

SP1704 - Physical activity, health and wellbeing

View Online



1

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

2

Bouchard C, Blair S, Haskell WL. Physical activity and health. In: Physical activity and health. Champaign, IL.: : Human Kinetics 2012.
3–21.<https://contentstore.cla.co.uk/secure/link?id=1c03d9b9-d9dd-e911-80cd-005056af4099>

3

Huber M, Knottnerus JA, Green L, et al. How should we define health? *BMJ* 2011;**343**:d4163–d4163. doi:10.1136/bmj.d4163

4

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

5

Hardman AE, Stensel DJ. Physical activity and health: the evidence explained. 2nd ed. Abingdon: : Routledge 2009.
<http://lib.myilibrary.com/browse/open.asp?id=212446&entityid=https://idp.brunel.ac.uk/entity>

6

Michie S, Johnston M. Theories and techniques of behaviour change: Developing a cumulative science of behaviour change. *Health Psychology Review* 2012;**6**:1-6. doi:10.1080/17437199.2012.654964

7

Weinberg RS, Gould D. Foundations of sport and exercise psychology. In: *Foundations of sport and exercise psychology*. Champaign, IL: : Human Kinetics 2015. 431-8. <https://contentstore.cla.co.uk/secure/link?id=0a9830ca-ecdd-e911-80cd-005056af4099>

8

Warren JM, Ekelund U, Besson H, et al. 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* 2010;**17**:127-39. doi:10.1097/HJR.0b013e32832ed875

9

Tully MA, Cupples ME. 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* 2011;**8**:663-7. doi:10.1123/jpah.8.5.663

10

Lee PH, Macfarlane DJ, Lam T, et al. Validity of the international physical activity questionnaire short form (IPAQ-SF): A systematic review. *International Journal of Behavioral Nutrition and Physical Activity* 2011;**8**. doi:10.1186/1479-5868-8-115

11

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

12

Silbury Z, Goldsmith R, Rushton A. Systematic review of the measurement properties of self-report physical activity questionnaires in healthy adult populations: Figure 1. *BMJ Open* 2015;**5**. doi:10.1136/bmjopen-2015-008430

13

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

14

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

15

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

16

Marmot M. Social determinants of health inequalities. *The Lancet* 2005;**365**:1099-104. doi:10.1016/S0140-6736(05)71146-6

17

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*. Geneva: : World Health Organization 2008.

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

18

Armour KM. *Sport pedagogy: an introduction for teaching and coaching*. In: *Sport pedagogy: an introduction for teaching and coaching*. New York: : Routledge 2013.

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

19

Penney D, Jess M. Physical education and physically active lives: a lifelong approach to curriculum development. *Sport, Education and Society* 2004;**9**:269–87.
doi:10.1080/1357332042000233985

20

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

21

Bouchard C, Blair SN, Haskell WL. *Physical activity and health*. Champaign, IL: : Human Kinetics 2007.

22

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

23

Grimshaw P, Lees A, Fowler N, et al. *Sport and exercise biomechanics*. Oxon: : Taylor & Francis 2006.
<http://lib.myilibrary.com/browse/open.asp?id=84795&entityid=https://idp.brunel.ac.uk/entity>