

Professor Nikos Ntoumanis

Professor Nikos Ntoumanis, Professor of Exercise and Sport Psychology at the School of Sport and Exercise Sciences, describes in 60 seconds his research into how to create optimal conditions which can help people motivate themselves to be physically active and eat healthily.

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Why are some people highly motivated to do sport and exercise while others struggle to find the motivation to do so? How easy have you found it to stick to your New Year resolution to exercise more?

I'm Nikos Ntoumanis and I'm a Professor at the University of Birmingham. Essentially, I'm a motivational psychologist. I research how we can create optimal conditions which can help people motivate themselves to be physically active and eat healthily. For example, I am looking at how we can create instructional styles that are less controlling and more supportive of people's needs and preferences.

This research takes places in schools, sport clubs, gyms, and clinical settings, in collaboration with colleagues from the UK and overseas. I'm also looking at how we can help people with weight management goals develop their self-control skills when faced with dietary temptations.

My work is utilised by health professionals and sport organisations to support individuals' motivation for health behaviour change.

[Professor Nikos Ntoumanis' profile \(http://www.birmingham.ac.uk/schools/sport-exercise/staff/profile.aspx?Referenceld=5399&Name=professor-nikos-ntoumanis\)](http://www.birmingham.ac.uk/schools/sport-exercise/staff/profile.aspx?Referenceld=5399&Name=professor-nikos-ntoumanis)

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