

**MODULE TITLE:**

Affective Responses to Exercise

RESPONSIBLE FOR THE MODULE:

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POSITION	Senior Lecturer	
SECTOR	Sport and Exercise Psychology	
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CO-INSTRUCTORS	N/A	

HOURS (*per week*):

N/A

LANGUAGE OF TEACHING:

GREEK []

ENGLISH [✓]

AIM OF THE MODULE (*content and acquired skills*)

This Module aims to explain the links of human emotions with exercise adherence. After the discussion of the psychophysiology of exercise intensity students will be familiarised with modern theories explaining exercise adherence and exercise avoidance. With the help of contemporary cognitive models students will also appreciate their needed actions to influence positively behaviour within the exercise/physical activity setting.

MODULE CONTENTS (*outline – titles of lectures*)

1. Historical narration of the emotion – exercise relationship
2. The Circumplex model of affect and its relation to exercise
3. The Dual-Mode theory and its practical applications
4. The ART model explaining exercise adherence
5. Self-efficacy model of human motivation
6. Self-determination model of human motivation
7. The Transtheoretical Model as an integration model of behaviour change

TEACHING METHOD (*lectures – labs – practice etc*)

Lectures and seminar questions on practical application



LEARNING OUTCOMES

Upon the completion of this module the student will be able to:

1. Realise how the complex effects of psychophysiology influence human behaviours and exercise adherence;
2. Understand new theoretical concepts determining exercise adherence in modern society;
3. Conceptualise the origins of decision making over kinetic behaviours;
4. Reflect on the needed conditions that can facilitate exercise behaviour in various contexts and populations.
5. Design a particular plan of action to enhance exercise adherence of various populations.

LEARNING OUTCOMES - CONTINUED

<i>Learning Outcomes</i>	<i>Educational Activities</i>	<i>Assessment</i>	<i>Students Work Load (hours)</i>
Realise how the complex effects of psychophysiology influence human behaviours and exercise adherence;	Lectures, slides, research papers and discussion over practical scripts	Intermediate control tests and assignments	
Understand new theoretical concepts determining exercise adherence in modern society;	Lectures, slides, research papers and discussion over practical scripts	Intermediate control tests and assignments	
Conceptualise the origins of decision making over kinetic behaviours;	Lectures, slides, research papers and discussion over practical scripts	Intermediate control tests and assignments	
Reflect on the needed conditions that can facilitate exercise behaviour in various contexts and populations.	Lectures, slides, research papers and discussion over practical scripts	Intermediate control tests and assignments	
Design a particular plan of action to enhance exercise adherence of various populations.	Lectures, slides, research papers and discussion over practical scripts	Intermediate control tests and assignments	
		TOTAL	

OBLIGATORY & SUGGESTED BIBLIOGRAPHY:

1. Ekkekakis, P., Vazou, S., Bixby, W. R., & Georgiadis, E. (2016). The mysterious case of the public health guideline that is (almost) entirely ignored: call for a research agenda on the causes of the extreme avoidance of physical activity in



- obesity. *Obesity reviews*, 17(4), 313-329.
2. Brand, R., & Ekkekakis, P. (2018). Affective–reflective theory of physical inactivity and exercise. *German Journal of Exercise and Sport Research*, 48(1), 48-58.
 3. Deci, E. L., & Ryan, R. M. (2000). The "what" and "why" of goal pursuits: Human needs and the self-determination of behavior. *Psychological inquiry*, 11(4), 227-268.
 4. Bandura, A. (2000). Exercise of human agency through collective efficacy. *Current directions in psychological science*, 9(3), 75-78.
 5. Ekkekakis, P., Hall, E. E., & Petruzzello, S. J. (2004). Practical markers of the transition from aerobic to anaerobic metabolism during exercise: rationale and a case for affect-based exercise prescription. *Preventive medicine*, 38(2), 149-159.