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