

Fiona Ling

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Fiona is a Lecturer in Sport & Exercise Psychology. She completed her BSc in Psychology at Royal Holloway College (University of London), Master in Sport & Exercise Psychology at University of Queensland and PhD at The University of Hong Kong. Before joining Northumbria University in 2018, Fiona undertook postdoctoral work at Victoria University (Melbourne) and University of Limerick (Ireland), and was a Lecturer at Bournemouth University.

Fiona has longstanding interests in the self-regulatory mechanisms and implicit processes that underpin physical activity behaviour and the development of metabolic health in youth. Her research interests span from psychosocial to psychophysiological factors that govern behaviour change, specifically, stress responses, cognitive coping, inhibitory control and motivation. These focuses have uniquely placed her works within the translational realms of physical activity/exercise participation and public health domain.

Through interdisciplinary enquiries, Fiona seeks to design and implement psychological/physical activity interventions that promote long-term health behaviour change, psychological well-being and metabolic health in youth.

Topics for the 14th International Teaching Week:

- 1. Healthy Mind, Healthy Body**
- 2. Power of the Mind in our Body Movements**