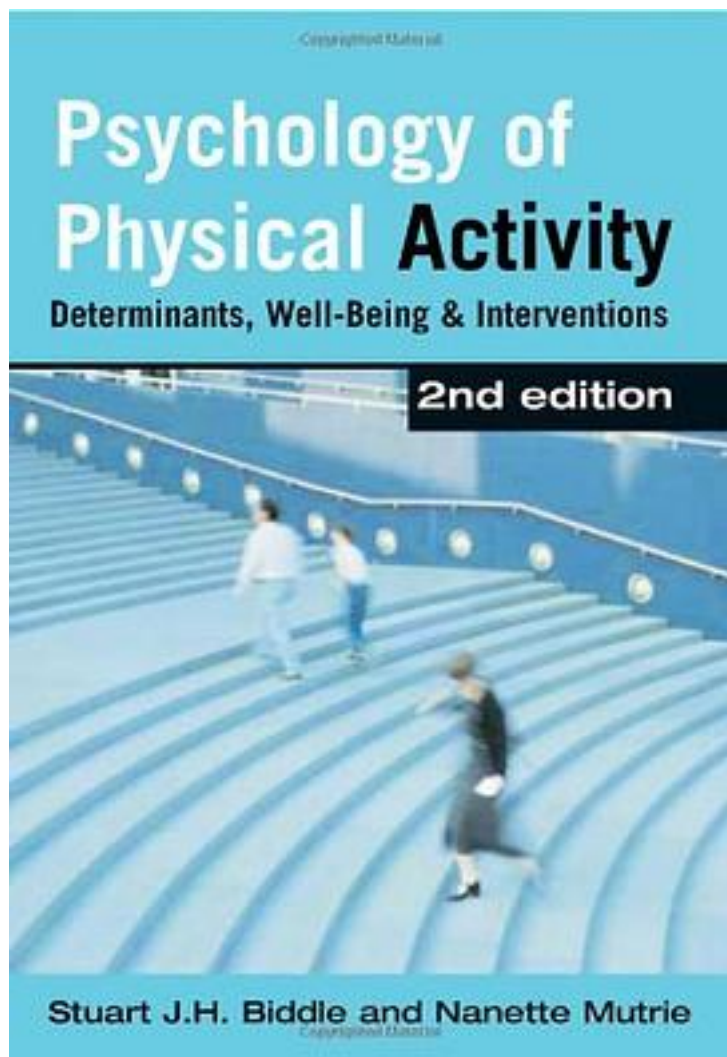


# Psychology of Physical Activity



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As modern lifestyles offer ever more opportunities for a sedentary existence, physical activity has become, for many, a marginal aspect of life. Too little physical activity is linked to common, often serious, health problems, and although this link is now widely acknowledged, levels of sedentary behaviour continue to increase throughout western society. Psychology of Physical Activity, 2nd Edition addresses this concern, bringing together a wealth of up to date information about exercise behaviour including: motivation and psychological factors associated with activity or inactivity the psychological outcomes of exercising including the 'feel-good' factor understanding specific clinical populations interventions and applied practice in the psychology of physical activity current trends and future directions in research and practice. Updated to reflect new findings and research directions, this new edition includes full textbook features, and is accompanied by a dedicated website providing lecturers and students with extensive support materials, including powerpoint slides and student MCQ's. Visit the companion website at [www.routledge.com/textbooks/9780415366656](http://www.routledge.com/textbooks/9780415366656).

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