

SP1704 - Physical activity, health and wellbeing

[View Online](#)

1.

Armour KM. Sport pedagogy: an introduction for teaching and coaching [Electronic resource]. New York: Routledge; 2013. Available from: <http://ebookcentral.proquest.com/lib/brunelu/detail.action?docID=1422336>

2.

Barry AM, Yuill C. Understanding the sociology of health. Fourth edition. Los Angeles: SAGE; 2016.

3.

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>

4.

Bowling A. Research methods in health: investigating health and health services [Internet]. Fourth edition. Maidenhead, Berkshire, England: Open University Press; 2014. Available from: <https://ebookcentral.proquest.com/lib/brunelu/detail.action?docID=1910222>

5.

Grimshaw P. Sport and exercise biomechanics [Electronic resource]. BIOS instant notes. Oxford: Taylor & Francis; 2007. Available from: <http://lib.myilibrary.com/browse/open.asp?id=84795&entityid=https://idp.brunel.ac.uk/entity>

6.

Weinberg RS, Gould D. Foundations of sport and exercise psychology. Sixth edition. Champaign, IL: Human Kinetics; 2015.

7.

McArdle WD, Katch FI, Katch VL. Exercise physiology: nutrition, energy and human performance. Eighth edition. Philadelphia: Wolters Kluwer; 2015.

8.

Bouchard C, Blair S, Haskell WL. Physical activity and health. 2nd ed. Champaign, IL.: Human Kinetics; 2012.

9.

Brown SP, Miller WC, Eason JM. Exercise physiology: basis of human movement in health and disease. Baltimore, Md: Lippincott Williams & Wilkins; 2006.

10.

Faulkner GEJ, Taylor AH. Exercise, health, and mental health: emerging relationships [Internet]. London: Routledge; 2005. Available from: <http://lib.myilibrary.com/browse/open.asp?id=24380&entityid=https://idp.brunel.ac.uk/entity>

11.

World Health Organization, WHO Commission on Social Determinants of Health. Closing the gap in a generation: health equity through action on the social determinants of health : Commission on Social Determinants of Health final report [Internet]. Geneva: World Health Organization; 2008. Available from: <http://lib.myilibrary.com/browse/open.asp?id=180005&entityid=https://idp.brunel.ac.uk/entity>

12.

Seligman MEP. Flourish: a visionary new understanding of happiness and well-being. New York: Atria Paperback; 2013.