

## 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](#)
- [Sport and Fitness Administration/Management](#)

