

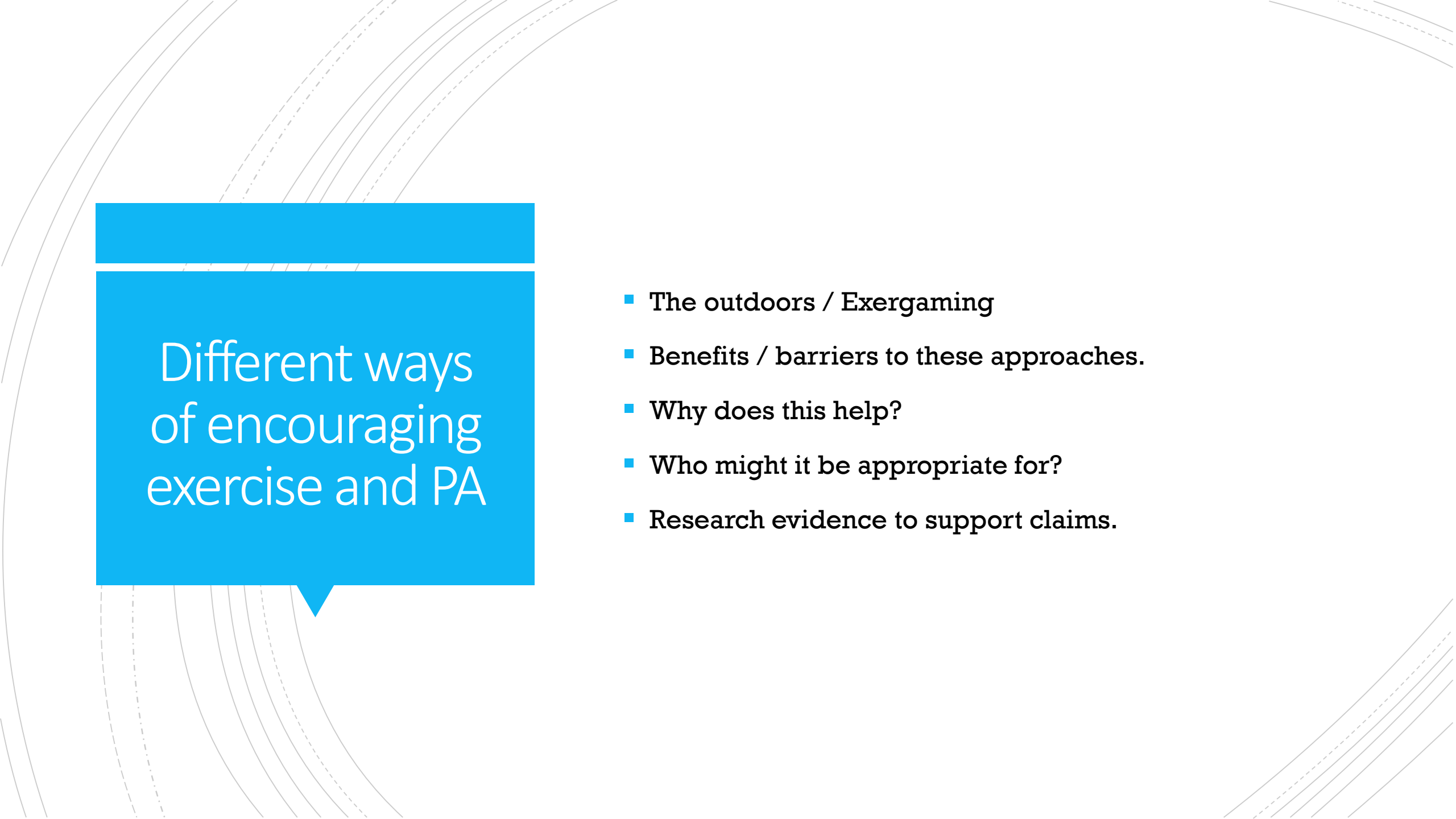
Revision Session

SHSS 6090

Week 10

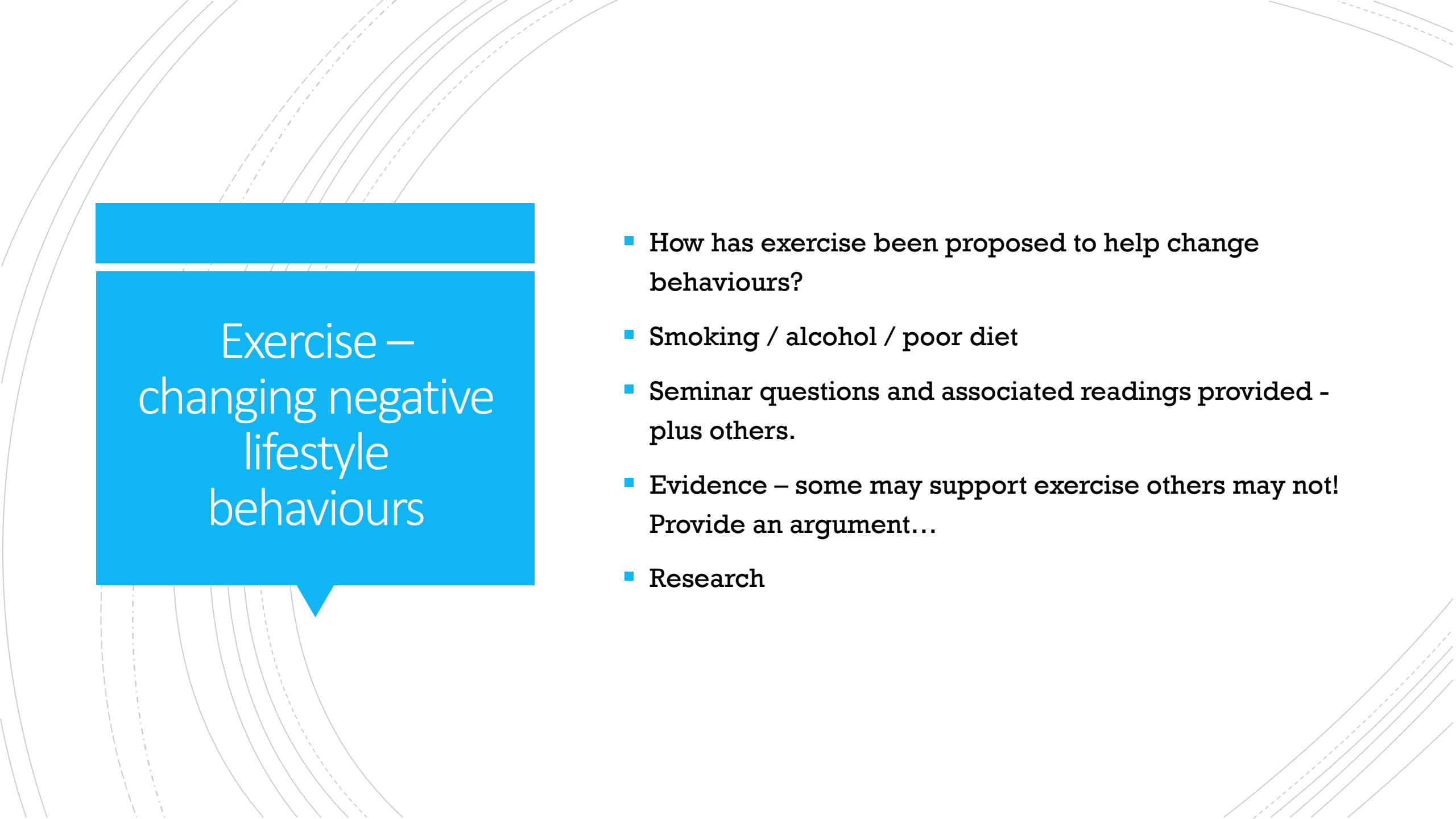
4 Areas to study...

- **ADVANCED SPORT AND EXERCISE PSYCHOLOGY**
- **TIME: 2 HOURS**
- *** ANSWER ONE QUESTION IN SECTION A (worth 40 marks)**
- **and**
- *** ANSWER TWO QUESTIONS IN SECTION B (worth 30 marks each)**

The background of the slide features a series of thin, curved lines in light gray and white, creating a sense of motion and depth. These lines are more prominent on the left side and fade towards the right.

Different ways of encouraging exercise and PA

- The outdoors / Exergaming
- Benefits / barriers to these approaches.
- Why does this help?
- Who might it be appropriate for?
- Research evidence to support claims.

The background of the slide features a series of thin, curved lines in shades of grey and blue, creating a sense of motion and depth. These lines are more prominent on the left side and fade towards the right.

Exercise – changing negative lifestyle behaviours

- How has exercise been proposed to help change behaviours?
- Smoking / alcohol / poor diet
- Seminar questions and associated readings provided - plus others.
- Evidence – some may support exercise others may not! Provide an argument...
- Research

Attention in Sport

- Hypotheses to explain attentional control issues (CPH)
- Links to choking
- Links with anxiety
- Internal and External distractors – e.g. overanalysing body mechanics / audience (crowd noise)
- Focus of attention – internal versus external
- Benefits and reasons behind encouraging an external focus of attention
- How can attentional focus be altered in a positive way?
 - Self talk
 - Self monitoring
 - Simulations
 - Pre performance routines
- Research

Exercise and mental health

- Issues of mental health and wellbeing globally / UK
- Anxiety and depression – often linked and commonly occurring
- Role of exercise for the above
- Short and long term (acute and chronic)
 - Mood state
- Types of exercise (mode), duration, frequency for benefits
- Environment
- Issues with prescribing exercise for individuals with anxiety and depression.
- Research
- Chapter plus readings provided on Moodle