

## 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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