

PTA 290: Therapeutic Exercise

This lab course covers exercise techniques commonly used in PTA practice. It may include aquatics, isometric, isotonic, isokinetic, plyometric, Swiss ball and aerobic exercises. Upon completion of the course, the student should have entry level skills in exercise application.

Credits: 1

Transfer Code: Code C

Lab Hours: 0

Lecture Hours: 0

Prerequisites:

Requires program acceptance; PTA 220, PTA 222, PTA 250.

Program: [Physical Therapist Assistant](#)

Semester Offered:

Spring