

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