

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/Fitness, Other
- Socio-Psychological Sports Studies
- Sport and Fitness Administration/Management

