

## **PH 312: Behavioral Aspects of Weight Mgmt** **[Health, Exercise Sci & Recreation Mgmt](#)**

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

### **Prerequisites**

- Pre-Requisite: 24 Earned Hours

### **Instruction Type(s)**

- Lecture: Lecture for PH 312
- Lecture: iStudy for PH 312
- Lecture: Web-based Lecture for PH 312
- Lecture: WEB Washington Internship for PH 312

### **Subject Areas**

- [Health and Physical Education, General](#)
- [Health and Physical Education/Fitness, Other](#)

### **Related Areas**

- [Kinesiology and Exercise Science](#)
- [Sport and Fitness Administration/Management](#)

