

# ES 394: Therapeutic Exercise and Fitness Health, Exercise Sci & Recreation Mgmt An overview of therapeutic exercise and fitness components for at-risk populations with emphasis in preventive and corrective programming.

3 Credits

### **Prerequisites**

• Pre-Requisite: 24 Earned Hours

## Instruction Type(s)

• Lecture: Lecture for ES 394

#### **Subject Areas**

- Health and Physical Education, General Kinesiology and Exercise Science

#### **Related Areas**

- · Health and Physical Education/Fitness, Other
- Sport and Fitness Administration/Management

