

# 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 exercise. Upon completion of the course, the student should have entry level skills in exercise application.

**Credits** 1

**Skills Laboratory/Clinical Practice**

3

**Corequisites**

PTA 232