

## 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

• \$5.00

## Subject Areas

Leisure and Recreational Activities, General

<u>\$target.label\$</u>

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