## SP2702 - Physical Activity, Health and Wellbeing in the Lifecourse



1

Hardman AE, Stensel DJ. Physical activity and health: the evidence explained. 2nd ed. Abingdon: Routledge 2009.

http://lib.myilibrary.com/browse/open.asp?id=212446&entityid=https://idp.brunel.ac.uk/entity

2

Kay T. Fathering through sport and leisure. London: : Routledge 2009. http://lib.myilibrary.com/browse/open.asp?id=223468&entityid=https://idp.brunel.ac.uk/entity

3

Kennedy E, Markula P, editors. Women and exercise: the body, health and consumerism. London: : Routledge 2011.

http://search.ebscohost.com/login.aspx?direct=true&AuthType=ip,shib&db=nlebk&AN=347260&site=ehost-live&scope=site&custid=s1123049

4

Coakley JJ, Dunning E. Handbook of sports studies. London: : SAGE 2000. http://lib.myilibrary.com/browse/open.asp?id=581851&entityid=https://idp.brunel.ac.uk/entity

5

World Health Organization (WHO). A Lifecourse Approach to Health. http://www.who.int/ageing/publications/lifecourse/alc lifecourse training en.pdf

6

Mountjoy M, Andersen LB, Armstrong N, et al. International Olympic Committee consensus statement on the health and fitness of young people through physical activity and sport. British Journal of Sports Medicine 2011;45:839–48. doi:10.1136/bjsports-2011-090228

7

Jaycox LH, Reivich KJ, Gillham J, et al. Prevention of depressive symptoms in school children. Behaviour Research and Therapy 1994;**32**:801–16. doi:10.1016/0005-7967(94)90160-0

8

Shultz SP, Anner J, Hills AP. Paediatric obesity, physical activity and the musculoskeletal system. Obesity Reviews 2009;**10**:576–82. doi:10.1111/j.1467-789X.2009.00587.x

9

Jackson PA, Pialoux V, Corbett D, et al. Promoting brain health through exercise and diet in older adults: a physiological perspective. The Journal of Physiology 2016;**594**:4485–98. doi:10.1113/JP271270

10

Tiedemann A, Sherrington C, Close JCT, et al. Exercise and Sports Science Australia Position Statement on exercise and falls prevention in older people. Journal of Science and Medicine in Sport 2011;14:489–95. doi:10.1016/j.jsams.2011.04.001

11

Michie S, West R. Behaviour change theory and evidence: a presentation to Government. Health Psychology Review 2013;**7**:1–22. doi:10.1080/17437199.2011.649445

12

Bowling A. Enhancing later life: How older people perceive active ageing? Aging & Mental

Health 2008; 12:293-301. doi:10.1080/13607860802120979

13

Crombie IK. Why older people do not participate in leisure time physical activity: a survey of activity levels, beliefs and deterrents. Age and Ageing 2004; **33**:287–92. doi:10.1093/ageing/afh089

14

Mountjoy M, Sundgot-Borgen J, Burke L, et al. The IOC consensus statement: beyond the Female Athlete Triad—Relative Energy Deficiency in Sport (RED-S). British Journal of Sports Medicine 2014;48:491–7. doi:10.1136/bjsports-2014-093502

15

Martin W. Visualizing risk: Health, gender and the ageing body. Critical Social Policy 2012; **32**:51–68. doi:10.1177/0261018311425980

16

Malhotra A, Redberg RF, Meier P. Saturated fat does not clog the arteries: coronary heart disease is a chronic inflammatory condition, the risk of which can be effectively reduced from healthy lifestyle interventions. British Journal of Sports Medicine 2017;**51**:1111–2. doi:10.1136/bjsports-2016-097285

17

Bouchard C, Blair S, Haskell WL. Physical activity and health. 2nd ed. Champaign, IL.: : Human Kinetics 2012.

18

Jones K, Creedy D. Health and human behaviour. Third edition. South Melbourne, Vic: : Oxford University Press 2012.