

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

• \$5.00

Subject Areas

about the accreditation.

· Leisure and Recreational Activities, General



