

SP1704 - Physical activity, health and wellbeing

View Online



[1]

Armour, K.M. 2013. Sport pedagogy: an introduction for teaching and coaching. Sport pedagogy: an introduction for teaching and coaching. Routledge.

[2]

Barry, A.-M. and Yuill, C. 2016. Understanding the sociology of health. SAGE.

[3]

Bouchard, C. et al. 2012. Physical activity and health. Physical activity and health. Human Kinetics. 3-21.

[4]

Bouchard, C. et al. 2007. Physical activity and health. Human Kinetics.

[5]

Bowling, A. 2014. Research methods in health: investigating health and health services. Open University Press.

[6]

Brown, S.P. et al. 2006. Exercise physiology: basis of human movement in health and disease. Lippincott Williams & Wilkins.

[7]

Faulkner, G.E.J. and Taylor, A.H. 2005. Exercise, health, and mental health: emerging relationships. Routledge.

[8]

Grimshaw, P. et al. 2006. Sport and exercise biomechanics. Taylor & Francis.

[9]

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

[10]

Huber, M. et al. 2011. How should we define health? *BMJ*. 343, 26 2 (Jul. 2011), d4163–d4163. DOI:<https://doi.org/10.1136/bmj.d4163>.

[11]

Lee, P.H. et al. 2011. Validity of the international physical activity questionnaire short form (IPAQ-SF): A systematic review. *International Journal of Behavioral Nutrition and Physical Activity*. 8, 1 (2011). DOI:<https://doi.org/10.1186/1479-5868-8-115>.

[12]

Marmot, M. 2005. Social determinants of health inequalities. *The Lancet*. 365, 9464 (Mar. 2005), 1099–1104. DOI:[https://doi.org/10.1016/S0140-6736\(05\)71146-6](https://doi.org/10.1016/S0140-6736(05)71146-6).

[13]

McArdle, W.D. et al. 2015. Exercise physiology: nutrition, energy and human performance. Wolters Kluwer.

[14]

Michie, S. and Johnston, M. 2012. Theories and techniques of behaviour change:

Developing a cumulative science of behaviour change. *Health Psychology Review*. 6, 1 (Mar. 2012), 1–6. DOI:<https://doi.org/10.1080/17437199.2012.654964>.

[15]

Penney, D. and Jess, M. 2004. Physical education and physically active lives: a lifelong approach to curriculum development. *Sport, Education and Society*. 9, 2 (Jul. 2004), 269–287. DOI:<https://doi.org/10.1080/1357332042000233985>.

[16]

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

[17]

Silsbury, Z. et al. 2015. Systematic review of the measurement properties of self-report physical activity questionnaires in healthy adult populations: Figure 1. *BMJ Open*. 5, 9 (Sep. 2015). DOI:<https://doi.org/10.1136/bmjopen-2015-008430>.

[18]

Tully, M.A. and Cupples, M.E. 2011. UNISTEP (University Students Exercise and Physical Activity) Study: A Pilot Study of the Effects of Accumulating 10,000 Steps on Health and Fitness Among University Students. *Journal of Physical Activity and Health*. 8, 5 (Jul. 2011), 663–667. DOI:<https://doi.org/10.1123/jpah.8.5.663>.

[19]

Warren, J.M. et al. 2010. Assessment of physical activity – a review of methodologies with reference to epidemiological research: a report of the exercise physiology section of the European Association of Cardiovascular Prevention and Rehabilitation. *European Journal of Cardiovascular Prevention & Rehabilitation*. 17, 2 (Apr. 2010), 127–139. DOI:<https://doi.org/10.1097/HJR.0b013e32832ed875>.

[20]

Weinberg, R.S. and Gould, D. 2015. Foundations of sport and exercise psychology. *Foundations of sport and exercise psychology*. Human Kinetics. 431–438.

[21]

Weinberg, R.S. and Gould, D. 2015. Foundations of sport and exercise psychology. Human Kinetics.

[22]

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. World Health Organization.

[23]

International Physical Activity Questionnaire.