

## 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

Leisure and Recreational Activities, General

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