## SP1704 - Physical activity, health and wellbeing



1.

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

2.

Bouchard, C., Blair, S. & Haskell, W. L. Physical activity and health. in Physical activity and health 3–21 (Human Kinetics, 2012).

3.

Huber, M. et al. How should we define health? BMJ 343, d4163-d4163 (2011).

4.

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

5.

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

6.

Michie, S. & Johnston, M. Theories and techniques of behaviour change: Developing a cumulative science of behaviour change. Health Psychology Review **6**, 1–6 (2012).

7.

Weinberg, R. S. & Gould, D. Foundations of sport and exercise psychology. in Foundations of sport and exercise psychology 431–438 (Human Kinetics, 2015).

8.

Warren, J. M. 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 17, 127–139 (2010).

9.

Tully, M. A. & Cupples, M. E. 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**, 663–667 (2011).

10.

Lee, P. H., Macfarlane, D. J., Lam, T. & Stewart, S. M. Validity of the international physical activity questionnaire short form (IPAQ-SF): A systematic review. International Journal of Behavioral Nutrition and Physical Activity **8**, (2011).

11.

International Physical Activity Questionnaire.

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  $\bf 5$ , (2015).

13.

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

14.

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

15.

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

16.

Marmot, M. Social determinants of health inequalities. The Lancet 365, 1099-1104 (2005).

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. (World Health Organization, 2008).

18.

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

19.

Penney, D. & Jess, M. Physical education and physically active lives: a lifelong approach to curriculum development. Sport, Education and Society **9**, 269–287 (2004).

20.

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

21.

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

22.

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

23.

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