SRA 394: Therapeutic Exercise and Fitness

HEALTH, EXERCISE SCI & RECREATION MGMT

Overview of therapeutic exercise and fitness components for at-risk populations with an emphasis in preventative and corrective programming.

3 Credits

Instruction Type(s)

- Lecture: Lecture for SRA 394

Subject Areas

- Parks, Recreation and Leisure Facilities Management
- Parks, Recreation, Leisure and Fitness Studies, Other

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