ES 394: Therapeutic Exercise and Fitness

Health, Exercise Sci & Recreation Mgmt

An overview of therapeutic exercise and fitness components for at-risk populations with emphasis in preventive and corrective programming.

3 Credits

Prerequisites

- Pre-Requisite: 24 Earned Hours

Instruction Type(s)

- Lecture: Lecture for ES 394

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