Examination Period 2: 2017/18

SPO300918N

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]), critically evaluate the importance of creating a need supportive environment, illustrating how this can be achieved in a variety of settings of your choice.
Section B

Answer one of the following questions.

Question 2

Critically evaluate how the Theory of Planned Behaviour and Reasoned Action (Ajzen, 1986) can be used to explain intentions to be physically active.

Question 3

Critically discuss the association between motivation to exercise and exercise intensity. Include explanations of how researchers have used measures of affect to understand these associations.

Question 4

Critically discuss three behaviour change techniques listed in the Taxonomy of Behaviour Change Techniques (Abraham & Michie, 2008) used in the promotion of physical activity. Consider existing literature when illustrating the points in your discussion.

End of Section B
End of Paper