

## **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](#)
- [Sports Studies](#)

