NORGES IDRETTSHØGSKOLE

MASTER IN SPORT PSYCHOLOGY 2026/2028

INDIVIDUAL HOME EXAM

IN

MA 531- PSYCHOLOGY OF EXERCISE AN PHYSICAL ACTIVITY

Information

- Start of exam: Monday October 12. 2026 at 12.00 p.m
- Final deadline: Monday October 19. 2026 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: 9th of November 2026

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. Students who did not use AI tools should state this. It does not count towards the total length of the assignment.

Choose and answer one of the two assignments below. Address all four parts of your chosen assignment. Use the case information as a starting point and make any additional assumptions explicit. Support your analysis, proposed intervention and critical discussion with relevant research. The common literature and AI requirements at the end apply to both assignments.

It is very important to state the correct assignment number at the very beginning of your submission.

Assignment 1 Physical activity for a person with mild dementia

Case

Kari is 78 years old and has recently been diagnosed with mild dementia. She lives at home with her spouse. Previously active, she has become substantially less active over the past year. She says that she knows exercise is important but cannot get started. Her spouse often tries to encourage her, but she frequently declines. Kari remains independent in most daily activities, although she has become less confident in her balance and no longer walks alone. She used to enjoy walking and gardening, has never been particularly interested in organised exercise, and values social contact but dislikes large groups. You have been asked to propose an evidence-based intervention to increase her participation in physical activity. It may be individually tailored or part of a municipal service for people with cognitive impairment or mild dementia.

Part 1 Analysis of the case

Analyse the factors that may explain Kari's reduced physical activity and identify resources, preferences and practical circumstances that could support participation. Distinguish what is stated in the case from what would need further assessment.

Part 2 Application and comparison of theory

Select and apply at least two relevant psychological theories or models covered in the course. Compare how they help explain Kari's situation and guide intervention design. Discuss their strengths and limitations when applied to physical activity in a person with mild dementia and justify your chosen theoretical approach.

Part 3 Development of an intervention

Develop a research informed and feasible intervention. Describe its key components, who would deliver or support them, and how they are expected to influence physical activity. Justify important choices and exclusions. Explain how you would evaluate implementation and outcomes.

Part 4 Critical discussion

Assess the quality and limitations of the research supporting your analysis and intervention, including its transferability to Kari and the proposed setting. Discuss practical challenges and ethical issues, including autonomy and the spouse's role.

Assignment 2 Sustained exercise participation among new fitness club members

Case

A large fitness club chain in Norway has observed that many new members stop exercising or substantially reduce their participation during their first membership year. Internal data show that most join to improve their health or fitness or to pursue weight related goals. Relatively few attend group classes or use personal training. The chain wants to increase regular exercise participation throughout the first year among new adult members aged 18–60 who were previously inactive or had low activity levels. As a health and exercise professional, you have been asked to analyse the problem and develop an intervention that the chain could implement.

Part 1 Analysis of the case

Analyse relevant factors that may contribute to poor long term exercise adherence in this target group. Consider motivation, social support, self efficacy and other factors relevant to the setting. Discuss why health and appearance related reasons for joining may not lead to sustained participation. Distinguish the case information from assumptions that require further assessment.

Part 2 Application and comparison of theory

Select and apply at least two relevant psychological theories or models covered in the course. Compare their explanations of exercise behaviour in this setting, discuss their strengths and limitations, and justify the theory or combination of theories used to guide your intervention.

Part 3 Development of an intervention

Develop a research informed and feasible intervention for new members during their first membership year. Describe its key components, how they are expected to influence exercise behaviour, and how the club could implement them. Justify important choices and exclusions. Explain how you would evaluate implementation and outcomes.

Part 4 Critical discussion

Assess the quality and limitations of the research supporting your analysis and intervention, including transferability to this target group and setting. Discuss practical challenges and ethical issues. Consider the potential and limitations of fitness clubs as settings for promoting physical activity in the population.

Common requirements for both assignments

Use at least six sources from the course reading list and at least three additional, self-selected, peer reviewed research articles relevant to your chosen case and question. At least two of the additional articles must be empirical original studies.

Use the literature actively to support your analysis, decisions and discussion. Briefly explain why your additional articles are relevant and critically assess the quality, limitations and transferability of the evidence. You are responsible for reading and checking every source and for ensuring that references exist, are accurately represented and support the claims for which they are cited.