Who should take this course?

If you are passionate about how to prescribe the best exercise for health and about how to promote a healthy lifestyle, this is definitely your course. This course provides an introduction to the study of psychology as it relates to physical activity and sedentary behaviour. We will examine the relationship between physical activity (and inactivity), sedentary behaviour, and various physiological and psychological health outcomes. In addition, we will consider the psychological and non-psychological determinants of physical activity and sedentary behaviour in general and some special populations. Lastly, the course will ask you to put your learning into practice and construct an evidence-based exercise intervention plan which aims to increase quality of life and psychological wellbeing.

Learning Outcomes

1. To understand the relationship between physical activity, sedentary behaviour and different health outcomes
2. To understand the different psychological and non-psychological determinants of physical activity and sedentary behaviour in healthy individuals and some special populations
3. To understand and apply different behavioural models to the promotion of physical activity/reduction of sedentary behaviour
4. To develop competency in applying knowledge gained during the course and formulating evidence-based intervention plans.

Learning and Teaching

Students are expected to attend two lectures and one 2-hour tutorial session per week.

The lectures are divided in 4 blocks, covering: i) physical activity health outcomes; ii) physical activity determinants; iii) behaviour change models; and iv) physical activity in specific target groups.

The tutorials will ask you to put your learning in practice, and cover 2 projects: i) writing an essay which argues for the effectiveness of physical activity (or lack thereof) in a specific health context; and ii) developing and presenting your own exercise intervention plan. Essay and intervention plan project groups will be established to facilitate this process.
Teaching Staff

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Assessment*

<table>
<thead>
<tr>
<th>Assessment Item</th>
<th>Percentage</th>
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<tbody>
<tr>
<td>Mid-term essay</td>
<td>30%</td>
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<tr>
<td>Group Project Report</td>
<td>20%</td>
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<tr>
<td>Presentation</td>
<td>10%</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

* subject to change

Student Feedback

Feedback for the course in 2018 has been very positive (82%).

08.11.2018