

Rebecca Hawkins

University of Lincoln
United Kingdom



Rebecca is a Senior Lecturer in Sport & Exercise Psychology at the University of Lincoln in the United Kingdom. She works in the School of Sport & Exercise Science. Her main research interests and teaching expertise are in goal setting, pleasure-based physical activity, and optimal exercise experiences. Rebecca completed her undergraduate degree, postgraduate degree, and her PhD at the University of Lincoln, and has worked as a lecturer in the School of Sport & Exercise Science for 8 years. In her spare time, she likes to spend time with her friends and family and can often be found supporting/watching football (soccer) on the weekends!

My Topics for the 23rd International Teaching Week:

- 1) Time to Question the (Over)Use of SMART Goals for Physical Activity Promotion?
- 2) Should We Be Specific or Vague in Our Approach to Setting Physical Activity Goals?
- 3) The Affective Response to Exercise; Does Exercise Make People Feel Better?