SP1704 - Physical activity, health and wellbeing



1.

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

2.

Bouchard C, Blair S, Haskell WL. Physical activity and health. Physical activity and health [Internet]. 2nd ed. Champaign, IL.: Human Kinetics; 2012. p. 3–21. Available from: https://contentstore.cla.co.uk/secure/link?id=1c03d9b9-d9dd-e911-80cd-005056af4099

3.

Huber M, Knottnerus JA, Green L, Horst H v. d., Jadad AR, Kromhout D, Leonard B, Lorig K, Loureiro MI, Meer JWM v. d., Schnabel P, Smith R, Weel C v., Smid H. How should we define health? BMJ. 2011 Jul 26;343(26 2):d4163-d4163.

4.

Faulkner GEJ, Taylor AH. Exercise, health, and mental health: emerging relationships [Internet]. London: Routledge; 2005. Available from: 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 [Internet]. 2nd ed. Abingdon: Routledge; 2009. Available from: http://lib.myilibrary.com/browse/open.asp?id=212446&entityid=https://idp.brunel.ac.uk/en

tity

6.

Michie S, Johnston M. Theories and techniques of behaviour change: Developing a cumulative science of behaviour change. Health Psychology Review [Internet]. 2012 Mar;6(1):1–6. Available from:

https://search-ebscohost-com.ezproxy.brunel.ac.uk/login.aspx?direct=true&AuthType=ip,s hib&db=a9h&AN=71708077&site=ehost-live&scope=site&custid=s1123049

7.

Weinberg RS, Gould D. Foundations of sport and exercise psychology. Foundations of sport and exercise psychology [Internet]. Sixth edition. Champaign, IL: Human Kinetics; 2015. p. 431–438. Available from:

https://contentstore.cla.co.uk/secure/link?id=0a9830ca-ecdd-e911-80cd-005056af4099

8.

Warren JM, Ekelund U, Besson H, Mezzani A, Geladas N, Vanhees L. 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 [Internet]. 2010 Apr;17(2):127–139. Available from:

http://eyzin.minedu.gov.gr/wp-content/uploads/Documents/Warren-et-al.-2009.pdf

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 [Internet]. 2011 Jul;8(5):663–667. Available from:

https://web-p-ebscohost-com.ezproxy.brunel.ac.uk/ehost/pdfviewer/pdfviewer?vid=1&sid=bd001220-a2e5-4448-89da-6cc1844e5b61%40redis

10.

Lee PH, Macfarlane DJ, Lam T, Stewart SM. Validity of the international physical activity questionnaire short form (IPAQ-SF): A systematic review. International Journal of Behavioral Nutrition and Physical Activity [Internet]. 2011;8(1). Available from: https://ijbnpa.biomedcentral.com/articles/10.1186/1479-5868-8-115

11.

International Physical Activity Questionnaire [Internet]. Available from: https://docs.google.com/viewer?a=v&pid=sites&srcid=ZGVmYXVsdGRvbWFpbnx0aGVpcGFxfGd4OjhIMTcxZGJkZmMxYTg1NQ

12.

Silsbury 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 [Internet]. 2015 Sep;5(9). Available from: https://bmjopen.bmj.com/content/5/9/e008430

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 AM, Yuill C. Understanding the sociology of health. Fourth edition. Los Angeles: SAGE; 2016.

16.

Marmot M. Social determinants of health inequalities. The Lancet [Internet]. 2005 Mar;365(9464):1099-1104. Available from: https://login.ezproxy.brunel.ac.uk/login?url=https://www.sciencedirect.com/science/article/pii/S0140673605711466

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 [Internet]. Geneva: World Health

Organization; 2008. Available from: https://ebookcentral.proguest.com/lib/brunelu/detail.action?docID=361775

18.

Armour KM. Sport pedagogy: an introduction for teaching and coaching. Sport pedagogy: an introduction for teaching and coaching [Internet]. New York: Routledge; 2013. Available from: 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 Jul;9(2):269–287.

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, Burden A. Sport and exercise biomechanics [Internet]. Oxon: Taylor & Francis; 2006. Available from: http://lib.myilibrary.com/browse/open.asp?id=84795&entityid=https://idp.brunel.ac.uk/entity