

Social Cognitive Theory Variables Mediation of Moderate Exercise

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Objective: To identify the degree to which the social cognitive theory constructs targeted by the Planning to Be Active Program (PBA) were mediators of moderate-intensity exercise. **Methods:** High school students in treatment and comparison groups received activity-based physical education. The treatment group also received PBA, which develops self-regulation skills to promote leisure-time exercise. **Results:** PBA increased self-

regulation scores, social situation scores, and moderate-intensity exercise. Self-regulation and social situation mediated moderate-intensity exercise at posttest. **Conclusions:** As mediators, self-regulation and social situation help explain how PBA produces increases in moderate-intensity exercise.

Key words: social cognitive theory, intervention, physical exercise

Am J Health Behav. 2008;32(3):305-314
