

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
- <u>Sports Studies</u>

The University of Mississippi is accredited by the Southern Association of Colleges and Schools Commission on Colleges to award certificates and baccalaureate, master's, specialist, and doctoral degrees. Contact the Commission on Colleges at 1866 Southern Lane, Decatur, Georgia 30033-4097, call 404-679-4500, or visit online at www.sacscoc.org for questions about the accreditation.

