

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

Prerequisites

- Pre-Requisite: 24 Earned Hours

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](#)

