

Tuesday 27th of October

For those not attending the campus lecture. Please read through the lecture notes and use the three articles on Moodle to answer the following questions.

Questions to Answer (Article 1).

Primary and Secondary Exercise Dependence in a Community-Based Sample of Road Race Runners (Cook et al., 2013)

1. What is exercise dependence and what are the differences between primary and secondary exercise dependence? p.464
2. What does the 'Exercise Dependence Scale' measure? p.465
 - a. Hausenblas & Symons Downs, 2002

Questions to Answer (Article 2).

Diagnostic criteria for exercise dependence in women (Bamber et al., 2003)

1. What are the Diagnostic criteria for exercise dependence?
2. When does this become a problem?

Questions to Answer (Article 3).

"It's exercise or nothing": a qualitative analysis of exercise dependence (Bamber et al., 2000)

Research methods focus!

1. Read the introduction to the article. What is the aim of the study? Why has 'exercise addiction' been deemed worthy of investigation (rationale for the study)? p.423-424
2. What are the reasons given (rationale) for using interviews (qualitative approach) as a method for the study? p.424
3. Read through the method section and make note of anything that is relevant to your interview coursework. p.424-425.
4. What did the authors identify as the limitations and future research directions of the study? p.429-430.

We will briefly discuss these questions at the start of the online lecture on Friday.