

# 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
- Sports Studies

