health and Physical Education/Fitness, Other