Psychology of Physical Activity

Determinants, Well-Being & Interventions



Stuart J.H. Biddle and Nanette Mutrie

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Thelma S. Horn, Alan L. Smith

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The Psychology of Physical Activity Albert V. Carron, Heather A. Hausenblas, Paul A. Estabrooks, 2003 This is a ground breaking and comprehensive text devoted solely to the discussion of exercise psychology Exploring all areas of personal motivation the benefits of exercise and the theories pioneers and ongoing research it prepares the exercise science professional for future career opportunities in the pubic and private sector McGraw Hill Psychology of Physical Activity Stuart J. H. Biddle, Nanette Mutrie, Professor Nanette Mutrie, 2007-09-12 As modern lifestyles offer ever more opportunities for a sedentary existence physical activity has become for many a marginal aspect of life Too little physical activity is linked to common often serious health problems and although this link is now widely acknowledged levels of sedentary behaviour continue to increase throughout western society Psychology of Physical Activity 2nd Edition addresses this concern bringing together a wealth of up to date information about exercise behaviour including motivation and psychological factors associated with activity or inactivity the psychological outcomes of exercising including the feel good factor understanding specific clinical populations interventions and applied practice in the psychology of physical activity current trends and future directions in research and practice Updated to reflect new findings and research directions this new edition includes full textbook features and is accompanied by a dedicated website providing lecturers and students with extensive support materials including powerpoint slides and student MCQ s Visit the companion website at www routledge com textbooks 9780415366656 Psychology of Physical Activity Stuart Biddle, Nanette Mutrie, Trish Gorely, Guy Faulkner, 2021-04-11 The positive benefits of physical activity for physical and mental health are now widely acknowledged yet levels of physical inactivity continue to be a major concern throughout the world Understanding the psychology of physical activity has therefore become an important issue for scientists health professionals and policy makers alike as they address the challenge of behaviour change Psychology of Physical Activity provides comprehensive and in depth coverage of the fundamentals of exercise psychology from mental health to theories of motivation and adherence and to the design of successful interventions for increasing participation Now publishing in a fully revised updated and expanded fourth edition Psychology of Physical Activity is still the only textbook to offer a full survey of the evidence base for theory and practice in exercise psychology and the only textbook that explains how to interpret the quality of the research evidence As the field continues to grow rapidly the new edition expands the behavioural science content of numerous important topics including physical activity and cognitive functioning automatic and affective frameworks for understanding physical activity involvement new interventions designed to increase physical activity including use of new technologies and sedentary behaviour A full companion website offers useful features to help students and lecturers get the most out of the book during their course including multiple choice revision questions PowerPoint slides and a test bank of additional learning activities Psychology of Physical Activity is the most authoritative engaging and up to date book on exercise psychology currently available It is essential reading for all

students working in behavioural medicine as well as the exercise and health sciences Physical Activity and Psychological Well-Being Stuart J.H. Biddle, Ken Fox, Steve Boutcher, 2003-08-27 This book was commissioned by Somerset Health Authority to provide an updated overview of the case for exercise and mental health promotion **Advances in Sport and Exercise** Psychology Thelma S. Horn, Alan L. Smith, 2018-11-07 The fourth edition of Advances in Sport and Exercise Psychology retains the book s sterling reputation in the field and provides advanced psychology students with a thorough examination and critical analysis of the current research in the psychology of physical activity. This revitalized text known in its first three editions as Advances in Sport Psychology uses a traditional textbook approach appropriate for advanced classes as opposed to an informal handbook style Longtime editor and author Thelma Horn is joined by a new coeditor Alan Smith as well as new and returning contributors 55 in all including many of the most prolific researchers and scholars in the field As the updated title indicates this edition emphasizes exercise psychology constructs as well as sport psychology. The new edition highlights some of the career possibilities in health and wellness areas as well as some of the distinctions between sport and exercise psychology research Further updates to this text include the following Nine new and heavily referenced chapters including Family Influences on Active Free Play and Youth Sport Leadership in Physical Activity Contexts and Youth Talent Development Refreshed theoretical and empirical data based on advances in the sport exercise and physical activity psychology field Expanded topics in exercise psychology such as physical activity and mental health physical activity and cognitive abilities and health based exercise motivation models Contemporary interest areas in sport psychology such as perfectionism passion self presentation concerns stereotype threat psychopathology issues in sport and exercise positive youth development sport talent development and physical activity within specific populations. The reorganized text is divided into seven parts Part I provides an overview of the field in the psychology of physical activity Part II examines characteristics of people that can affect their behavior and psychosocial well being in sport exercise and physical activity contexts In part III students learn about socioenvironmental factors that impinge on participants behavior and psychosocial well being in sport and physical activity domains Part IV explores psychological factors that can affect behavior and performance in sport and physical activity settings In part V students gain insights into the motivational models and theories regarding individuals behavior in sport exercise and physical activity contexts Part VI discusses the links between sport physical activity exercise and health Part VII analyzes the concepts related to lifespan and developmental processes For instructors Advances in Sport and Exercise Psychology includes an image bank that houses nearly all the tables and figures from the book With its broad range of new and established content its inclusion of exercise psychology constructs and its addition of many new and bright voices Advances in Sport and Exercise Psychology maintains the standard of excellence set by its preceding editions

Psychology of Physical Activity and Exercise Stuart Biddle, Nanette Mutrie, 2011-12-10 Three main themes concerning the psychological aspects of physical activity and exercise are addressed in this book the antecedent factors

associated with the adoption and maintenance of exercise the psychological consequences of exercise for normal and clinical populations and the intervention strategies for the individual and group that are designed to maintain or increase activity levels The authors provide a comprehensive review of the research literature and bring together the fields of exercise science psychology and public health into one volume for the first time Psychology of Physical Activity Stuart Biddle, Nanette Mutrie, Trish Gorely, Guy Faulkner, 2021-04-11 Now publishing in a fully revised updated and expanded fourth edition Psychology of Physical Activity is the most authoritative engaging and up to date introduction to exercise psychology currently available It is essential reading for all students working in exercise and health sciences Peter Seraganian, 1993-01-12 Examines both the basic and applied research that has explored the influence which physical activity has upon psychological states Organized into three sections history and theory research approaches findings and applications Individual chapters are contributed by distinguished researchers and practitioners representing three distinct disciplines health psychology physical education and exercise physiology Provides a balanced critical and up to date portrait The Psychology of Physical Activity with Ready Notes Albert V. Carron, 2009-05 of the field **Positive Psychology in Sport and Physical Activity** Abbe Brady, Bridget Grenville-Cleave, 2018 Positive psychology emphasises personal growth and the positive qualities of life This is the first book to apply the principles and practice of PP to sport and physical activity It shows how PP can improve sporting performance while also enhancing physical and mental well being **Psychology: Physical Activity and Sedentary Behavior** Heather A. Hausenblas, Ryan E. Rhodes, 2016-02-10 Written for the upper level undergraduate and graduate level courses in exercise psychology and behavioral physical activity Exercise Psychology The Psychology of Physical Activity and Sedentary Behavior focuses on the psychological effects of physical activity in a variety of special populations. The first text of its kind to focus on both the psychology of exercise and sedentary behavior it provides a strong theoretical and applied focus to the field and includes interesting vignettes and critical thinking activities to engage readers in the learning process With an engaging student friendly approach the authors provide complete and comprehensive information that examines research on behavioral physical activity and translating research into practice The text also looks at sedentary behavior and the recent paradigm shift examining the health effects of Routledge Handbook of Physical Activity and Mental Health Panteleimon Ekkekakis, 2023-05-31 A sedentary behavior growing body of evidence shows that physical activity can be a cost effective and safe intervention for the prevention and treatment of a wide range of mental health problems As researchers and clinicians around the world look for evidence supported alternatives and complements to established forms of therapy medication and psychotherapy interest in physical activity mounts The Routledge Handbook of Physical Activity and Mental Health offers the most comprehensive review of the research evidence on the effects of physical activity on multiple facets of mental health Written by a team of world leading international experts the book covers ten thematic areas physical activity and the feel good effect anxiety disorders

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<u>Psychology of Physical Activity and Sedentary Behavior</u> Ryan E. Rhodes, Heather A. Hausenblas, Amanda L. Rebar, 2023-03-08 Psychology of Physical Activity and Sedentary Behavior focuses on the psychological effects of physical activity The text explores all areas of exercise psychology including personal motivation the benefits of exercise and the theories pioneers and ongoing research The book is intended to help prepare the exercise science professional for future career opportunities in the public and private sector **Social Psychology and Physical Activity** Rainer Martens, 1975

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exercise psychology since the first edition was published the second edition of Exercise Psychology offers the following new features Three new chapters on exercise and cognitive function energy and fatigue and pain Thoroughly revised chapters on the correlates of exercise neuroscience stress depression and sleep An image bank featuring figures and tables from the text that can be used for course discussion and presentation Authors Buckworth and Dishman along with newly added authors O Connor and Tomporowski bring subject area expertise to the book and provide an in depth examination of the relationships between exercise and psychological constructs The findings on both classic and cutting edge topics are clearly and cohesively presented with the help of relevant quotes sidebars suggested readings and a glossary to quide students through their studies Exercise Psychology Second Edition provides an in depth examination of the psychological antecedents and consequences of physical activity helping readers understand the mental health benefits of exercise as well as the factors involved in exercise adoption and adherence Thoroughly revised and updated the second edition of Exercise Psychology balances the biological foundations of the brain and behavior with theory and knowledge derived from behavioristic cognitive and social approaches The Oxford Handbook of Exercise Psychology Edmund O. Acevedo, 2012-04-13 Awareness of the importance of exercise and physical activity to optimal physical and mental health has never been greater It is widely acknowledged that physical inactivity is a leading cause of death yet statistics show less than 50% of Americans participate in regular physical activity This information highlights the public health challenge of increasing participation in physical activity to enhance physical health and to buoy the psychological benefits associated with physical activity The Oxford Handbook of Exercise and Psychology is an authoritative and comprehensive presentation of the breadth and depth of empirical contributions utilizing state of the science theories and approaches in exercise psychology Chapters are authored by leading investigators across the globe who have made significant scientific contributions addressing the behavioral aspects of physical activity Sections of the book address the effects of physical activity on mental health knowledge gathered utilizing psychobiological perspectives behavioral factors that impact exercise motivation scientific contributions addressing the physical activity benefits with special populations including individuals with physical disabilities older adults and cancer patients and promising areas for additional investigation Each chapter presents a summary of scientific advancements in the topic area as a foundation for future investigation Fueled by a broad range of disciplines and interdisciplinary approaches the field of exercise psychology is growing and this comprehensive handbook will be the perfect resource for students researchers and physicians interested in exercise motivation and the mental health benefits of physical activity

Psychological Dynamics of Sport and Exercise Diane L. Gill, Lavon Williams, Erin J. Reifsteck, 2017-06-23

Psychological Dynamics of Sport and Exercise Fourth Edition reflects the latest developments in the field of sport and exercise psychology and presents various applications in a range of physical activity settings

The Psychology of Exercise Curt Lox, Kathleen Anne Martin Ginis, Steven J. Petruzzello, 2006 The second edition of The Psychology of Exercise

Integrating Theory and Practice weaves together theory research application and intervention using evidence and theoretical based information to provide students with a solid foundation of exercise psychology. In this user friendly text the authors have applied prominent and thoroughly researched theories and models to actual situations that students are likely to encounter professionally. The six chapters in Part I help students understand and modify exercise behavior while the chapters in Part II discuss psychosocial influences and consequences of physical activity. Among the topics reviewed are the relationship between exercise and personality and the impact of exercise on self esteem stress anxiety and depression and emotional well being Chapters on social influences body image and health related quality of life offer the latest information on these emerging areas of study. All chapters in this new edition have been completely updated which makes this one of the most up to date books on the market New to This Edition New chapter on stress Completely rewritten chapter on physical activity interventions. Focus boxes with additional student learning activities that highlight research on physical activity related issues in special populations. New standardized questionnaires including some of the most frequently used measures in exercise psychology research. Special Features of the Text Outstanding author team consisting of active researchers with diverse areas of expertise End of chapter review questions and learning activities to enhance understanding Connections between theory and application throughout the text Comprehensive glossary Student friendly price An instructor's manual and a PowerPoint presentation available upon adoption

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