

EDKP 548. APPLIED EXERCISE PSYCHOLOGY.

Credits: 3

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

This course is not offered this catalogue year.

Description

This course examines common theories and interventions used to understand and promote physical activity by (a) reviewing, discussing, and critically evaluating theories of health behaviour change, and (b) learning and applying physical activity counselling strategies.

- Not open to students who have taken EDKP 648.
- Prerequisite(s): EDKP 443 and EDKP 448

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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