

運動心理学  
— その内容とわが国における将来的研究課題 —

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**Exercise Psychology :  
Students in Physical Education Classes**

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**Abstract**

Although exercise psychology has experienced substantial growth in the past decade, the research area has not been identified differed from sport or health psychology in Japanese society. In this paper, the research definition and contents of exercise psychology are first clarified. According to Rejeski & thompson (1993), exercise psychology are represents "the application on the educational, scientific, and professional contributions of psychology to promoting, explaining, maintaining, and enhancing the parameters of physical fitness"(p.5). Also, they classify the contents of exercise-related investigations in the following 10 categories : 1) fitness and mental health, 2) body image/esteem, 3) stress reactivity, 4) fatigue/exertion, 5) motivation, 6) exercise performance and metabolic responses, 7) sleep, 8) cognition, 9) the corporate/industrial environment, or 10) exercise addiction. Despite of the difficulty of the identification and category, the necessity of researches for psychological effects using exercise and sport should be emphasized to cope practically with various stress in our daily lives. The reason is that most serious problems that confront us are job-stress and rapid aging in the society. Finally, some new research paradigms for exercise psychology research are introduced : 1) exercise prescription to improve mental health, 2) experimental designs to examine affective changes by physical exercise, 3) exercise program considering the principle of self-efficacy to prevent falling for elderly people. It is expected that the development of research for exercise psychology progresses in combination with basic research, applied research, and application.

**Key words :** exercise psychology, exercise prescription, experimental designs, self-efficacy