Examination Period 3: 2018/19

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 all questions.
- Both sections are equally weighted.
- Begin each question on a separate page; label each page clearly with the number of the question you are answering.
- The same material should not constitute a substantial part of more than one question.
- The seen paper distributed prior to the examination is not permitted in the examination room. A new copy will be provided.

No. of Pages: 3
No. of Questions: 5
Section A

Answer the seen question below.

Question 1

Critically discuss the relationship between Motivational Interviewing (MI) and Self Determination Theory (SDT) in relation to the adoption and maintenance of health-enhancing physical activity (HEPA) and exercise.

In particular, debate the issue that exists around an integration between the two, illustrating how the method of MI may be supported by SDT including possible factors that have been argued as limitations to this.

End of Section A

Section B follows overleaf
Section B

Answer all of the following questions.

Question 2

Briefly discuss how the construct of the Theory of Planned Behaviour (TPB) (Ajzen, 1985) can be used to increase health-enhancing physical activity and exercise, evaluating the benefits and limitations of this theory.

Question 3

From Michie’s et al. (2011) Taxonomy of Behaviour Change Techniques, justify how three techniques of your choice would help develop Gollwitzer’s (1993) implementation intentions toward increased health-enhancing physical activity and exercise.

Question 4

Critique the use of Ecological Momentary Assessment (EMA) as an alternative to other methods of measurement for health-enhancing physical activity (HEPA) and exercise participation.

Question 5

Briefly and critically discuss the issues to the argument that recommending High Intensity Interval Training (HIIT) would be a more effective means of promoting health-enhancing physical activity and exercise within the population of the UK.

End of Section B

End of Paper