

Amanda Knox

Psychology of Physical Activity and Sedentary Behavior *Ryan E. Rhodes*

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written for the upper level undergraduate and graduate level courses in exercise psychology and behavioral physical activity psychology of physical activity and sedentary behavior second edition 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 a focus on both the psychology of exercise and sedentary behavior this first of its kind text provides readers with the latest research in both areas including coverage of sleep pain and delayed gratification this text also applies a critical lens to foundational theories and incorporates applications and interventions throughout

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