

School of Sport, Health & Outdoor Education

Assessment Feedback Sheet

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Module: Introduction to Health and Exercise Psychology

Module Code: SHSS4066

Personal Evaluation – to support your academic progress please complete the section below BEFORE submitting your work.										
What do you consider to be the best aspects of this work?		results								
Which aspects do you consider could have been improved in this piece of work?		discussion								
What have you found most satisfying whilst undertaking this submission?										
ASSESSMENT CRITERIA	Learning Outcomes	GRADE								
		Poor < 20%	Weak 20-29%	Unsatisfactory 30-39%	Satisfactory 40 – 49%	Good 50 – 59%	Very Good 60 – 69%	Excellent 70 – 84%	Exceptional 85– 100%	%
1. Introduction: Review of appropriate literature relating to mood state and exercise / physical activity. (approx. 500 words)	1,2,3									30%
2. Method: Outline the participants, procedures and design of the study (approx. 200 words)	1									15%
2. Results: Descriptive statistics, use of tables, figures and associated narrative (approx. 250 words)	1,3									25%
3. Discussion: Discussion of your findings in light of previous research & practical implications. Use of appropriate resources (approx. 550 words)	2,3,4									30%
It is expected that students will present work that is proof read, correctly referenced and adheres to the Assessment Checklist . Therefore a range of 0 – 10 marks will be deducted for non-completion of any of the points on the checklist below .										
TUTOR COMMENTS:										
Submission date: 20/03/20 via Turnitin		Return date: (at least within 4 weeks)		Tutor: Alison Connaughton				Mark:		

Mood state of adults before and after a 20minute exercise period

Introduction

In 2017 the Mental Health Foundation carried out an online and telephone survey across England, Scotland and Wales to find out the positive and negative mental health situation across the population. Results show that only 13% of people are living with high levels of mental health, people aged 55 and over are more likely to take positive steps to deal with everyday life better and more than 4 in 10 people say they have experienced depression (2020). A State of the Nation report also identified that lower wellbeing was linked to age increase as 94% of primary school children say they felt happy whereas young females are more likely to report as anxious and women have lower satisfaction with their leisure time (First 'State of the Nation' report marks World Mental Health Day, 2020).

Most people are aware of the physical impact exercise does to your body but not so much of the mental impact exercise may have (Weir, 2011). Even though exercise itself may act as a stressor, it reduces the harmful effects of other stressors when performed at moderate intensities (Desland A, 2009). It is claimed that physical activity has a positive impact on mental health improving self-image, anxiety and social skills (Taylor CB, 2020). Exercise is not just recommended for those with a mental health disorder it is advised for those without to maintain a good quality of mood state (Peluso, 2005). Previous tests have been carried out showing that total negative mood state has progressively improved over 20 minutes of exercise, suggesting that adults should participate in 30 minutes of moderate daily exercise to maintain a healthy mind and mood state (Stone, 2001). Public health guidelines emphasise on the importance of physical activity but there are a low number of people that take part. Events such as park runs show evidence of sense of achievement, increase of attendance, social cohesion and an impact of contributing to the community, reducing the effects of low mood state. It is believed that as the event is free and outdoors people have a sense of freedom and better sense of accessibility, more outdoor fun events have been set up throughout the United Kingdom to try change the state of the nation (Loucks et al, 2015). The aim of this report is to assess the change in mood state of 20 participants before and after a 20minute exercise period.

Method

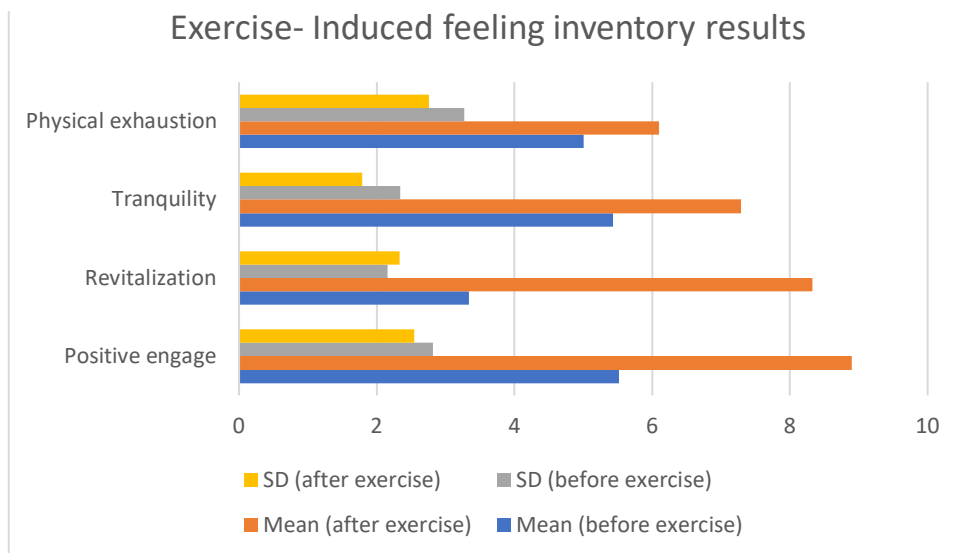
Two surveys were carried out on a number of participants aged between 18 years old and 64 years old. Each candidate was asked to take part in some form of exercise for the minimum time of 20 minutes, such as yoga, running, brisk walking, rugby, training in the gym and HITT classes. Participants were then asked to fill in The Brunel mood scale (BRUMS) and Exercise-Induced Feeling Inventory (Gauvin and Rejeski, 1993) surveys 10 minutes prior to the exercise and 10 minutes afterwards. Both surveys analyse brief mood state, by listing a number of words that describe different moods. On the Exercise-Induced Feeling Inventory survey candidates had to circle which number was most appropriate to them on how they were feeling at that moment, with the scale being 0- do not feel up to 4- feel very strongly. Similarly The Brunel mood state survey includes boxes that need to be ticked starting from "not at all" up to "extremely" on how you are feeling about that mood.

Results

Table 1 – showing results of the Exercise-induced feeling inventory survey.

	Mean (before exercise)	Mean (after exercise)	Standard Deviation (SD) (before exercise)	SD (after exercise)
Positive engagement	5.52	8.9	2.82	2.54
Revitalization	3.34	8.33	2.16	2.33
Tranquillity	5.43	7.29	2.34	1.79
Physical exhaustion	5.00	6.10	3.27	2.76

Chart 1- Results of the Exercise-induced feeling inventory survey.



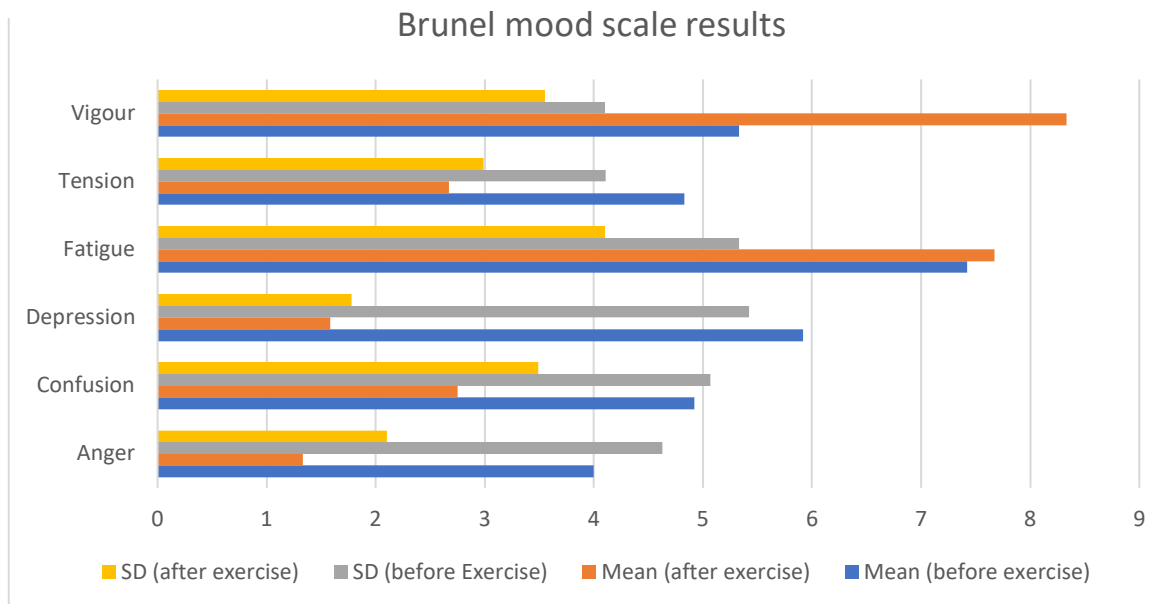
From the results shown in table 1 and chart 1 from the Exercise-Induced Feeling Inventory survey there is a positive increase in positive engagement as the mean increased significantly from 5.52 to 8.9, revitalization had an even better increase of 3.34 to 8.33, tranquillity an slight lower increase from 5.43 to 7.29 and physical exhaustion had a slight difference of a score of 5 before exercise and 6.10 after exercise which would be preferred to be lowered.

Table 2- Brunel Mood Scale survey results.

	Mean (before exercise)	Mean (after exercise)	SD (before Exercise)	SD (after exercise)
Anger	4.00	1.33	4.63	2.10
Confusion	4.92	2.75	5.07	3.49
Depression	5.92	1.58	5.42	1.78
Fatigue	7.42	7.67	5.33	4.10
Tension	4.83	2.67	4.11	2.99

Vigour	5.33	8.33	4.10	3.55
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Chart 2- Brunel mood scale survey results.



The results for the Brunel mood scale survey shown in table 2 and chart 2 have a decrease in vigour, tension, confusion and anger with a decrease in depression with a mean score of 5.92 before exercise reducing to 1.58 after. However fatigue did have a slight increase of 0.25.

Discussion

Overall from the results received the aim of the report was successful as from both reports there where a significant difference in all mood states before and after the 20minute exercise period. Reducing low mood state and participants feeling better after exercise, though the increase of physical exhaustion in the Exercise- Induced Felling Inventory survey and increase of fatigue in the Brunel mood scale survey may be is due to the popular choice of a HITT class for the 20 minute exercise period as it is an high intensity exercise that may push participants to exhaustion (Bka Digital Outfitters, 2020). (The history of the Royal Society for Public Health, 2016) states that green environments improved and benefited mental state and well-being. Therefore to improve the report it may be focused on exercise and the outdoor environment. Targeting young woman between the age of 18 and 25 as already stated from the State of The Nation report they are more likely to be affected by low mood state. Carrying out another report just on young woman aged between 18-24 comparing their mood state before and after a HITT class in an indoor environment as in this report a HITT class was a more popular choice of form of exercise choice as most participants in this age bracket take part in. Then compare their mood state before and after HITT class performed in a more green environment seeing if an outdoor environment has a more positive affect and a change in results.

References

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