

## **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](#)

