SPORTSCI 713
Psychology of Active Living
(15 points)
(Semester 2, Newmarket Campus)

Who should take this course?
The course is designed for people interested in health promotion through enhancing physical activity and/or reducing sedentary behaviour. The epidemiological behavioural framework will be explored. Advanced seminars on the use of self-reported and objective measurement of physical activity and sedentary behaviour will be provided. A research-informed background on the application in different settings (community, clinical, occupational and educational) of different behavioural models to enhance physical activity and/or reduce sedentary behaviour in apparently health people and in special populations will be an important part of the course. As part of their assessments, students will be asked to apply the gained knowledge in a real scenario.

Learning Outcomes
1. Analyse and interpret data from self-reported and objective physical activity and sedentary behaviour
2. Understand the psychological, physiological and health consequences of the sedentary behaviour
3. Understand the determinants of physical activity and sedentary behaviour in different populations
4. Apply a behavioural intervention to a real scenario for increasing the level of physical activity and/or reduce the level of sedentary behaviour

Learning and Teaching
Students are expected to attend one 3 hour lecture session per week. The sessions will consist of a brief presentation of the topic by the lecturer, student presentations and research-based discussions. Students are expected to be actively involved in the course.

Teaching Staff – TBA

Email: exercise-sciences@auckland.ac.nz

Assessment*
10% weekly quizzes
30% Assignment 1
40% Assignment 2
20% Final exam
* subject to change
**Recommended Textbooks**

The course content will be based on research articles that will be provided via Canvas.

**Student Feedback**

Feedback for the last year has been positive.