

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

View Online



---

[1]

A. E. Hardman and D. J. Stensel, Physical activity and health: the evidence explained, 2nd ed. Abingdon: Routledge, 2009 [Online]. Available:  
<http://lib.myilibrary.com/browse/open.asp?id=212446&entityid=https://idp.brunel.ac.uk/entity>

[2]

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

[3]

E. Kennedy and P. Markula, Eds., Women and exercise: the body, health and consumerism, vol. Routledge research in sport, culture, and society. London: Routledge, 2011 [Online]. Available:  
<http://search.ebscohost.com/login.aspx?direct=true&AuthType=ip,shib&db=nlebk&AN=347260&site=ehost-live&scope=site&custid=s1123049>

[4]

J. J. Coakley and E. Dunning, Handbook of sports studies. London: SAGE, 2000 [Online]. Available:  
<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'. [Online]. Available: [http://www.who.int/ageing/publications/lifecourse/alc\\_lifecourse\\_training\\_en.pdf](http://www.who.int/ageing/publications/lifecourse/alc_lifecourse_training_en.pdf)

[6]

M. Mountjoy 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*, vol. 45, no. 11, pp. 839–848, Sep. 2011, doi: 10.1136/bjsports-2011-090228.

[7]

L. H. Jaycox, K. J. Reivich, J. Gillham, and M. E. P. Seligman, 'Prevention of depressive symptoms in school children', *Behaviour Research and Therapy*, vol. 32, no. 8, pp. 801–816, Nov. 1994, doi: 10.1016/0005-7967(94)90160-0.

[8]

S. P. Shultz, J. Anner, and A. P. Hills, 'Paediatric obesity, physical activity and the musculoskeletal system', *Obesity Reviews*, vol. 10, no. 5, pp. 576–582, Sep. 2009, doi: 10.1111/j.1467-789X.2009.00587.x.

[9]

P. A. Jackson et al., 'Promoting brain health through exercise and diet in older adults: a physiological perspective', *The Journal of Physiology*, vol. 594, no. 16, pp. 4485–4498, Aug. 2016, doi: 10.1113/JP271270.

[10]

A. Tiedemann, C. Sherrington, J. C. T. Close, and S. R. Lord, 'Exercise and Sports Science Australia Position Statement on exercise and falls prevention in older people', *Journal of Science and Medicine in Sport*, vol. 14, no. 6, pp. 489–495, Nov. 2011, doi: 10.1016/j.jsams.2011.04.001.

[11]

S. Michie and R. West, 'Behaviour change theory and evidence: a presentation to Government', *Health Psychology Review*, vol. 7, no. 1, pp. 1–22, Mar. 2013, doi: 10.1080/17437199.2011.649445.

[12]

A. Bowling, 'Enhancing later life: How older people perceive active ageing?', *Aging & Mental Health*, vol. 12, no. 3, pp. 293–301, May 2008, doi: 10.1080/13607860802120979.

[13]

I. K. Crombie, 'Why older people do not participate in leisure time physical activity: a survey of activity levels, beliefs and deterrents', *Age and Ageing*, vol. 33, no. 3, pp. 287–292, May 2004, doi: 10.1093/ageing/afh089.

[14]

M. Mountjoy et al., 'The IOC consensus statement: beyond the Female Athlete Triad—Relative Energy Deficiency in Sport (RED-S)', *British Journal of Sports Medicine*, vol. 48, no. 7, pp. 491–497, Apr. 2014, doi: 10.1136/bjsports-2014-093502.

[15]

W. Martin, 'Visualizing risk: Health, gender and the ageing body', *Critical Social Policy*, vol. 32, no. 1, pp. 51–68, Feb. 2012, doi: 10.1177/0261018311425980.

[16]

A. Malhotra, R. F. Redberg, and P. Meier, '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*, vol. 51, no. 15, pp. 1111–1112, Aug. 2017, doi: 10.1136/bjsports-2016-097285.

[17]

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

[18]

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