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