Who should take this course?

This course provides an introduction to the study of psychology as it relates to physical activity and sedentary behaviour. During this course, we will examine the relationship between physical activity, sedentary behaviour, and various physiological and psychological health outcomes. In addition, we will consider theories of exercise motivation and behaviour change and apply these theories to design evidence-based interventions that aim to increase physical activity behaviour in general and special populations.

Learning Outcomes

Upon completing this course, you will be able to:

1. Describe the relationship between physical activity, sedentary behaviour and different health outcomes
2. Recognize the different psychological and non-psychological determinants of physical activity and sedentary behaviour in healthy individuals and some special populations
3. Identify and explain different models of behaviour change that guide the promotion of physical activity
4. Review and summarize existing evidence to advocate the promotion of physical activity in real-world contexts
5. Apply knowledge of outcomes and determinants of physical activity behaviour, along with theories of behaviour change, to design evidence-based exercise interventions

Learning and Teaching

Students are expected to read course literature, attend 1 two-hour lecture per week, work on course assignments, and – across the semester – participate in 5 two-hour tutorial sessions.

- The lectures are divided in 2 modules, covering: i) physical activity outcomes and determinants; and iv) behaviour change and intervention design.
- The tutorials will assist you in applying your knowledge, as you complete the two main course assignments: i) writing an essay in support of existing physical activity interventions; and ii) design your own evidence-based exercise intervention for a specific target population.
## Teaching Staff

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## Assessment*

<table>
<thead>
<tr>
<th>Assessment Item</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>Essay</td>
<td>30%</td>
</tr>
<tr>
<td>Exercise Intervention Project</td>
<td></td>
</tr>
<tr>
<td>Report</td>
<td>25%</td>
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<tr>
<td>Presentation</td>
<td>5%</td>
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<tr>
<td>Final exam</td>
<td>40%</td>
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</tbody>
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*subject to change*

## Course Literature*

2. Selected journal articles

Please expect ~2-3 hours of reading time for each lecture.  

*subject to change*

## Student Feedback

Feedback for the course in 2020 has been very positive (89%).

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30.03.2021