

SP1704 - Physical activity, health and wellbeing

View Online



Anon. n.d. 'International Physical Activity Questionnaire'.

Armour, Kathleen M. 2013. 'Sport Pedagogy: An Introduction for Teaching and Coaching'. in Sport pedagogy: an introduction for teaching and coaching. New York: Routledge.

Barry, Anne-Marie, and Chris Yuill. 2016. Understanding the Sociology of Health. Fourth edition. Los Angeles: SAGE.

Bouchard, Claude, Steven Blair, and William L. Haskell. 2012. 'Physical Activity and Health'. Pp. 3-21 in Physical activity and health. Champaign, IL.: Human Kinetics.

Bouchard, Claude, Steven N. Blair, and William L. Haskell. 2007. Physical Activity and Health. Champaign, IL: Human Kinetics.

Bowling, Ann. 2014. Research Methods in Health: Investigating Health and Health Services. Fourth edition. Maidenhead, Berkshire, England: Open University Press.

Brown, Stanley P., Wayne C. Miller, and Jane M. Eason. 2006. Exercise Physiology: Basis of Human Movement in Health and Disease. Baltimore, Md: Lippincott Williams & Wilkins.

Faulkner, Guy E. J., and Adrian H. Taylor. 2005. Exercise, Health, and Mental Health: Emerging Relationships. London: Routledge.

Grimshaw, Paul, Adrian Lees, Neil Fowler, and Adrian Burden. 2006. Sport and Exercise Biomechanics. Oxon: Taylor & Francis.

Hardman, Adrienne E., and David J. Stensel. 2009. Physical Activity and Health: The Evidence Explained. 2nd ed. Abingdon: Routledge.

Huber, M., J. A. Knottnerus, L. Green, H. v. d. Horst, A. R. Jadad, D. Kromhout, B. Leonard, K. Lorig, M. I. Loureiro, J. W. M. v. d. Meer, P. Schnabel, R. Smith, C. v. Weel, and H. Smid. 2011. 'How Should We Define Health?' *BMJ* 343(26 2):d4163-d4163. doi: 10.1136/bmj.d4163.

Lee, Paul H., Duncan J. Macfarlane, TH Lam, and Sunita M. Stewart. 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). doi: 10.1186/1479-5868-8-115.

Marmot, Michael. 2005. 'Social Determinants of Health Inequalities'. *The Lancet* 365(9464):1099-1104. doi: 10.1016/S0140-6736(05)71146-6.

- McArdle, William D., Frank I. Katch, and Victor L. Katch. 2015. *Exercise Physiology: Nutrition, Energy and Human Performance*. Eighth edition. Philadelphia: Wolters Kluwer.
- Michie, Susan, and Marie Johnston. 2012. 'Theories and Techniques of Behaviour Change: Developing a Cumulative Science of Behaviour Change'. *Health Psychology Review* 6(1):1-6. doi: 10.1080/17437199.2012.654964.
- Penney, Dawn, and Mike Jess. 2004. 'Physical Education and Physically Active Lives: A Lifelong Approach to Curriculum Development'. *Sport, Education and Society* 9(2):269-87. doi: 10.1080/1357332042000233985.
- Seligman, Martin E. P. 2013. *Flourish: A Visionary New Understanding of Happiness and Well-Being*. New York: Atria Paperback.
- Silbury, Zoë, Robert Goldsmith, and Alison Rushton. 2015. 'Systematic Review of the Measurement Properties of Self-Report Physical Activity Questionnaires in Healthy Adult Populations: Figure 1'. *BMJ Open* 5(9). doi: 10.1136/bmjopen-2015-008430.
- Tully, Mark A., and Margaret E. Cupples. 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):663-67. doi: 10.1123/jpah.8.5.663.
- Warren, Janet M., Ulf Ekelund, Herve Besson, Alessandro Mezzani, Nickos Geladas, and Luc Vanhees. 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):127-39. doi: 10.1097/HJR.0b013e32832ed875.
- Weinberg, Robert S., and Daniel Gould. 2015a. 'Foundations of Sport and Exercise Psychology'. Pp. 431-38 in *Foundations of sport and exercise psychology*. Champaign, IL: Human Kinetics.
- Weinberg, Robert S., and Daniel Gould. 2015b. *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.