HP 312: Behavioral Aspects of Weight Mgmt

Health and Physical Education, General
Health and Physical Education/Fitness, Other

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

An examination of different behavioral aspects of weight loss and weight gain. Several methods will be discussed and insight will be provided into the healthy approach of weight loss and weight gain.

3 Credits

Instruction Type(s)
• Lecture: Lecture for HP 312
• Lecture: iStudy for HP 312
• Lecture: Web based Lecture for HP 312
• Lecture: WEB Washington Internship for HP 312

Subject Areas
• Health and Physical Education, General
• Health and Physical Education/Fitness, Other