SP1704 - Physical activity, health and wellbeing



Armour, K.M. (2013) Sport pedagogy: an introduction for teaching and coaching [electronic resource]. New York: Routledge. Available at:

http://ebookcentral.proquest.com/lib/brunelu/detail.action?docID=1422336.

Barry, A.-M. and Yuill, C. (2016) Understanding the sociology of health. Fourth edition. Los Angeles: SAGE.

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

Bowling, A. (2014) Research methods in health: investigating health and health services. Fourth edition. Maidenhead, Berkshire, England: Open University Press. Available at: https://ebookcentral.proguest.com/lib/brunelu/detail.action?docID=1910222.

Brown, S.P., Miller, W.C. and Eason, J.M. (2006) Exercise physiology: basis of human movement in health and disease. Baltimore, Md: Lippincott Williams & Wilkins.

Faulkner, G.E.J. and Taylor, A.H. (2005) Exercise, health, and mental health: emerging relationships. London: Routledge. Available at:

http://lib.myilibrary.com/browse/open.asp?id=24380&entityid=https://idp.brunel.ac.uk/entity.

Grimshaw, P. (2007) Sport and exercise biomechanics [electronic resource]. Oxford: Taylor & Francis. Available at:

http://lib.myilibrary.com/browse/open.asp?id=84795&entityid=https://idp.brunel.ac.uk/entity.

Hardman, A.E. and Stensel, D.J. (2009) Physical activity and health: the evidence explained . 2nd ed. Abingdon: Routledge. Available at:

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

McArdle, W.D., Katch, F.I. and Katch, V.L. (2015) Exercise physiology: nutrition, energy and human performance. Eighth edition. Philadelphia: Wolters Kluwer.

Seligman, M.E.P. (2013) Flourish: a visionary new understanding of happiness and well-being. New York: Atria Paperback.

Weinberg, R.S. and Gould, D. (2015) Foundations of sport and exercise psychology. Sixth edition. Champaign, IL: Human Kinetics.

World Health Organization and WHO Commission on Social Determinants of Health (2008) Closing the gap in a generation: health equity through action on the social determinants of health: Commission on Social Determinants of Health final report. Geneva: World Health Organization. Available at:

http://lib.myilibrary.com/browse/open.asp?id=180005&entityid=https://idp.brunel.ac.uk/entity.