EXERSCI 204
Psychology of Physical Activity
(15 points)
(Semester 2, City Campus)

Prerequisite: 15 points from PSYCH 108, 109

Who should take this course?
If you are passionate not only on how to prescribe the best exercise for health but also on 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. This course will examine the psychological and non-psychological determinants of physical activity and sedentary behaviour in the general and some special populations. Lastly, we will provide a basic understanding of how to apply different behavioural models for enhancing the potential to reduce sedentary behaviour and increase physical activity to prevent disease and enhance quality of life and psychological wellbeing.

Learning Outcomes

1. Understand the relationship between physical activity, sedentary behaviour and different health outcomes
2. Understand the different psychological and non-psychological determinants of physical activity and sedentary behaviour in apparently healthy individuals and some special populations
3. Understand and apply different behavioural models to the promotion of physical activity/reduction of sedentary behaviour
4. Analyse different real health promotion strategies applying the knowledge gained during the course

Learning and Teaching

EXERSCI 204 is a prerequisite course and theoretical concepts will build upon the knowledge base in that course. Students are expected to attend two lectures and one 2 hour tutorial session per week.

Teaching Staff – TBA

Email: exercise-sciences@auckland.ac.nz
**Assessment**

Tutorial assignments 20%
Learning portfolio 35%
Presentation 5%
Final exam 40%

*subject to change*

**Recommended Textbooks**


**Student Feedback**

Feedback for the course in 2017 has been very positive.

31.10.2017