

## **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](#)

