

## 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](#)

