

# ES 394: Therapeutic Exercise and Fitness Health, Exercise Sci & Recreation Mgmt

An overview of therapeutic exercise and fitness components for at-risk populations with an emphasis in preventive and corrective programming using therapeutic exercise techniques as well as therapeutic recreation processes and strategies.

3 Credits

#### Prerequisites

Pre-Requisite: 24 Earned Hours

# **Cross-listed Courses**

<u>SRA 394: Therapeutic Exercise and Fitness</u>

## 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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