

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