

# 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

• \$25.00

### Subject Areas

- Health and Physical Education, General
- Kinesiology and Exercise Science

#### **Related Areas**

- Health and Physical Education/Fitness, Other
- Sport and Fitness Administration/Management

