

## 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

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