

SP1704 - Physical activity, health and wellbeing (2018-2019)

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12 items

Essential reading (6 items)

Sport pedagogy: an introduction for teaching and coaching - Kathleen M. Armour, 2013
[Book](#) | Essential reading | Read chapter 4: Learning about health through physical education and youth sport

Understanding the sociology of health - Anne-Marie Barry, Chris Yuill, 2016
[Book](#) | Essential reading

Physical activity and health: the evidence explained - Adrienne E. Hardman, David J. Stensel, 2009
[Book](#) | Essential reading

Research methods in health: investigating health and health services - Ann Bowling, 2014
[Book](#) | Essential reading

Sport and exercise biomechanics - P. Grimshaw, 2007
[Book](#) | Essential reading

Foundations of sport and exercise psychology - Robert S. Weinberg, Daniel Gould, 2015
[Book](#) | Essential reading

Recommended (6 items)

Exercise physiology: nutrition, energy and human performance - William D McArdle, Frank I. Katch, Victor L. Katch, 2015
[Book](#) | Recommended reading

Physical activity and health - Claude Bouchard, Steven Blair, William L. Haskell, 2012
[Book](#) | Recommended reading

Exercise physiology: basis of human movement in health and disease - Stanley P. Brown, Wayne C. Miller, Jane M. Eason, 2006
[Book](#) | Recommended reading

Exercise, health, and mental health: emerging relationships - Guy E. J. Faulkner, Adrian H. Taylor, 2005
[Book](#) | Recommended reading

Closing the gap in a generation: health equity through action on the social determinants of health : Commission on Social Determinants of Health final report - World Health

Organization, WHO Commission on Social Determinants of Health, c2008

[Book](#) | **Recommended reading**

Flourish: a visionary new understanding of happiness and well-being - Martin E. P. Seligman, 2013

[Book](#) | **Recommended reading**