

MASTER IN SPORT PSYCHOLOGY 2025/20256

INDIVIDUAL HOME EXAM

IN

MA 531- PSYCHOLOGY OF EXERCISE AN PHYSICAL ACTIVITY

Information

- Start of exam: Monday October 13. 2025 at 12.00 p.m
- Final deadline: Monday October 20. 2025 at 2.00 p.m. in WISEflow
- The submission must be in pdf format.
- Exam results will be available within three weeks from the exam date: 10th of November 2025

Declaration of AI Use

In your exam submission, you must state which AI tools you have used and for what purposes. According to APA-7 (guidelines on AI-generated text), you should briefly describe if and how you have used such tools. The AI Declaration should provide a short description of your use of AI tools and your experiences with them. Place it as an appendix after the reference list, starting on a new page. It does not count towards the total length of the assignment.

You may freely choose among **one** of the following topics and write a literature review with a maximum of 3500 words. You can find detailed guidelines on Canvas. **It is very important to state the correct assignment number at the very beginning of your submission.**

1. Discuss the importance of proactive transition planning for elite athletes. How can this planning mitigate potential challenges they may face after their sporting careers?
2. Paying people to be more active: what do we know, and what do we need to know more about?
3. What are the current knowledge gaps in the research field of fitness clubs, and how can future research address them?
4. Physical activity and exercise for older adults with cognitive or physical decline: What are the documented effects and the main barriers and motivators, and how can theory help us design better interventions?