

SP1704 - Physical activity, health and wellbeing

View Online



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

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

Barry, A.-M., & Yuill, C. (2016). Understanding the sociology of health (Fourth edition). SAGE.

Bouchard, C., Blair, S., & Haskell, W. L. (2012). Physical activity and health. In Physical activity and health (2nd ed, pp. 3–21). Human Kinetics.

<https://contentstore.cla.co.uk/secure/link?id=1c03d9b9-d9dd-e911-80cd-005056af4099>

Bouchard, C., Blair, S. N., & Haskell, W. L. (2007). Physical activity and health. Human Kinetics.

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

<https://ebookcentral.proquest.com/lib/brunelu/detail.action?docID=1910222>

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

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

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

Grimshaw, P., Lees, A., Fowler, N., & Burden, A. (2006). Sport and exercise biomechanics. Taylor & Francis.

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

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

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

Huber, M., Knottnerus, J. A., Green, L., Horst, H. v. d., Jadad, A. R., Kromhout, D., Leonard, B., Lorig, K., Loureiro, M. I., Meer, J. W. M. v. d., Schnabel, P., Smith, R., Weel, C. v., & Smid, H. (2011). How should we define health? *BMJ*, 343(26 2), d4163–d4163.

<https://doi.org/10.1136/bmj.d4163>

International Physical Activity Questionnaire. (n.d.).

<https://docs.google.com/viewer?a=v&pid=sites&srcid=ZGVmYXVsdGRvbWFpbm90aGVpcGFxfGd4OjhIMTcxZGJkZmMxYTg1NQ>

Lee, P. H., Macfarlane, D. J., Lam, T., & Stewart, S. M. (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).

<https://doi.org/10.1186/1479-5868-8-115>

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

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

Michie, S., & Johnston, M. (2012). Theories and techniques of behaviour change: Developing a cumulative science of behaviour change. *Health Psychology Review*, 6(1), 1–6. <https://doi.org/10.1080/17437199.2012.654964>

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

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

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

Tully, M. A., & 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), 663–667. <https://doi.org/10.1123/jpah.8.5.663>

Warren, J. M., Ekelund, U., Besson, H., Mezzani, A., Geladas, N., & Vanhees, L. (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), 127–139. <https://doi.org/10.1097/HJR.0b013e32832ed875>

Weinberg, R. S., & Gould, D. (2015a). Foundations of sport and exercise psychology. In *Foundations of sport and exercise psychology* (Sixth edition, pp. 431–438). Human Kinetics. <https://contentstore.cla.co.uk/secure/link?id=0a9830ca-ecdd-e911-80cd-005056af4099>

Weinberg, R. S., & Gould, D. (2015b). *Foundations of sport and exercise psychology* (Sixth edition). Human Kinetics.

World Health Organization & 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. <https://ebookcentral.proquest.com/lib/brunelu/detail.action?docID=361775>