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:
  ○ Spring, Second Spring, May, Full Summer, First Summer, Second Summer, August 2016-17
  ○ Fall, First Fall, Second Fall, Winter, Spring, First Spring, Second Spring 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