

# 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: Introduction to Psychology (Minimum grade: C)

• Pre-Requisite: 24 Earned Hours

## **Instruction Type(s)**

• Lecture: Lecture for ES 440

• Lecture: Web-based 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
- Sports Studies

