

# 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 Campus

University of Edinburgh

## Host Institution Faculty

## Host Institution Degree

## Host Institution Department

Moray House of Education and Sport

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