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, General
• Health and Physical Education/Fitness, Other
• Kinesiology and Exercise Science
• Socio-Psychological Sports Studies

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https://catalog.olemiss.edu/2019/spring/undergraduate/applied-sciences/health-exercise-sci-recreation-mgmt/el-158