



Winter Workshop Programme 2009

Acute Exercise and Psychological Outcomes: Concepts and research methods and transitional implications for clinicians, practitioners and researchers

Thursday 24th – Friday 25th September 2009

Richards Building, School of Sport and Health Sciences,
St. Luke's Campus, University of Exeter

Thursday 24 September	
6.00pm	Richards Building Arrival: Registration and Refreshments
6.30pm – 7.45pm	Acute Exercise and Psychological Outcomes: theory to practice Prof Paddy Ekkekakis
8.00 pm	Check into accommodation and optional social event
Friday 25 September – Richards Building	
9.15 – 10.45	Laboratory Work (small group practical) Measuring affect, setting and assessing the effects of exercise intensity (including self-regulated), timing of measurement, identification of the ventilatory threshold and other issues Prof Gaynor Parfitt with Sue Backhouse and Paddy Ekkekakis
10.45 – 11.15	Coffee Break
11.15 – 12.30	Laboratory Work (continued): <i>To include analysis and interpretation of physiological and psychological data</i>
12.30 – 1.15	Lunch Break
1.15 – 1.45	Acute Exercise and Mood-Regulation: experiments to practical implications for multiple health behaviour change Prof Adrian Taylor
1.45 – 3.00	Laboratory Work (small group practical) Measuring urges and desire for other behaviours (e.g., addictive substances such as cigarettes, alcohol, chocolate), manipulating stress (with computerised mental challenges) and cue-eliciting urges in the laboratory, and tour of functional Magnetic Resonance Imagery laboratory Prof Adrian Taylor with support from Kate Janse van Rensburg
15.00 - 15.15	Tea/Coffee Break
3.15 – 4.15	Group Discussion and Questions to the Panel
4.15 - 4.30	Evaluation and certificate distribution; thanks and departure

Please return your badge as it can be re-used. Thank you.