AQUA 135.1 Aqua Exercise I

AQUA 135.1 AQUA EXERCISE I

A beginning level cardiovascular and resistance training class conducted in a low-impact aquatic environment. Instruction includes exercises designed to improve cardiovascular endurance, muscular strength, and flexibility. Students need not be competent swimmers to participate in class. Grade Option (Letter Grade or Pass/No Pass). Degree Credit.

Units: 1
Hours/semester: 48-54 Lab
AA/AS Degree Requirements: Area E2; Physical Education
Transfer Credit: CSU (CSU GE Area E2), UC*