Examination Period 3: 2016/17

Module Title Psychology of Exercise and Health
Level Six
Time Allowed Two hours

Instructions to students:

- Enter your student number **not** your name on all answer books.
- **Section A:** Answer the **seen** question.
- **Section B:** Answer **one** question.
- Both sections are equally weighted.
- Begin each question in a separate answer book; label each answer book clearly with the number of the question you are answering.
- The same material should not constitute a substantial part of more than one question.

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Section A

Answer the seen question below.

Question 1

With reference to existing research on motivation to exercise (specifically Self-Determination Theory [Deci & Ryan, 1985]) in the context of Physical Education (P.E.), critically evaluate the importance of creating a need-supportive environment and how this can be achieved in the context of PE.

End of Section A
Section B follows overleaf
Section B

Answer one of the following questions.

Question 2

Critically evaluate how The Health Belief Model (Janz & Becker, 1984) has been applied to the field of exercise psychology. Critically explain the strengths and weaknesses of this theory of behaviour change.

Question 3

With reference to existing research, critically discuss the current arguments put forward by psychologists against using High Intensity Interval Training (HIIT) as a public health intervention.

Question 4

Critically evaluate the role that implementation intentions (Gollwitzer, 1999) plays in helping physically inactive individuals become active. Discuss how this behaviour change technique has been used in the current literature.

End of Section B
End of Paper