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