



Module Specification

Exercise Psychology

Version: 2025-26, v2.0, 29 Jan 2025

Contents

Module Specification	1
Part 1: Information	2
Part 2: Description	2
Part 3: Teaching and learning methods	3
Part 4: Assessment.....	5
Part 5: Contributes towards	6

Part 1: Information

Module title: Exercise Psychology

Module code: USPKJA-15-M

Level: Level 7

For implementation from: 2025-26

UWE credit rating: 15

ECTS credit rating: 7.5

College: College of Health, Science & Society

School: CHSS School of Social Sciences

Partner institutions: None

Field: Psychology

Module type: Module

Pre-requisites: None

Excluded combinations: None

Co-requisites: None

Continuing professional development: No

Professional, statutory or regulatory body requirements: None

Part 2: Description

Overview: This module will introduce students to the body of empirical work that investigates exercise and physical activity. Specifically, we will consider current recommendations for physical activity and how psychological theories of behaviour change can help us understand these patterns to provide evidence based strategies to increase participation.

Features: Not applicable

Educational aims: This module introduces students to the current policy recommendations on physical activity, the pivotable role it plays in supporting mental health and how psychological behaviour change models can be utilised to explain current trends in exercise participation rates.

Outline syllabus: Indicative lecture topics include;

Introductions and definitions of exercise psychology
Predicting exercise behaviour using theory and models
Exercise, physical activity and depression
Exercise, physical activity and stress
Exercise, physical activity and anxiety
Exercise, Physical activity, affect and self-esteem
Exercise and cognitive function
Exercise and addiction
Public health and exercise interventions
Motivation to exercise
Body image and exercise
Sedentary behaviour
Psychophysiology of physical activity and exercise
Applied skills for exercise psychologists.

Part 3: Teaching and learning methods

Teaching and learning methods: This module will be delivered through a blended learning approach incorporating face to face teaching on campus and online sessions via the university's Virtual Learning Environment (VLE).

The VLE components of the module will consist of activities presented each week consisting of core and optional activities. These will include recorded lectures, guided reading, blogs, paper critiques, podcasts, asynchronous discussions, problem solving and intervention design through case studies and virtual presentation. Formative tasks will also be set to provide further opportunities for

feedback.

Scheduled learning in face to face sessions will include lectures, seminars, tutorials, demonstrations, labs, and workshops on campus.

This module is delivered via a blended online learning approach using active learning pedagogies to make a flexible, challenging and enjoyable module for students.

The VLE is used to deliver teaching and learning activities on a weekly basis, i.e. taking the form of recorded lectures, podcasts, guided reading, discussion forums, blog development and completion of reflective logs.

As this module is delivered primarily via a virtual learning environment contact time will be via recorded lectures, discussion forums, online seminars/classrooms, weekly drop-in sessions and other VLE resources.

Module Learning outcomes: On successful completion of this module students will achieve the following learning outcomes.

MO1 Present and appraise current policy recommendations and position statements on physical activity recommendations and the physical activity-exercise relationship.

MO2 Critically examine the role of physical activity and exercise in the prevention and treatment of mental illnesses as well as the promotion of mental wellbeing

MO3 Identify and critique the essential components of a range of behaviour change models and critically examine their utility in explaining physical activity and exercise

MO4 Critically evaluate the physical and psychological impact of exercise dependence and addiction

Hours to be allocated: 150

Contact hours:

Independent study/self-guided study = 114 hours

Face-to-face learning = 36 hours

Reading list: The reading list for this module can be accessed at [readinglists.uwe.ac.uk](https://uwe.rl.talis.com/modules/uspkia-15-m.html) via the following link <https://uwe.rl.talis.com/modules/uspkia-15-m.html>

Part 4: Assessment

Assessment strategy: This module has one summative assessment which requires students to deliver a 20 minute online video presentation with accompanying audio and screen capture. Students will be asked to provide an evidence based exercise psychology intervention in response to a hypothetical bid from a local health authority.

This summative assessment type has been chosen because it gives students' the opportunity to apply theory and skills in an industry setting.

Students will complete a formative presentation as part of their dissertation module which develops presentation skills. This will support students in completing the presentation assessment for this module.

Students will be given opportunities throughout the module to develop their ability to put theory into practice, providing recommendations to increase exercise participation. Formative feedback and support will be provided in class and through online discussion forums.

Assessment tasks:

Presentation (First Sit)

Description: Recorded presentation of hypothetical bid (20 minutes duration)

Students are required to present a hypothetical bid for an exercise intervention initiative based on a brief from a local health authority

Weighting: 100 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4

Presentation (Resit)

Description: Recorded presentation of hypothetical bid (20 minutes duration)

Students are required to present a hypothetical bid for an exercise intervention initiative based on a brief from a local health authority

Weighting: 100 %

Final assessment: Yes

Group work: No

Learning outcomes tested: MO1, MO2, MO3, MO4

Part 5: Contributes towards

This module contributes towards the following programmes of study:

Sport and Exercise Psychology [Frenchay] MSc 2024-25

Sport and Exercise Psychology [Frenchay] MSc 2025-26

Sport and Exercise Psychology [Frenchay] MSc 2025-26