



# Psychology of Physical Activity: Determinants, Well-Being and Interventions

By Stuart J. H. Biddle, Nanette Mutrie, Trish Gorely

Download now

Read Online ➔

## **Psychology of Physical Activity: Determinants, Well-Being and Interventions** By Stuart J. H. Biddle, Nanette Mutrie, Trish Gorely

The positive benefits of physical activity for physical and mental health are now widely acknowledged, yet levels of physical inactivity continue to increase throughout the developed world. Understanding the psychology of physical activity has therefore become an important concern for scientists, health professionals and policy-makers alike. *Psychology of Physical Activity* is a comprehensive and in-depth introduction to the fundamentals of exercise psychology, from theories of motivation and adherence to the design of successful interventions for increasing participation.

Now in a fully revised, updated and expanded third edition, *Psychology of Physical Activity* is still the only textbook to offer a full survey of the evidence-base for theory and practice in exercise psychology, and the only textbook that explains how to interpret the quality of the research evidence. With international cases, examples and data included throughout, the book also provides a thoroughly detailed examination of the relationship between physical activity and mental health. A full companion website offers useful features to help students and lecturers get the most out of the book during their course, including multiple-choice revision questions, PowerPoint slides and a test bank of additional learning activities.

*Psychology of Physical Activity* is the most authoritative, engaging and up-to-date introduction to exercise psychology currently available. It is essential reading for all students working in exercise and health sciences.

↓ [Download Psychology of Physical Activity: Determinants, Wel ...pdf](#)

📖 [Read Online Psychology of Physical Activity: Determinants, W ...pdf](#)

# Psychology of Physical Activity: Determinants, Well-Being and Interventions

By Stuart J. H. Biddle, Nanette Mutrie, Trish Gorely

**Psychology of Physical Activity: Determinants, Well-Being and Interventions** By Stuart J. H. Biddle, Nanette Mutrie, Trish Gorely

The positive benefits of physical activity for physical and mental health are now widely acknowledged, yet levels of physical inactivity continue to increase throughout the developed world. Understanding the psychology of physical activity has therefore become an important concern for scientists, health professionals and policy-makers alike. *Psychology of Physical Activity* is a comprehensive and in-depth introduction to the fundamentals of exercise psychology, from theories of motivation and adherence to the design of successful interventions for increasing participation.

Now in a fully revised, updated and expanded third edition, *Psychology of Physical Activity* is still the only textbook to offer a full survey of the evidence-base for theory and practice in exercise psychology, and the only textbook that explains how to interpret the quality of the research evidence. With international cases, examples and data included throughout, the book also provides a thoroughly detailed examination of the relationship between physical activity and mental health. A full companion website offers useful features to help students and lecturers get the most out of the book during their course, including multiple-choice revision questions, PowerPoint slides and a test bank of additional learning activities.

*Psychology of Physical Activity* is the most authoritative, engaging and up-to-date introduction to exercise psychology currently available. It is essential reading for all students working in exercise and health sciences.

**Psychology of Physical Activity: Determinants, Well-Being and Interventions** By Stuart J. H. Biddle, Nanette Mutrie, Trish Gorely **Bibliography**

- Sales Rank: #1170778 in Books
- Published on: 2015-04-04
- Original language: English
- Number of items: 1
- Dimensions: 9.50" h x 6.75" w x .75" l, .0 pounds
- Binding: Paperback
- 434 pages

 [Download Psychology of Physical Activity: Determinants, Wel ...pdf](#)

 [Read Online Psychology of Physical Activity: Determinants, W ...pdf](#)



## **Editorial Review**

### **Review**

*"A new companion website with question bank, PowerPoint slides and additional learning activities make this an ideal resource for physical activity teaching. I have no doubt that as with previous editions, this version will be a widely recommended text for students, researchers and health professionals interested in physical activity promotion. Even if you just have an interest in the activity choices of yourself, friends or family, this is a great book to get you well informed."* - **Emma Norris, University College London, *The Psychologist***

### **About the Author**

**Stuart Biddle** is Professor of Active Living and Public Health in the Institute of Sport, Exercise & Active Living at Victoria University, Melbourne, Australia. He was previously Professor at Loughborough University where he was Head of the School of Sport & Exercise Sciences, 2001–2007. He was the inaugural Editor-In-Chief of the journal *Psychology of Sport & Exercise* and is a Past-President of both the International Society of Behavioral Nutrition and Physical Activity and the European Federation for the Psychology of Sport and Physical Activity (FEPSAC). In 2010 he received the Distinguished Contribution to Sport & Exercise Psychology Award from the British Psychological Society. Stuart has published over 250 research papers and sits on editorial boards of several leading peer-reviewed scientific journals, including *Preventive Medicine*, *International Journal of Behavioral Nutrition and Physical Activity*, and *Psychology of Sport and Exercise*.

**Nanette Mutrie** is Chair of Physical Activity for Health at the University of Edinburgh, Scotland, and she directs the Physical Activity for Health Research Centre there. She is also a visiting Professor at the MRC Social and Public Health Sciences Unit at the University of Glasgow and at the University of Ulster. Nanette is a Chartered Psychologist with the British Psychological Society and has extensive experience of conducting interventions aimed at increasing physical activity. She is also an Honorary Fellow of BASES. She has contributed to policy, for example, 'Let's make Scotland more active', and the National Institute of Health and Clinical Excellence (NICE) programmes on physical activity and the environment and the promotion of walking and cycling ([www.nice.org.uk](http://www.nice.org.uk)). Nanette was awarded an MBE in the UK New Year's Honours list 2015 for services to physical activity for health. She gets her own exercise by commuter cycling, dog walking and playing golf (badly, so a lot more walking involved!).

**Trish Gorely** is a Senior Lecturer in Physical Activity and Health in the School of Sport at the University of Stirling, UK. Her research interests are in the psychology of physical activity and health, and understanding physical activity and sedentary behaviour in young people and adults. Trish is an Associate Editor for the *International Review of Sport and Exercise Psychology*.

## **Users Review**

### **From reader reviews:**

**Charles Alexander:**

In this 21st century, people become competitive in each way. By being competitive today, people have to do something to make all of them survive, being in the middle of often the crowded place and notice by means of surrounding. One thing that at times many people have underestimated that for a while is reading. Yep, by reading a e-book your ability to survive improve then having chance to stay than other is high. To suit your needs who want to start reading a book, we give you this specific Psychology of Physical Activity: Determinants, Well-Being and Interventions book as nice and daily reading guide. Why, because this book is usually more than just a book.

**Rebecca Dryden:**

Reading a book can be one of a lot of activity that everyone in the world enjoys. Do you like reading book so. There are a lot of reasons why people fantastic. First reading a publication will give you a lot of new information. When you read a book you will get new information since book is one of several ways to share the information or their idea. Second, studying a book will make anyone more imaginative. When you reading a book especially hype book the author will bring one to imagine the story how the personas do it anything. Third, you could share your knowledge to other people. When you read this Psychology of Physical Activity: Determinants, Well-Being and Interventions, you could tells your family, friends along with soon about yours book. Your knowledge can inspire the others, make them reading a guide.

**Joseph Mattos:**

Reading a book tends to be new life style on this era globalization. With reading through you can get a lot of information that will give you benefit in your life. Using book everyone in this world can share their idea. Publications can also inspire a lot of people. Many author can inspire their own reader with their story or maybe their experience. Not only the storyline that share in the textbooks. But also they write about the information about something that you need example. How to get the good score toefl, or how to teach children, there are many kinds of book that you can get now. The authors on earth always try to improve their ability in writing, they also doing some investigation before they write on their book. One of them is this Psychology of Physical Activity: Determinants, Well-Being and Interventions.

**Piedad Trainor:**

People live in this new morning of lifestyle always aim to and must have the extra time or they will get lots of stress from both daily life and work. So , if we ask do people have spare time, we will say absolutely yes. People is human not really a huge robot. Then we question again, what kind of activity do you possess when the spare time coming to you of course your answer will certainly unlimited right. Then do you try this one, reading ebooks. It can be your alternative inside spending your spare time, the particular book you have read will be Psychology of Physical Activity: Determinants, Well-Being and Interventions.

**Download and Read Online Psychology of Physical Activity:  
Determinants, Well-Being and Interventions By Stuart J. H. Biddle,  
Nanette Mutrie, Trish Gorely #HLXIN81TEJR**

# **Read Psychology of Physical Activity: Determinants, Well-Being and Interventions By Stuart J. H. Biddle, Nanette Mutrie, Trish Gorely for online ebook**

Psychology of Physical Activity: Determinants, Well-Being and Interventions By Stuart J. H. Biddle, Nanette Mutrie, Trish Gorely Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Psychology of Physical Activity: Determinants, Well-Being and Interventions By Stuart J. H. Biddle, Nanette Mutrie, Trish Gorely books to read online.

## **Online Psychology of Physical Activity: Determinants, Well-Being and Interventions By Stuart J. H. Biddle, Nanette Mutrie, Trish Gorely ebook PDF download**

**Psychology of Physical Activity: Determinants, Well-Being and Interventions By Stuart J. H. Biddle, Nanette Mutrie, Trish Gorely Doc**

**Psychology of Physical Activity: Determinants, Well-Being and Interventions By Stuart J. H. Biddle, Nanette Mutrie, Trish Gorely Mobipocket**

**Psychology of Physical Activity: Determinants, Well-Being and Interventions By Stuart J. H. Biddle, Nanette Mutrie, Trish Gorely EPub**

**HLXIN81TEJR: Psychology of Physical Activity: Determinants, Well-Being and Interventions By Stuart J. H. Biddle, Nanette Mutrie, Trish Gorely**