

# Transforming the Health of Societies and People Through the Application of Physical Activity Psychology

**SPEAKER :** **Prof. Bradley J. Cardinal, PhD**

College of Public Health and Human Sciences  
Oregon State University

**DATE :** 29 January, 2016 (Fri)

**TIME :** 12:30 p.m. - 1:30 p.m.

**VENUE :** AAB203

Academic and Administration Building,  
Hong Kong Baptist University, Kowloon Tong



## Abstract

This presentation offers a critical review and analysis of physical activity psychology research over the past quarter century (primarily), describes current research trends in the area, and suggests future research directions.

The contributions reviewed come from those within and outside of kinesiology, with many disciplines and professions advancing research agendas in this domain. The area is especially ripe for interdisciplinary collaborations, and such collaborations have genuine transformative potential for society.

Following the paper's introduction, six major topics are addressed, including: What is Physical Activity Psychology?, Foundational Work in Physical Activity Psychology Research, Trends in Physical Activity Psychology Research, Behavioral Specificity, Physical Activity Prevalence, and Where to Go from Here? The paper concludes with a call-to-action, particularly aimed at helping to get and keep people physically active across the lifespan, which is the fundamental work of physical activity psychology.

## ENQUIRIES :

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## About the Speaker

Professor Bradley J. Cardinal, Ph.D., has more than >25 years experience in the professorial ranks working at three different universities. Since 1997 he has been at Oregon State University where he serves as a tenured, Full Professor.

In 2009 the university recognized him with their Elizabeth P. Ritchie Distinguished Professor Award. He was elected into the field's national academy – the National Academy of Kinesiology – in 2007 and was further elected by this most distinguished group of peers (i.e., the leading 150 scholars in the field) to serve as their Secretary/Treasurer from 2012-2014.

He is also a Fellow in three additional honorary and/or research societies, and was elected in 2004 to serve as the President of the interdisciplinary Research Consortium of the American Alliance for Health, Physical Education, Recreation and Dance. He earned his Ph.D. (with Distinction) from Temple University, Philadelphia, PA and has authored/co-authored two books and more than 300 scholarly, professional, or scientific papers. Among other honors and awards, in 2013 he received the "Distinguished Scholar Award" from the National Association for Kinesiology in Higher Education and also the "Distinguished Service Award" from the Research Consortium of the American Alliance for Health, Physical Education, Recreation and Dance. In 2014 he received a "Service Award" from the National Academy of Kinesiology and also the "Robert J. Ritson Honorary Life Member Award" from the Oregon Society of Health and Physical Education. In 2015 he delivered the C. H. McCloy Lecture at the SHAPE America National Convention and Expo in Seattle, WA.