

# EDKP 448. EXERCISE AND HEALTH PSYCHOLOGY.

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Credits: 3

Offered by: Kinesiology and Physical Ed (Faculty of Education)

Terms offered: Winter 2026

[View offerings for Winter 2026 in Visual Schedule Builder.](#)

## Description

The psychological aspects of health and participation in exercise and physical activity. The application of psychological knowledge and methodology within exercise and health. Theory and evidence on selected topics in this area of study.

- Prerequisite: EDKP 261

Most students use Visual Schedule Builder (VSB) to organize their schedules. VSB helps you plan class schedules, travel time, and more.

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