

SP2702 - Physical Activity, Health and Wellbeing in the Lifecourse

View Online



1.

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

2.

Kay T. Fathering through sport and leisure [Internet]. London: Routledge; 2009. Available from: <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 [Internet]. London: Routledge; 2011. Available from: <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 [Internet]. London: SAGE; 2000. Available from: <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 [Internet]. Available from: http://www.who.int/ageing/publications/lifecourse/alc_lifecourse_training_en.pdf

6.

Mountjoy M, Andersen LB, Armstrong N, Biddle S, Boreham C, Bedenbeck HPB, Ekelund U, Engebretsen L, Hardman K, Hills A, Kahlmeier S, Kriemler S, Lambert E, Ljungqvist A, Matsudo V, McKay H, Micheli L, Pate R, Riddoch C, Schamasch P, Sundberg CJ, Tomkinson G, van Sluijs E, van Mechelen W. International Olympic Committee consensus statement on the health and fitness of young people through physical activity and sport. *British Journal of Sports Medicine*. 2011 Sep 1;45(11):839-848.

7.

Jaycox LH, Reivich KJ, Gillham J, Seligman MEP. Prevention of depressive symptoms in school children. *Behaviour Research and Therapy*. 1994 Nov;32(8):801-816.

8.

Shultz SP, Anner J, Hills AP. Paediatric obesity, physical activity and the musculoskeletal system. *Obesity Reviews*. 2009 Sep;10(5):576-582.

9.

Jackson PA, Pialoux V, Corbett D, Drogos L, Erickson KI, Eskes GA, Poulin MJ. Promoting brain health through exercise and diet in older adults: a physiological perspective. *The Journal of Physiology*. 2016 Aug 15;594(16):4485-4498.

10.

Tiedemann A, Sherrington C, Close JCT, Lord SR. Exercise and Sports Science Australia Position Statement on exercise and falls prevention in older people. *Journal of Science and Medicine in Sport*. 2011 Nov;14(6):489-495.

11.

Michie S, West R. Behaviour change theory and evidence: a presentation to Government. *Health Psychology Review*. 2013 Mar;7(1):1-22.

12.

Bowling A. Enhancing later life: How older people perceive active ageing? *Aging & Mental Health*. 2008 May;12(3):293–301.

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 May 1;33(3):287–292.

14.

Mountjoy M, Sundgot-Borgen J, Burke L, Carter S, Constantini N, Lebrun C, Meyer N, Sherman R, Steffen K, Budgett R, Ljungqvist A. The IOC consensus statement: beyond the Female Athlete Triad—Relative Energy Deficiency in Sport (RED-S). *British Journal of Sports Medicine*. 2014 Apr;48(7):491–497.

15.

Martin W. Visualizing risk: Health, gender and the ageing body. *Critical Social Policy*. 2012 Feb;32(1):51–68.

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 Aug;51(15):1111–1112.

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.