

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

View Online



1.

Hardman, A.E., Stensel, D.J.: Physical activity and health: the evidence explained. Routledge, Abingdon (2009).

2.

Kay, T.: Fathering through sport and leisure. Routledge, London (2009).

3.

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

4.

Coakley, J.J., Dunning, E.: Handbook of sports studies. SAGE, London (2000).

5.

World Health Organization (WHO): A Lifecourse Approach to Health,  
[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.

Mountjoy, M., Andersen, L.B., Armstrong, N., Biddle, S., Boreham, C., Bedenbeck, H.-P.B., 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, C.J., 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*. 45, 839–848 (2011).  
<https://doi.org/10.1136/bjsports-2011-090228>.

7.

Jaycox, L.H., Reivich, K.J., Gillham, J., Seligman, M.E.P.: Prevention of depressive symptoms in school children. *Behaviour Research and Therapy*. 32, 801–816 (1994).  
[https://doi.org/10.1016/0005-7967\(94\)90160-0](https://doi.org/10.1016/0005-7967(94)90160-0).

8.

Shultz, S.P., Anner, J., Hills, A.P.: Paediatric obesity, physical activity and the musculoskeletal system. *Obesity Reviews*. 10, 576–582 (2009).  
<https://doi.org/10.1111/j.1467-789X.2009.00587.x>.

9.

Jackson, P.A., Pialoux, V., Corbett, D., Drogos, L., Erickson, K.I., Eskes, G.A., Poulin, M.J.: Promoting brain health through exercise and diet in older adults: a physiological perspective. *The Journal of Physiology*. 594, 4485–4498 (2016).  
<https://doi.org/10.1113/JP271270>.

10.

Tiedemann, A., Sherrington, C., Close, J.C.T., Lord, S.R.: Exercise and Sports Science Australia Position Statement on exercise and falls prevention in older people. *Journal of Science and Medicine in Sport*. 14, 489–495 (2011).  
<https://doi.org/10.1016/j.jsams.2011.04.001>.

11.

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

12.

Bowling, A.: Enhancing later life: How older people perceive active ageing? *Aging & Mental Health*. 12, 293–301 (2008). <https://doi.org/10.1080/13607860802120979>.

13.

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, 287–292 (2004). <https://doi.org/10.1093/ageing/afh089>.

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*. 48, 491–497 (2014). <https://doi.org/10.1136/bjsports-2014-093502>.

15.

Martin, W.: Visualizing risk: Health, gender and the ageing body. *Critical Social Policy*. 32, 51–68 (2012). <https://doi.org/10.1177/0261018311425980>.

16.

Malhotra, A., Redberg, R.F., 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*. 51, 1111–1112 (2017). <https://doi.org/10.1136/bjsports-2016-097285>.

17.

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

18.

Jones, K., Creedy, D.: *Health and human behaviour*. Oxford University Press, South Melbourne, Vic (2012).