

MASTER IN SPORT PSYCHOLOGY 2023/2025

INDIVIDUAL HOME EXAM

IN

MA 531- PSYCHOLOGY OF EXERCISE AN PHYSICAL ACTIVITY

Information

- Start of exam: Monday October 16. 2023 at 12.00 p.m
- Final deadline: Monday October 23. 2023 at 2.00 p.m. in WISEflow
- The submission must be in pdf format.
- Exam results will be available within three weeks from the exam date: 13th of November 2023
- Aids: The use of artificial intelligence (AI, such as ChatGPT and others) must be disclosed. You should specify which AI has been used, in which part(s) of the text AI has been used, and how AI has been used.

You may freely choose among one of the following topics and write a literature review with a maximum of 4000 words. You can find detailed guidelines on Canvas.

1. The role of physical activity and/or exercise for mental health: Theories, evidence, and what do we need to know more about?
2. Enhancing peoples' physical activity:
 - a. A critical appraisal of one specific theory of physical activity promotion.
 - b. How can we proceed with studies on physical activity promotion using this theory?
3. Engaging children in physical acitivity – why and how?
4. The importance of enjoyment for exercise and physical activity.
 - a. What roles does enjoyment play for engaging people in physical activity?
5. The “dark side of exercise”:
 - a. What do we know about exercise addiction & distorted body perceptions?
 - b. What do we need to know more about?
6. The elderly and exercise: how can we engage them?
7. What role does self-perceptions play in exercise and physical activity?
8. Can we pay people to be more active?
 - a. What are the pros and cons here?
9. What role does gyms play in physical acitivity promotion, and how can we develop this role?
10. How can we help elite athletes’ transition to a healthy and active life after their careers end?
 - a. What are the potential issues?