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/Fitness, Other