

## **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**

- [SRA 394: Therapeutic Exercise and Fitness](#)

#### **Subject Areas**

- [Health and Physical Education, General](#)
- [Kinesiology and Exercise Science](#)

#### **Related Areas**

- [Health and Physical Education/Fitness, Other](#)
- [Sport and Fitness Administration/Management](#)

