

EL 269: Advanced Agua 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

• \$5.00

Subject Areas

- Leisure and Recreational Activities, General
- \$target.label\$

The University of Mississippi is accredited by the Southern Association of Colleges and Schools Commission on Colleges to award certificates and baccalaureate, master's, specialist, and doctoral degrees. Contact the Commission on Colleges at 1866 Southern Lane, Decatur, Georgia 30033-4097, call 404-679-4500, or visit online at www.sacscoc.org for questions about the accreditation.

