

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
- <u>Kinesiology and Exercise Science</u>

Related Areas

- Health and Physical Education/Fitness, Other
- <u>Sport and Fitness Administration/Management</u>
- <u>Sports Studies</u>

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