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

**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