

EXERCISE AND SPORT SCIENCES REVIEWS



ESSR Journal Club

Covered Article: “Ecological Momentary Assessment in Physical Activity Research” by Genevieve Fridlund Dunton. *Exercise and Sport Sciences Reviews*. 45(1), January 2017.

1. Why is physical activity difficult to maintain for long periods of time?
2. Why do traditional health behavior theories fail to explain the behavior that contributes to participation in physical activity?
3. Why do traditional research methods fail to capture some of the variables that explain participation in physical activity behavior?
4. What are the advantages of using Ecological Momentary Assessment (EMA) methods in physical activity research?
5. Why is it necessary to account for differences between individuals in physical activity research?
6. Why is it beneficial to measure the timing of events that precede and follow episodes of physical activity?
7. Other than the time-varying covariates discussed in the article, what other factors can influence whether or not someone engages in physical activity?
8. What types of research questions can be tested using context-sensitive Ecological Momentary Assessment (CS-EMA) methods?
9. What are some of the biggest challenges and limitations of using EMA methods in physical activity research?
10. How can EMA methods inform the development of novel interventions?