SRA 394: Therapeutic Exercise and Fitness

Overview of therapeutic exercise and fitness components for at-risk populations with an emphasis in preventative and corrective programming.

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