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