

## 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

- \$5.00

#### Subject Areas

- [Leisure and Recreational Activities, General](#)
- [\\$target.label\\$](#)

