



PERSONALITY, PERSONAL CHANGE AND PERSONALIZED FITNESS

Jim Gavin, PhD, ABPP, FACM

Professor - Applied Human Sciences

Director – Centre for Human Relations and Community Studies

Concordia University

Intentions

Building Psychosocial Measures and Methods for the Creation of a Sport and Physical Activity Guidance System

1. Understanding the relationship of character (or personality) to involvement in different sports and physical activities
2. Appreciating whether sports and physical activities can be reliably understood in terms of their psychosocial demands on participants.
3. Assessing whether beliefs regarding the outcomes of regular physical activity involvement can be influenced so that individuals have another set of reasons (motives) for participation.





