EL 158: Low Impact Aerobics  
**Health, Exercise Sci & Recreation Mgmt**

A form of aerobic exercise in which one foot remains in contact with the floor at all times.

Pass/Fail grade

1 Credit

**Instruction Type(s)**
- Lecture/Lab: Lecture/Lab for EL 158

**Course Fee(s)**

- Applied Science 2
  - $50.00

**Subject Areas**
- Health and Physical Education, General
- Kinesiology and Exercise Science

**Related Areas**
- Health and Physical Education, General
- Health and Physical Education/Fitness, Other
- Kinesiology and Exercise Science
- Socio-Psychological Sports Studies