

Course Unit	Exercise Psychology		Field of study	Health Sciences	
Master in	Physical Exercise and Health		School	School of Education	
Academic Year	2023/2024	Year of study	1	Level	2-1
Type	Semestral	Semester	2	ECTS credits	4.0
Code	6125-520-1202-00-23				
Workload (hours)	108	Contact hours	T 8	TP 14	PL -
			TC -	S 5	E -
			OT -	O -	

T - Lectures; TP - Lectures and problem-solving; PL - Problem-solving, project or laboratory; TC - Fieldwork; S - Seminar; E - Placement; OT - Tutorial; O - Other

Name(s) of lecturer(s) **Pedro Miguel Monteiro Rodrigues**

Learning outcomes and competences

- At the end of the course unit the learner is expected to be able to:
1. Understand the objectives and scope of action of the exercise psychology;
 2. Realize the importance of exercise psychology to health and quality of life;
 3. Understand the physical exercise consumer to act adequately in his/her practices;
 4. Understand the benefits of physical activity to mental health;
 5. Apply intervention strategies in promoting exercise.

Prerequisites

Not applicable

Course contents

1. Exercise Psychology context 2. Understand the physical exercise consumer 3. Internal state of the individual 4. Intervention in the promotion of physical exercise

Course contents (extended version)

1. Exercise Psychology context
 - Current research
 - Application in health and disease
 - Ethical principles
2. Understand the physical exercise consumer
 - External variables to the individual i. Situational and environmental ii. Social and cultural
 - iii. Reference groups and social classes
 - Internal variables to the individual i. Gender, age, ethnicity and special groups
 - ii. Satisfaction, motivation and expectations iii. Perceptions and attitudes
 - iv. Personality and self-image v. Life cycle, lifestyles and wellbeing
3. Internal state of the individual
 - Physical activity, self-esteem, emotion and mood
 - The placebo effect of exercise
 - Exercise addiction
 - Benefits of exercise on stress
 - Physical activity, health and mental illness
4. Intervention in the promotion of physical exercise
 - Adherence and motivation for physical exercise
 - Dropout phenomenon
 - Intervention in behaviour change
 - Theoretical models and intervention programs

Recommended reading

1. Anshel, M. H. (2006). Applied exercise psychology: A practitioner's guide to improving client health and fitness. New York: Springer Publishing Company.
2. Biddle, S. , Mutrie, N. , & Gorely, T. (2015). Psychology of physical activity: Determinants, well-being and interventions (Third edition). New York: Routledge.
3. Buckworth, J. ; Dishman, R. K. ; O'Connor, P. ; & Tomporowski, P. D. (2013). Exercise psychology (2nd ed). Champaign, IL: Human Kinetics.
4. Lane, A. M. (2016). Sport and exercise psychology (second edition). New York: Routledge.
5. Simmons, M. P. ; Foster, L. A. (2008). Sport and exercise psychology research advances. New York: Nova Science.

Teaching and learning methods

The subject will consist of oral presentation with multimedia and interactive media, discussion of themes, in small groups and/or the whole class, performing examples of practical application, through articles analysis and instruments application.

Assessment methods

1. Evaluation - (Regular, Student Worker) (Final)
 - Intermediate Written Test - 60%
 - Practical Work - 40% (Application of sport psychology scale (insertion and analysis of data) - 40%)
2. Final Exam - (Regular, Student Worker) (Final, Supplementary, Special)
 - Final Written Exam - 100%

Language of instruction

Portuguese, with additional English support for foreign students.

Electronic validation

Pedro Miguel Monteiro Rodrigues	José Augusto Afonso Bragada	Pedro Miguel Queirós Pimenta Magalhaes	Carlos Manuel Costa Teixeira
25-02-2024	26-02-2024	26-02-2024	27-02-2024