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