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 when booked for:
  - Fall, Second Fall, Winter, Spring, First Spring, Second Spring, May, Full Summer, First Summer, Second Summer, August 2016-17
  - Fall, First Fall, Second Fall 2017-18

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