

SP1704 - Physical activity, health and wellbeing

[View Online](#)

Armour, Kathleen M. 2013. 'Sport Pedagogy: An Introduction for Teaching and Coaching'. In Sport Pedagogy: An Introduction for Teaching and Coaching. New York: Routledge.
<http://ebookcentral.proquest.com/lib/brunelu/detail.action?docID=1422336>.

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'. In Physical Activity and Health, 2nd ed, 3-21. Champaign, IL.: Human Kinetics.
<https://contentstore.cla.co.uk/secure/link?id=1c03d9b9-d9dd-e911-80cd-005056af4099>.

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

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

Grimshaw, Paul, Adrian Lees, Neil Fowler, and Adrian Burden. 2006. Sport and Exercise Biomechanics. Oxon: Taylor & Francis.
<http://lib.myilibrary.com/browse/open.asp?id=84795&entityid=https://idp.brunel.ac.uk/entity>.

Hardman, Adrienne E., and David J. Stensel. 2009. Physical Activity and Health: The Evidence Explained. 2nd ed. Abingdon: Routledge.
<http://lib.myilibrary.com/browse/open.asp?id=212446&entityid=https://idp.brunel.ac.uk/entity>.

Huber, M., J. A. Knottnerus, L. Green, H. v. d. Horst, A. R. Jadad, D. Kromhout, B. Leonard, et al. 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=ZGVmYXVsdGRvbWFnbnx0aGVpcGFxfGd4OjhIMTcxZGJkZmMxYTg1NQ>.

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

Marmot, Michael. 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, 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. <https://doi.org/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. <https://doi.org/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). <https://doi.org/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. <https://doi.org/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. <https://doi.org/10.1097/HJR.0b013e32832ed875>.

Weinberg, Robert S., and Daniel Gould. 2015a. 'Foundations of Sport and Exercise Psychology'. In *Foundations of Sport and Exercise Psychology*, Sixth edition, 431–38. Champaign, IL: Human Kinetics. <https://contentstore.cla.co.uk/secure/link?id=0a9830ca-ecdd-e911-80cd-005056af4099>.

———. 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.

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