AIMS

The aim of this module is to provide an understanding of the relationship between physical activity and mental health. Dimensions of mental health considered will include affect, mood and emotion; anxiety; depression; self-esteem and physical self-perceptions; quality of life; cognitive functioning; addiction; and severe and enduring mental illness. The module will also aim to develop a critical understanding of the interplay between dose-response and mechanisms, in terms of both acute and chronic exercise. Students will also develop an understanding of how efficacy and effectiveness evidence for the effects of exercise on specific dimensions of mental health is created and impacts on parent disciplines of clinical psychology and psychiatry, and health services. A further aim will be to develop a critical understanding of how to help clients to overcome barriers to doing physical activity.

INTENDED LEARNING OUTCOMES

Module Specific Skills

After completing this module, students will be able to

1. Demonstrate a critical understanding of the methods used to assess and evaluate the relationship between physical activity and a range of mental health dimensions.
2. Critically understand the mechanisms proposed to explain the effects of physical activity on a range of mental health dimensions.
3. Demonstrate a critical understanding of the dose response debate, in the context of both acute and chronic exercise.
4. Demonstrate a critical understanding of how psychological theories of health behaviour change can be used to promote physical activity to help clients to overcome barriers to doing physical activity.

Discipline Academic Skills

5. Demonstrate an understanding of research methods to explore causal relationships within the discipline, including conducting systematic reviews, meta-analyses, and moderation and mediation analysis.
6. Demonstrate an understanding of how theory can be applied to designing interventions to promote physical activity.

Personal and Key Skills

7. Manage self learning.
8. Work with others in preparing an oral presentation.
9. Use information technology.

LEARNING/TEACHING METHODS

Lectures, seminars/workshops, independent study. The lectures will provide students with an understanding of the core topics and include relevant theory and empirical content to present an overview of key information (ILOs 1,2,3). Seminars/workshops will include interactive group activities where students will discuss the relative merits of specific theories, assessment tools and empirical studies. In addition to the timetabled contact, students are expected to invest study time in directed reading, study tasks (including focus questions) reading around the subject. It is expected that students will come to lectures, seminars, or workshops having completed the relevant reading and study tasks (ILOs 1,2,3,4,5,6,7,8,9).

ASSIGNMENTS & ASSESSMENTS

<table>
<thead>
<tr>
<th>Formative or % Contribution:</th>
<th>Form of Assessment:</th>
<th>Size of the assessment e.g. duration/length</th>
<th>ILO’s assessed by this assessment:</th>
<th>Feedback method:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Formative</td>
<td>Interactive discussions in class on understanding of</td>
<td>N/A</td>
<td>1</td>
<td>Verbal</td>
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**reading assignments**

| 40% | Oral presentation + abstract (in groups of 3) | 15 min + 5 mins questions; (+500 word abstract) | 1, 2, 3, 5, 7, 8 & 9 | Written |
| 60% | 2 seen exam questions. | 3 hours | 4, 6, 7 & 9 | Written |

**SYLLABUS PLAN**

1. Introduction to the module, and key words: Quantitative studies - epidemiology, acute and chronic studies, mechanisms, dose-response; Qualitative methods; Evidence synthesis (qualitative and quantitative reviews) & systematic reviews. Health Services for mental health promotion and treatment of mental illness: Psychiatry, Clinical Psychology, Psychological Well-being Practitioners & IAPT, other professionals (eg, General Practitioner, mental health nurse).
2. Physical activity, stress and anxiety.
3. Physical activity and depression (uni- and bi-polar)
5. Physical activity and cognitive functioning.
6. Presentations (in groups of 3) and submit 500 word abstract.
7. Psycho-social and psycho-biological mechanisms in the effects of PA on mental health
9. Promoting physical activity: Motivational issues I
10. Promoting physical activity: Motivational issues II
11. Group review session.

**INDICATIVE LEARNING RESOURCES**

- Cerin, E. Unraveling how and why physical activity influences mental health through statistical mediation analyses. Mental Health & Physical Activity, 3 (2), 51-60.