

COURSE DETAIL

PSYCHOLOGY OF PHYSICAL ACTIVITY 3

Country

United Kingdom - Scotland

Host Institution

University of Edinburgh

Program(s)

Scottish Universities, University of Edinburgh

UCEAP Course Level

Upper Division

UCEAP Subject Area(s)

Psychology

UCEAP Course Number

104

UCEAP Course Suffix**UCEAP Official Title**

PSYCHOLOGY OF PHYSICAL ACTIVITY 3

UCEAP Transcript Title

PSYCH OF ACTIVITY 3

UCEAP Quarter Units

8.00

UCEAP Semester Units

5.30

Course Description

Taught from a social-ecological perspective of understanding health behaviors, the first half of the course will consider in detail key psychological theories used in understanding physical activity behavior and promoting behavior change (e.g., transtheoretical model) The second half of the course will focus more on the psychological consequences of being physically active, such as the influence on mood and mental health (e.g., depression). The course will include sessions such as: Psychological perspectives of why some people are active and others are not Different theoretical perspectives on understanding physical activity behavior The use of behavior change techniques in changing physical activity behavior Using theory to enhance practice (exercise consultations/motivational interviewing) The relationship between physical activity and mental health

Language(s) of Instruction

English

Host Institution Course Number

SPRT10053

Host Institution Course Title

PSYCHOLOGY OF PHYSICAL ACTIVITY 3

Host Institution Course Details

Host Institution Campus

University of Edinburgh

Host Institution Faculty

Host Institution Degree

Host Institution Department

Moray House of Education and Sport

Course Last Reviewed

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