

Table 1.

Testable Assumptions in the M-PAC framework

1. Action control should be linked more to reflective processes of affective judgments and perceived opportunity than instrumental attitudes/outcome expectations and perceived capability. Intention formation could be linked to any of these four reflective motivational constructs.
2. Action control in the initiation of physical activity should be linked to reflective motivational constructs and regulation behaviors more than reflexive constructs. By contrast, long-term physical activity patterns should be linked to reflexive constructs and include reflective motivational constructs and regulatory behaviors.
3. Reflective motivational constructs should precede regulatory behaviors, although these are likely to have reciprocal deterministic relationships across time.
4. Reflective and regulatory processes should precede reflexive processes (due to the time needed to form these associations), although these are expected to have reciprocal deterministic relationships across time.