Title | Apply knowledge of principles of Psychology of Exercise
---|---
Level | 5
Credits | 5

**Purpose**
People credited with this unit standard are able to: apply exercise psychology principles to exercise behaviour and exercise avoidance with particular reference to New Zealand information; apply concepts and principles of exercise adherence; apply motivation principles and techniques to sport performance and exercise adherence; analyse use of psychological skills by activity participants to improve their own motivation and technique; apply exercise psychology principles to management of arousal, stress and relaxation by and for physical activity; and apply exercise psychology principles to management of reducing and ceasing habitual physical activity. This unit standard is designed for people who will, with little supervision, be prescribing exercise for clients in and associated with fitness facilities, recreation programmes and sports.

**Classification**
Fitness > Exercise Prescription

**Available grade**
Achieved

**Guidance Information**


3. New Zealand research can be sourced from Life in New Zealand Activity and Health Research Unit, University of Otago, PO Box 56, Dunedin, New Zealand.
Outcomes and performance criteria

Outcome 1

Apply exercise psychology principles to exercise behaviour and exercise avoidance with particular reference to New Zealand information.

Range   timing – preparticipation, initial participation, experienced participant; dimensions - age, gender, ethnicity, socioeconomic level, people with disabilities.

Performance criteria

1.1 Analysis of exercise behaviour is carried out in terms of motivations supporting exercise and inactivity.
   Range  may include but is not limited to – health, fitness, self-improvement, fashion, social, sexual, performance enhancement for competition, support.

1.2 Analysis of exercise behaviour in terms of psychological barriers to exercise participation including payoffs of inactivity shows how these may reinforce exercise avoidance.

1.3 Analysis of regular exercise and exercise participation establishes psychological benefits.
   Range  benefits – self-esteem, reduction of anxiety, improved stress tolerance, social contact.

1.4 Analysis of psychological dimensions of exercise behaviour demonstrates mechanisms of exercise addiction.
   Range  overtraining, endorphins; self-control.

1.5 Professions and professional roles involved in the psychology of sport and exercise are described in terms of disciplinary strengths and limitations.
   Range  professions and professional roles include – clinical sport psychologist, educational sport psychologist, sports medicine physician, personal trainer, exercise instructor (group and individual).

Outcome 2

Apply concepts and principles of exercise adherence.
Performance criteria

2.1 Exercise behaviour is analysed in terms of current concepts and models in exercise adherence.

Range concepts and models include – exercise adherence as behavioural change, self-motivation, theory of reasoned action (Fishbein and Ajzen), locus of control, self esteem, self efficacy (Bandura), health belief model, psychological model (Sonstroem), psychobiological model (Dishman and Gettman), adherence as process (Dishman).

2.2 Analysis of characteristics and outcomes associated with exercise adherence identifies participant and programme characteristics that promote exercise adherence.

Range health outcomes, health habits, personal characteristics, activity characteristics, environmental characteristics.

2.3 Analysis of New Zealand research on exercise adherence identifies current explanations of New Zealanders' exercise adherence behaviour.

Range dimensions – age, gender, ethnicity, socioeconomic level, people with disabilities.

Outcome 3

Apply motivation principles and techniques to sport performance and exercise adherence.

Performance criteria

3.1 Analysis of motivation theories and concepts identifies techniques for promoting exercise adherence in clients.

Range theories and concepts include – intrinsic and extrinsic motivation, behaviour modification (positive and negative reinforcement, punishment), reinforcement guidelines, expectations, attributions, self-confidence, social reinforcement, social facilitation (audience effect, coaction).

3.2 Analysis of planning process establishes value of goal and objective setting in promoting exercise adherence and performance.

3.3 Production of programme plans including goals and objective setting exemplifies definitions of goals and objectives and the relationship between them.

Range goals – outcome and performance; objectives - specific, measurable, achievable, relevant, timely, (S.M.A.R.T) goals.
3.4 Analysis of communication skills establishes their use in motivating clients to maintain exercise adherence and performance.

Range listening, reflecting, matching verbal and non-verbal messages, observing body language, verbal skills.

Outcome 4

Analyse use of psychological skills by activity participants to improve their own motivation and technique.

Range affirmations, visualisation, mental imagery, mental rehearsal, focusing, planning use of psychological skills.

Performance criteria

4.1 Analysis of the development and use of affirmations establishes their role in influencing motivation and performance.

Range characteristics – focus on controllable factors, positive outcomes emphasised, undesired features or outcomes avoided, regular use.

4.2 Analysis of mental techniques establishes their role in guiding attitude and attention in physical skills.

Range focusing, self-talk, visualisation, mental imagery.

4.3 Analysis of mental rehearsal of physical skills establishes the value of mental rehearsal in supporting correct execution and in improving the level of performance.

4.4 Planned use of psychological skills is demonstrated through the development of a personal psychological skills development programme.

Outcome 5

Apply exercise psychology principles to management of arousal, stress and relaxation by and for physical activity.

Performance criteria

5.1 Analysis of the relationship between exercise performance and arousal demonstrates need to manage arousal levels.

Range inverted U curve, skill type, activity characteristics.
5.2 Analysis of arousal management for physical activity identifies role and purpose of exercise psychology techniques.

Range techniques for increasing arousal levels – physical routines, self-talk (instructions, trigger words); techniques for controlling arousal levels - pre-event routines, distractors; techniques for reducing arousal levels - progressive muscular relaxation, self talk (instructions, trigger words), audio tapes (music, relaxation instruction), massage, physical activity.

5.3 Description of general and activity-related stress demonstrates principles and techniques of recognising, assessing and managing stress through exercise psychology techniques.

Range recognising – self-report, fatigue, uncharacteristic behaviour; assessing - life stress measuring instruments, mood indicators, physiological indicators; managing – reflection, counselling, psychological skills training, time management training, assertiveness training.

Outcome 6

Apply exercise psychology principles to management of reducing and ceasing habitual physical activity.

Range illness, injury, pregnancy, adherence failure, athletic detraining.

Performance criteria

6.1 Analysis of failures of exercise adherence demonstrates knowledge of predisposing factors.

Range isolation, illness, injury, unrealistic goals, distractions, competing priorities.

6.2 Principles of dealing with exercise adherence failure are derived from models of cessation of exercise behaviour.


6.3 Description of loss of physical function and recovery of function is expressed in terms of psychological dimensions of physical activity.

Range types of loss include – illness, pregnancy, overuse injury, traumatic injury, temporary loss of function, loss of function leading to permanent limitation and disability; stages - shock, preoccupation, reorganisation, acceptance, psychological readiness to resume training; aspects - client's reactions, professional's responses, indications for referral.
6.4 Analysis of athletic detraining identifies principles for maintaining healthy levels of physical activity and psychological involvement.

Range lifestyle planning, refocusing, establishing physical activity and outcome goals, progressive detraining, nutritional planning, support networks.

This unit standard is expiring. Assessment against the standard must take place by the last date for assessment set out below.

<table>
<thead>
<tr>
<th>Process</th>
<th>Version</th>
<th>Date</th>
<th>Last Date for Assessment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Registration</td>
<td>1</td>
<td>27 June 1996</td>
<td>31 December 2020</td>
</tr>
<tr>
<td>Revision</td>
<td>2</td>
<td>8 February 2000</td>
<td>31 December 2020</td>
</tr>
<tr>
<td>Review</td>
<td>3</td>
<td>17 December 2001</td>
<td>31 December 2020</td>
</tr>
<tr>
<td>Review</td>
<td>4</td>
<td>23 November 2017</td>
<td>31 December 2020</td>
</tr>
</tbody>
</table>

Consent and Moderation Requirements (CMR) reference 0099