The Psychology of Exercise & Wellbeing

Convenor: Megan Hurst

Report REP (90%): 2000 words, maximum.

The resit is the same as the original report task, more details of which can be found on Canvas in the Assessment Details area for the module. It is submitted online, via Turnitin (under the Assignments section on Canvas).

If you failed the original report for any reason and are resubmitting, you should base your intervention on a different theory. It is strongly recommended that you contact Dr. Megan Hurst (the module convenor; m.hurst@sussex.ac.uk) to discuss how you will ensure that you meet the marking criteria on this resubmission.

Please note Dr. Hurst is on study leave until May 10th (the beginning of the Summer assessment period) and may not be available for support before this point. Please do not worry as there is still a significant period of time before the Resit Period in August/September for students to receive support for these resubmissions.

Brief assessment details (see Canvas for full details and further guidance):

"Your task is to design and justify an exercise intervention that will achieve this aim, explained in language that a non-psychologist would understand.

Your intervention must be targeted at a specific group, rather than being generic (or entirely campus-wide). How specific this group is, is up to you (e.g., women on campus vs. women students vs. currently inactive women students).

Your intervention can aim to increase physical activity (in various forms, e.g., strength training specifically, 150 moderate-to-vigorous physical activity minutes per week), promote wellbeing using physical activity (e.g., improve wellbeing via a green exercise intervention), and/or promote wellbeing in sports contexts (e.g., within sports teams, among sports scholars)."

Portfolio POF (10%): 2250 words.

There are 9 tasks, mimicking, but not identical to, the original portfolio submissions. You should write at least 150 and up to 250 words for each task. You will receive 1/9 of the 100% for each task you complete to a sufficient standard (as with the original portfolio) – for example, completing 5 of the 9 tasks would give you a mark of 56%.

To complete a task to a sufficient standard, you must address all of the questions within it; you must provide the correct number of responses (e.g., if it asks for two suggestions, you should provide two suggestions, not one). You must also meet the minimum word count.
(150 words). You will not be penalised for going over the word limit on this assignment (the 250 word limit is primarily a guide to let you know when you’re writing more than you need to).

This portfolio should be submitted online in a single word document, via the online submission point (in the Assignments section on Canvas).

The tasks are contained in a separate word document, available on Canvas from 3rd March 2021.