SP2702 - Physical Activity, Health and Wellbeing in the Lifecourse



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

Bowling, Ann. 'Enhancing Later Life: How Older People Perceive Active Ageing?' Aging & Mental Health 12.3 (2008): 293–301. Web.

Coakley, Jay J., and Eric Dunning. Handbook of Sports Studies. London: SAGE, 2000. Web. ">https://idp.brunel.ac.uk/entity>">https://idp.brunel.ac.uk/entity>">https://idp.brunel.ac.uk/entity>">https://idp.brunel.ac.uk/entity>">https://idp.brunel.ac.uk/entity>">https://idp.brunel.ac.uk/entity>">https://idp.brunel.ac.uk/entity>">https://idp.brunel.ac.uk/entity>">https://idp.brunel.ac.uk/entity>">https://idp.brunel.ac.uk/entity>">https://idp.brunel.ac.uk/entity=https://id

Crombie, I. K. 'Why Older People Do Not Participate in Leisure Time Physical Activity: A Survey of Activity Levels, Beliefs and Deterrents'. Age and Ageing 33.3 (2004): 287–292. Web.

Hardman, Adrianne E., and David J. Stensel. Physical Activity and Health: The Evidence Explained. 2nd ed. Abingdon: Routledge, 2009. Web.

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

Jackson, Philippa A. et al. 'Promoting Brain Health through Exercise and Diet in Older Adults: A Physiological Perspective'. The Journal of Physiology 594.16 (2016): 4485–4498. Web.

Jaycox, Lisa H. et al. 'Prevention of Depressive Symptoms in School Children'. Behaviour Research and Therapy 32.8 (1994): 801–816. Web.

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

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

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

."

Malhotra, Aseem, Rita F Redberg, and Pascal 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 51.15 (2017): 1111–1112. Web.

Martin, Wendy. 'Visualizing Risk: Health, Gender and the Ageing Body'. Critical Social Policy 32.1 (2012): 51–68. Web.

Michie, Susan, and Robert West. 'Behaviour Change Theory and Evidence: A Presentation to Government'. Health Psychology Review 7.1 (2013): 1–22. Web.

Mountjoy, M. 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 45.11 (2011): 839–848. Web.

Mountjoy, Margo et al. 'The IOC Consensus Statement: Beyond the Female Athlete Triad—Relative Energy Deficiency in Sport (RED-S)'. British Journal of Sports Medicine 48.7 (2014): 491–497. Web.

Shultz, S. P., J. Anner, and A. P. Hills. 'Paediatric Obesity, Physical Activity and the Musculoskeletal System'. Obesity Reviews 10.5 (2009): 576–582. Web.

Tiedemann, Anne et al. 'Exercise and Sports Science Australia Position Statement on Exercise and Falls Prevention in Older People'. Journal of Science and Medicine in Sport 14.6 (2011): 489–495. Web.

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