HP 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 HP 312
- Lecture: iStudy for HP 312
- Lecture: Web based Lecture for HP 312
- Lecture: WEB Washington Internship for HP 312
Subject Areas
- Health and Physical Education, General
- Health and Physical Education/Fitness, Other
Related Areas
- Kinesiology and Exercise Science