

## **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**

- \$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](#)

