

# ES 440: Behavioral Aspects of Exercise HEALTH, EXERCISE SCI & RECREATION MGMT

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)
- Pre-Requisite: 24 Earned Hours

## 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/Fitness, Other
- Sport and Fitness Administration/Management

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