

## PTAC 115R: Therapeutic Exercise

This course is offered in the first year, second semester. Students will focus on therapeutic exercise rationale, indications, and contraindications. Specific equipment, techniques and procedures of therapeutic exercise will be introduced. Students will have opportunity in lab sessions to practice these techniques.

**Credits:** 3

**Lab Hours:** 3

**Lecture Hours:** 2

**Prerequisites:**

AHLT 123R

(or corequisite)

**Program:** [Physical Therapist Assistant](#)