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The positive benefits of physical activity for physical and mental health are now widely acknowledged, yet levels of physical inactivity continue to increase throughout the developed world.

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Activity: Determinants, Well-being, and Interventions. Too little physical activity is linked to common, often serious, health problems, and although this link is now widely acknowledged, levels of sedentary behaviour continue to increase throughout western society. Psychology of Physical Activity,...

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Low levels of physical activity (PA) are reported to contribute to the occurrence of non-communicable diseases over the life course. Although psychological factors have been identified as an important category concerning PA behavior, knowledge on psychological determinants of PA is

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still inconclusive.

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ever more
opportunities for a
sedentary existence,
physical activity has
become, for many, a
marginal aspect of life.
Too little physical
activity is linked to
common, often serious,
health problems, and
although this link is
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part of our daily lives.

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As a step toward identifying effective interventions, we reviewed available research on determinants relating to the adoption and maintenance of physical activity. We categorized determinants as personal, environmental, or characteristic of the exercise. We have

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considered supervised participation separately from spontaneous activity in the general population. A wide variety of determinants, populations, and settings have been studied within diverse research traditions and disciplines.

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Determinants of adolescents' physical activity were age (ie, older children were more active), ethnicity (ie, being of African-American descent determined being less physically active) and planning.

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The determinants of physical activity and exercise.

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Studies in the Psychology of Physical Activity focus on the determinants and outcomes of psychological factors and physical activity in broad contexts and across a variety of populations. The faculty in this area draw from many

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specialty areas of
psychology, including
behavioral, clinical,
cognitive,
developmental,
experimental,
psychophysiological,
and social.

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