

COURSE DETAIL

PSYCHOLOGY OF EXERCISE AND PHYSICAL ACTIVITY

Country

Australia

Host Institution

University of Sydney

Program(s)

University of Sydney

UCEAP Course Level

Upper Division

UCEAP Subject Area(s)

Psychology

UCEAP Course Number

134

UCEAP Course Suffix**UCEAP Official Title**

PSYCHOLOGY OF EXERCISE AND PHYSICAL ACTIVITY

UCEAP Transcript Title

PSY EXER & PHY ACT

UCEAP Quarter Units

6.00

UCEAP Semester Units

4.00

Course Description

This course examines key psychological factors and explanatory frameworks accounting for the participation and adherence to exercise and physical activity behavior. It focuses on the main themes of behavior change, mental-health and well-being.

Language(s) of Instruction

English

Host Institution Course Number

EXSS2033

Host Institution Course Title

PSYCHOLOGY OF EXERCISE AND PHYSICAL ACTIVITY

Host Institution Course Details

<https://www.sydney.edu.au/units/EXSS2033.html>

Host Institution Campus

Camperdown / Darlington

Host Institution Faculty

Medicine and Health

Host Institution Degree

Host Institution Department

Course Last Reviewed

2026-2027

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