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# PED 143 : Aquatic Exercise

This course introduces rhythmic aerobic activities and aquatic exercises 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 paced exercise program.

**Credits** 1

**Lecture Hours** 0

**Lab Hours** 0

**Manipulative Hours** 2

**Transfer Code**

Code C

Core Course