

## SRA 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

## **Cross-listed Courses**

• ES 394: Therapeutic Exercise and Fitness

## Instruction Type(s)

- Lecture: Lecture for SRA 394
- Lecture: Web-based Lecture for SRA 394

## **Subject Areas**

- Parks, Recreation and Leisure Facilities Management
- Parks, Recreation, Leisure and Fitness Studies, Other

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