ES 440: Behavioral Aspects of Exercise

Behavioral considerations related to establishing and maintaining personal, commercial, corporate, or clinical-based exercise programs. Emphasis on strategies for increasing adherence and reducing attrition.

3 Credits

Prerequisites

- Psy 201: General Psychology (Minimum grade: C)

Instruction Type(s)

- Lecture: Lecture for ES 440

Subject Areas

- Health and Physical Education, General
- Kinesiology and Exercise Science

Related Areas

- Health and Physical Education, General
- Health and Physical Education/Fitness, Other
- Kinesiology and Exercise Science
- Socio-Psychological Sports Studies