

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

The University of Mississippi is accredited by the Southern Association of Colleges and Schools Commission on Colleges to award certificates and baccalaureate, master's, specialist, and doctoral degrees. Contact the Commission on Colleges at 1866 Southern Lane, Decatur, Georgia 30033-4097, call 404-679-4500, or visit online at www.sacscoc.org for questions about the accreditation.

