PED 143: Aquatic Exercise

This course introduces rhythmic aerobic activities and aquaticexercises performed in water. Emphasis is placed on increasing cardiovascular fitness levels, muscular strength, muscular endurance, and flexibility. Upon completion, students should be able to participate in an individually pacedexercise program.

Credits: 1

Transfer Code: Transfer Code

Code C

Lab Hours: 0 Lecture Hours: 0

2