EXERSCI 711

Exercise and Performance Psychology
(15 Points)

(Semester 2, Newmarket Campus)

Who should take this course?

This course is designed for postgraduate students who are interested in exercise motivation, behaviour change, and the effect of psychological factors on human motor control and performance.

Regular exercise positively influences mental health and well-being. However, adverse psychophysiological states triggered by high-pressure performance situations (e.g., in work, sports or rehabilitation), can negatively influence exercise behaviour, impair the deliberate control of action, and reduce performance. In EXERSCI 711, you will learn to understand these processes and – based on critical evaluation of the literature – consider evidence-based interventions that help people optimize their exercise behaviour and improve performance as they strive for productivity (work), personal bests (sport), or to regain fitness and daily life functionality (rehabilitation).

Learning outcomes

Upon completing this course, you will be able to:

1. Describe positive effects of exercise on mental health and well-being
2. Illustrate and explain key principles of exercise motivation and behaviour change and apply these principles in the design of evidence-based exercise interventions.
3. Describe how high-pressure performance situations in work, sport, and rehabilitation may bring about psychophysiological states (e.g., stress, fatigue) that negatively impact on exercise behaviour, visuo-motor control and performance
4. Illustrate and explain how psychological skills (e.g., arousal regulation, attention control, goal-setting, imagery, thought control) may be used to optimize exercise behaviour, visuo-motor control and performance, and apply this knowledge to design evidence-based psychological skills training programs
5. Synthesize and evaluate scientific evidence for the advancement and promotion of evidence-based practice in exercise and performance psychology
Learning and teaching

Students are expected to read course literature, work on course assignments and attend one three-hour seminar per week.

- The seminars are divided in four modules, including i) psychology of physical activity; ii) behaviour change and intervention design; iii) psychological factors in motor performance; iv) psychological skills for performance enhancement.

Teaching Staff

Dr. Arne Nieuwenhuys (course coordinator)
Department of Exercise Sciences
+64 9 923 7974 (office)
a.nieuwenhuys@auckland.ac.nz

To be confirmed (Professional Teaching Fellow)
Department of Exercise Sciences
+64 9 923 XXXX (office)
x.xxxxxxxxxxxxxx@auckland.ac.nz

Assessment*

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* subject to change

Literature*

A reading list with selected journal articles will be placed in Canvas. Please expect about 3 hours of reading time for each weekly seminar.

* subject to change

30.03.2021