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



Bouchard, Claude, Steven Blair, and William L. Haskell. 2012. Physical Activity and Health. 2nd ed. Champaign, IL.: Human Kinetics.

Bowling, Ann. 2008. 'Enhancing Later Life: How Older People Perceive Active Ageing?' Aging & Mental Health 12 (3): 293–301. https://doi.org/10.1080/13607860802120979.

Coakley, Jay J., and Eric Dunning. 2000. Handbook of Sports Studies. London: SAGE. http://lib.myilibrary.com/browse/open.asp?id=581851&entityid=https://idp.brunel.ac.uk/entity.

Crombie, I. K. 2004. 'Why Older People Do Not Participate in Leisure Time Physical Activity: A Survey of Activity Levels, Beliefs and Deterrents'. Age and Ageing 33 (3): 287–92. https://doi.org/10.1093/ageing/afh089.

Hardman, Adrianne E., and David J. Stensel. 2009. Physical Activity and Health: The Evidence Explained. 2nd ed. Abingdon: Routledge. http://lib.myilibrary.com/browse/open.asp?id=212446&entityid=https://idp.brunel.ac.uk/entity.

Jackson, Philippa A., Vincent Pialoux, Dale Corbett, Lauren Drogos, Kirk I. Erickson, Gail A. Eskes, and Marc J. Poulin. 2016. 'Promoting Brain Health through Exercise and Diet in Older Adults: A Physiological Perspective'. The Journal of Physiology 594 (16): 4485–98. https://doi.org/10.1113/JP271270.

Jaycox, Lisa H., Karen J. Reivich, Jane Gillham, and Martin E.P. Seligman. 1994. 'Prevention of Depressive Symptoms in School Children'. Behaviour Research and Therapy 32 (8): 801–16. https://doi.org/10.1016/0005-7967(94)90160-0.

Jones, Ken, and Debra Creedy. 2012. Health and Human Behaviour. Third edition. South Melbourne, Vic: Oxford University Press.

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

Kennedy, Eileen, and Pirkko Markula, eds. 2011. Women and Exercise: The Body, Health and Consumerism. Vol. Routledge research in sport, culture, and society. London: Routledge.

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

Malhotra, Aseem, Rita F Redberg, and Pascal Meier. 2017. '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 51 (15): 1111–12. https://doi.org/10.1136/bjsports-2016-097285.

Martin, Wendy. 2012. 'Visualizing Risk: Health, Gender and the Ageing Body'. Critical Social Policy 32 (1): 51–68. https://doi.org/10.1177/0261018311425980.

Michie, Susan, and Robert West. 2013. 'Behaviour Change Theory and Evidence: A Presentation to Government'. Health Psychology Review 7 (1): 1–22. https://doi.org/10.1080/17437199.2011.649445.

Mountjoy, M., L. B. Andersen, N. Armstrong, S. Biddle, C. Boreham, H.-P. B. Bedenbeck, U. Ekelund, et al. 2011. 'International Olympic Committee Consensus Statement on the Health and Fitness of Young People through Physical Activity and Sport'. British Journal of Sports Medicine 45 (11): 839–48. https://doi.org/10.1136/bjsports-2011-090228.

Mountjoy, Margo, Jorunn Sundgot-Borgen, Louise Burke, Susan Carter, Naama Constantini, Constance Lebrun, Nanna Meyer, et al. 2014. 'The IOC Consensus Statement: Beyond the Female Athlete Triad—Relative Energy Deficiency in Sport (RED-S)'. British Journal of Sports Medicine 48 (7): 491–97. https://doi.org/10.1136/bjsports-2014-093502.

Shultz, S. P., J. Anner, and A. P. Hills. 2009. 'Paediatric Obesity, Physical Activity and the Musculoskeletal System'. Obesity Reviews 10 (5): 576–82. https://doi.org/10.1111/j.1467-789X.2009.00587.x.

Tiedemann, Anne, Catherine Sherrington, Jacqueline C.T. Close, and Stephen R. Lord. 2011. 'Exercise and Sports Science Australia Position Statement on Exercise and Falls Prevention in Older People'. Journal of Science and Medicine in Sport 14 (6): 489–95. https://doi.org/10.1016/j.jsams.2011.04.001.

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