

## 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](#)

