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
- $50.00

Subject Areas

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

Related Areas

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

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