

**Nanyang Technological University
National Institute of Education
Physical Education and Sport Science**

Module Code: **MES824**

Module Title: Exercise Psychology: Psychology of Physical Activity

Duration: 39 hours (13 weeks x 3 hours)

Description:

A sound understanding of psychological theories and the ability to critically evaluate relevant empirical evidence are important prerequisites for successful application of psychological knowledge in exercise science. This module aims to provide an understanding and application of the psychology of exercise and physical activity from a health-related perspective. The content areas will cover the three main areas: (a) motivation and psychological determinants in physical activity, (b) relationships between exercise and domains of psychological well-being, and (c) interventions and exercise promotion for groups and individuals.

Objectives:

On completion of this module, students should be able to:

1. Define motivation and describe various descriptive approaches to the study of exercise and physical activity
2. Understand and critique key theoretical approaches used in the understanding of the determinants of exercise
3. Evaluate and critically appraise the evidence for a link between exercise and domains of psychological well-being
4. Consider and evaluate the methods proposed for promoting physical activity through individual and community settings
5. Plan and implement interventions to increase physical activity using sound theoretical frameworks.

Assessment:

I) Individual written assignment (40%):

You are required to submit a review of research conducted in one of the following areas/theories:

- 1) Determinants of Physical Activity
- 2) Intrinsic Motivation (Self-determination Theory)
- 3) Self-Efficacy Theory
- 4) Theory of Planned Behaviour
- 5) Perception of Control on Exercise Behaviour
- 6) Other theoretical models used in exercise science

The research articles reviewed must be published in the last 5 years in any international journal. You should present an overview of the theory used in the article and state the purpose of the study. Provide a brief description of the method and key findings. The focus should be on the discussion and critique of the research and recommendations for future studies. References should be used to support arguments.

Your paper must follow strictly to the APA format (6th ed.) and not exceed 3000 words (excluding references). Late submission is not acceptable.

Iia) Pair-work written assignment (40%):

Your group will act as practitioners and to answer the physical activity needs of your chosen population group, addressing issues relevant to sedentary populations, and offer viable physical activity programs to improve the lives of the unique individuals your group is serving. Your group is required to submit a detail intervention plan in developing an effective physical activity programs to this specific population group. Choose one from the following population groups:

- 1) Adolescents/teenagers
- 2) Women (aged 21 years and above)
- 3) obese and overweight
- 4) older adults (aged 45 years and above)
- 5) ethnically diverse populations
- 6) clinical conditions

Your intervention plan must be detailed and as practitioners, your group must explain how careful consideration of the needs of specific populations can increase the success of physical activity in your intervention. In your paper, you must also include one or more theoretical framework and to present evidence-based recommendations for working with targeted populations. Key considerations are to be discussed for each population, including the elements that make up a successful intervention, unique barriers, and techniques for overcoming those barriers.

Your group also needs to examine how the environment, setting, and technology can influence intervention planning. Do look at the ways in which neighborhood and community design can affect a person's physical activity levels. Your group may consider the various settings in which a program can be held, including homes, place of worships, community settings, schools and worksites, and how those settings will affect your program. Your group may also want to consider using of technology, such as Web- and phone-based interventions and podcasts, thus expanding the reach of your intervention program and positively influence the physical activity levels of participants.

Your detailed intervention program must follow strictly to the APA format (6th ed.) and not exceed 4000 words (excluding references). Late submission is not acceptable.

Iib) Group presentation on intervention plan (20%): You are required to prepare and present your intervention plan to your potential population group at the final week of the course. Maximum allocated time for the presentation is 10 minutes. More details about the presentation will be made known in the later part of the course.

Recommended text:

Biddle, S. J. H., & Mutrie, N. (2008). *Psychology of physical activity: Determinants, well-being and interventions*. London: Routledge

Readings:

You are expected to read chapter 1 to 13 from the recommended text weekly before attending the class. Additional references will be provided with each lecture.

Lecture Outline

Date Topics

Part I. Introduction

Week 1 Exercise Psychology: Introduction and Rationale

Part II. Physical Activity: Why we do, why we don't?

Week 2 Introduction to correlates of physical activity

Week 3 Theories based on attitudes and beliefs

Week 4 Motivation through feelings of control

Week 5 Motivation through feelings of competence and confidence

Week 6 Stage-based and other models of physical activity

Week 7 Social and environmental correlates of physical activity

Part III. Physical Activity: A feel good effect?

Week 8 Psychological well-being

Week 9 The relationship between physical activity and anxiety and depression

Week 10 The psychology of exercise for clinical population

Part IV. Physical activity: What works in helping people to be more active?

Week 11 Intervention strategies aimed at groups and individuals

Week 12 Intervention in organizations and communities

Conclusion and future developments

Part V. Summary and future directions.

Week 13 Group work presentations.

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