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