

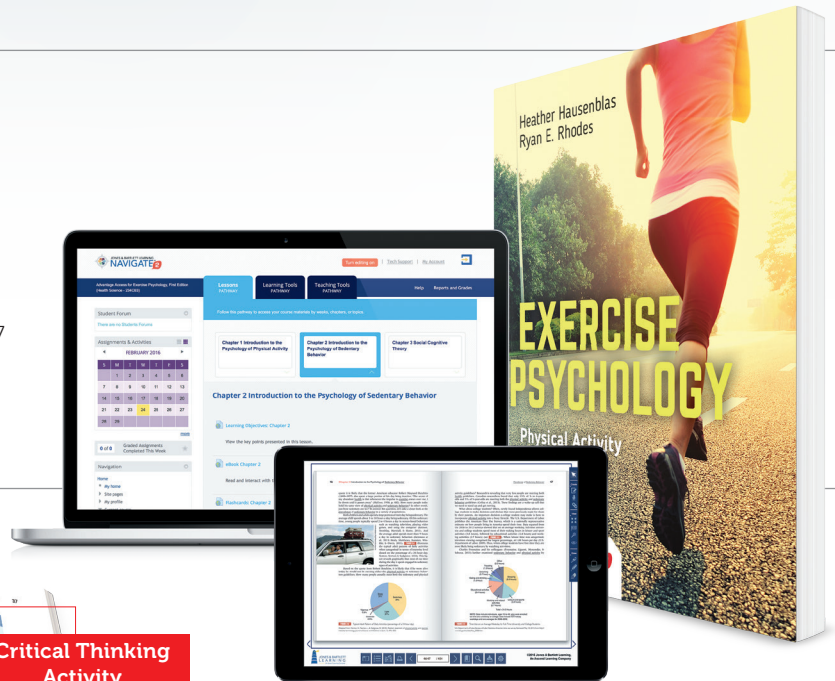
Why You Should Adopt

Exercise Psychology

Physical Activity and Sedentary Behavior

Includes Navigate 2 Advantage Access

- ✔ **Option 1:** Paperback with Navigate 2 Advantage Access
ISBN: 978-1-284-03421-9 • 454 pages • © 2017
- ✔ **Option 2:** Navigate 2 Advantage Access Only
ISBN: 978-1-284-03403-5 • © 2016
50% off the list price of the printed textbook



Learning Objectives

Vignette

Chapter Summary

Key Terms

Critical Thinking Activity

Review Questions

Applying the Concepts

References

The Student Experience

Exercise Psychology: Physical Activity and Sedentary Behavior focuses on the psychological effects of physical activity in a diverse array of populations. It emphasizes how physical activity needs to be paired with a reduction in sedentary behavior in order to achieve overall health. With an engaging, student-friendly approach, the authors provide complete and comprehensive information that examines research on behavioral physical activity and translating research into practice.

Teaching & Learning Exercise Psychology Just Got Easier With Navigate 2 Advantage Access

- ★ **Learn:** A Complete eBook with Interactive Tools and Animations that Bring Health Psychology Concepts to Life
- ★ **Practice:** A Virtual Study Center with Robust Practice Activities & Flashcards
- ★ **Assess:** A Homework and Testing Assessment Center with Pre-Populated Quizzes and Examinations (Available to adopting instructors with Course ID)
- ★ **Analyze:** A Dashboard that Reports Actionable Data (Available to adopting instructors with Course ID)

Course Materials

Learning Tools

- Interactive eBook
- Projects
- Learning Objectives
- Lecture Outlines
- Key Image Review
- Flashcards
- Practice Activities
- Weblinks

Teaching Tools (available with Course ID)

- Instructor's Manual
- Test Bank
- Sample Answers and Tips & Tricks
- Lecture Slides in PowerPoint Format
- Projects
- Sample Syllabus
- Image Bank
- Hassel-Free Gradebook
- Course Management Tools

eBook Resources

Chapter	Title	Knowledge Check Questions	Projects	eBook Quiz Questions	Weblinks
1	Introduction to the Psychology of Physical Activity	15	1	10	8
2	Introduction to the Psychology of Sedentary Behavior	12	1	10	9
3	Social Cognitive Theory	12	1	10	8
4	Motivational Theories	8	1	10	9
5	Theory of Planned Behavior	16	1	10	7
6	Transtheoretical Model	6	1	10	8
7	Cognition	10	1	10	11
8	Anxiety and Depression	12	1	10	10
9	Personality Traits	12	1	10	3
10	Self-Esteem and Body Image	8	1	10	4
11	Stress and Pain	16	1	10	8
12	Sleep	14	1	10	7
13	Health-Related Quality of Life and Positive Psychology	12	1	10	8
14	Exercise-Related Disorders	9	1	10	8
15	Social Environment	8	1	10	6
16	Physical Environment	12	1	10	8
TOTAL		182	16	160	122

Technical Support Services

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