

# Health and Physical Activity Promotion

Jane Freeman

View Online



---

[1]

Active People Diagnostic:

[http://archive.sportengland.org/research/active\\_people\\_survey/active\\_people\\_diagnostic.aspx](http://archive.sportengland.org/research/active_people_survey/active_people_diagnostic.aspx).

[2]

Adams, J. 2003. Are activity promotion interventions based on the transtheoretical model effective? A critical review. *British Journal of Sports Medicine*. 37, 2 (Apr. 2003), 106–114. DOI:<https://doi.org/10.1136/bjsm.37.2.106>.

[3]

Adams, J. 2003. Are activity promotion interventions based on the transtheoretical model effective? A critical review. *British Journal of Sports Medicine*. 37, 2 (Apr. 2003), 106–114. DOI:<https://doi.org/10.1136/bjsm.37.2.106>.

[4]

Association for Physical Education 2008. Health position paper: Physical education's contribution to public health. *Physical Education Matters*. 3, (2008).

[5]

Behaviour change: the principles for effective interventions: 2007. <http://www.nice.org.uk/guidance/ph006>.

[6]

Biddle, S. et al. 2015. Psychology of physical activity: determinants, well-being and interventions. Routledge Taylor & Francis Group.

[7]

Bouchard, C. et al. 2012. Chapter 2 [in] Physical activity and health. Physical activity and health. Human Kinetics.

[8]

Bouchard, C. et al. 2012. Physical activity and health. Human Kinetics.

[9]

Brown, D.R. et al. 2010. Promoting physical activity: a guide for community action. Human Kinetics.

[10]

Cale, L. 1997. Physical activity promotion in schools: Beyond the curriculum. Pedagogy in Practice. 3, (1997), 56–68.

[11]

Cale, L. 2000. Physical Activity Promotion in Secondary Schools. European Physical Education Review. 6, 1 (Feb. 2000), 71–90.  
DOI:<https://doi.org/10.1177/1356336X000061006>.

[12]

Cale, L. and Harris, J. 2005. Exercise and young people: issues, implications and initiatives. Palgrave Macmillan.

[13]

Cale, L. and Harris, J. 2006. Interventions to promote young people's physical activity: Issues, implications and recommendations for practice. Health Education Journal. 65, 4 (Dec. 2006), 320–337. DOI:<https://doi.org/10.1177/0017896906069370>.

[14]

Cale, L. and Harris, J. 2006. School-based physical activity interventions: effectiveness, trends, issues, implications and recommendations for practice. *Sport, Education and Society*. 11, 4 (2006), 401–420. DOI:<https://doi.org/10.1080/13573320600924890>.

[15]

Cavill, N. et al. 2001. Health Enhancing Physical Activity for Young People: Statement of the United Kingdom Expert Consensus Conference. *Pediatric Exercise Science* Feb. 13, 1 (2001).

[16]

Centers for Disease Control and Prevention 1997. Guidelines for school and community programs to promote lifelong physical activity among young people. *Morbidity and Mortality Weekly Report*. 46, RR-6 (1997), 1–36.

[17]

Centers for Disease Control and Prevention Promoting better health for young people through physical activity and sports: A report to the president from the secretary of health and human services and the secretary of education.

[18]

Chappel, D. and Bailey, K. 2006. The health impact of the 2012 games: A screening health impact assessment of the north east's draft vision for the London Olympic games and Paralympic games 2012. (2006).

[19]

Chappel, D. and Bailey, K. 2006. The health impact of the 2012 games: A screening health impact assessment of the north east's draft vision for the London Olympic games and Paralympic games 2012. (2006).

[20]

Corbin, C. et al. 1994. Towards an understanding of appropriate physical activity levels for youth. Physical Activity and Fitness Research Digest, Series 1.

[21]

Cross-Government Obesity Unit, Department of Health (DoH)., & Department of Children, Schools and Families (DCSF) 2008. Healthy weight, healthy lives: A cross-government strategy for England.

[22]

Dale, D. et al. 2000. Restricting Opportunities to Be Active during School Time: Do Children Compensate by Increasing Physical Activity Levels after School? Research Quarterly for Exercise and Sport. 71, 3 (2000), 240–248.  
DOI:<https://doi.org/10.1080/02701367.2000.10608904>.

[23]

Department of Health 2009 annual report of the chief medical officer.

[24]

Department of Health 2009. Active Celebration: Using the London 2012 Games to get the Nation Moving.

[25]

Department of Health 2004. At least five a week: Evidence on the impact of physical activity and its relationship to health – A report from the Chief Medical Officer.

[26]

Department of Health 2009. Be active be healthy: A plan for getting the nation moving.

[27]

Department of Health 2009. Be active be healthy: A plan for getting the nation moving.

[28]

Department of Health 2011. Chapters 1 and 2 [in] Start active, stay active: A report on physical activity from the four home countries' chief medical officers. Start active, stay active: A report on physical activity from the four home countries' chief medical officers.

[29]

Department of Health 2004. Chapters 2 and 3 [in] At least five a week: Evidence on the impact of physical activity and its relationship to health – A report from the Chief Medical Officer. At least five a week: Evidence on the impact of physical activity and its relationship to health – A report from the Chief Medical Officer.

[30]

Department of Health 2010. Equity and excellence: Liberating the NHS.

[31]

Department of Health 2011. Start active, stay active: A report on physical activity from the four home countries' chief medical officers.

[32]

Department of Health 2011. The public health responsibility deal.

[33]

Department of Health 2011. The public health responsibility deal.

[34]

Dishman, R.K. 1994. Chapter "The transtheoretical model: Applications to exercise - Prochaska, J. O., & Markus, B. H. " in Advances in exercise adherence. Advances in exercise adherence. Human Kinetics.

[35]

East of England Public Health Observatory: <http://www.erpho.org.uk/>.

[36]

Fairclough, S. et al. 2002. The Contribution of Secondary School Physical Education to Lifetime Physical Activity. *European Physical Education Review*. 8, 1 (Feb. 2002), 69–84. DOI:<https://doi.org/10.1177/1356336X020081005>.

[37]

Fox, K.R. et al. 2004. The School and Promotion of Children's Health-Enhancing Physical Activity: Perspectives from the United Kingdom. *Journal of Teaching in Physical Education* Oct. 23, 4 (2004).

[38]

Green, J. et al. 2019. *Health promotion: planning and strategies*. SAGE.

[39]

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

[40]

Hardman, K. and Green, K. 2005. Chapter 4: "Physical activity, physical fitness, health and young people - Winsley, R., & Armstrong, N. " in *Physical education: essential issues*. Physical education: essential issues. Sage.

[41]

Harris, J. and Cale, L. 1997. How healthy is school PE? A review of the effectiveness of health-related physical education programmes in schools. *Health Education Journal*. 56, 1 (Jan. 1997), 84–104. DOI:<https://doi.org/10.1177/001789699705600109>.

[42]

Health Education Authority *Young and active? Policy framework for young people and*

health-enhancing physical activity.

[43]

Healthy People 2020: 2012. <http://health.gov/our-work/healthy-people/>.

[44]

Heart statistics - Research - British Heart Foundation:  
<https://www.bhf.org.uk/research/heart-statistics>.

[45]

Holt, N.L. et al. 2011. Lifelong engagement in sport and physical activity: participation and performance across the lifespan. Routledge.

[46]

Jackson, A.W. 2004. Physical activity for health and fitness. Human Kinetics.

[47]

Laventure, B. 2000. 'Physical education and the challenge of public health' in: The British journal of teaching physical education. The British journal of teaching physical education. 31, (2000), 6-8.

[48]

Market segmentation: [http://archive.sportengland.org/research/market\\_segmentation.aspx](http://archive.sportengland.org/research/market_segmentation.aspx).

[49]

Marmot, M. 2010. Fair society, health lives: The Marmot Review. Fair society, health lives the marmot review.

[50]

Marmot, M. 2010. Fair society, health lives: The Marmot Review. Fair society, health lives the marmot review.

[51]

Marshall, S.J. and Biddle, S.J.H. 2001. The transtheoretical model of behavior change: a meta-analysis of applications to physical activity and exercise. *Annals of Behavioral Medicine*. 23, 4 (Nov. 2001), 229–246. DOI:[https://doi.org/10.1207/S15324796ABM2304\\_2](https://doi.org/10.1207/S15324796ABM2304_2).

[52]

McElroy, M. 2002. Prevention and the health care system [in] *Resistance to exercise: a social analysis of inactivity*. Resistance to exercise: a social analysis of inactivity. Human Kinetics.

[53]

McElroy, M. 2002. Resistance to exercise: a social analysis of inactivity. Human Kinetics.

[54]

McKenna, J. and Riddoch, C. 2003. Perspectives on health and exercise. Palgrave Macmillan.

[55]

McKenzie, T.L. et al. 2009. Beyond the Stucco Tower: Design, Development, and Dissemination of the SPARK Physical Education Programs. *Quest*. 61, 1 (2009).

[56]

McKenzie, T.L. 2003. Health-related Physical Education: Physical Activity, Fitness and Wellness [in] *Student learning in physical education: applying research to enhance instruction*. Student learning in physical education: applying research to enhance instruction. Human Kinetics.



[57]

Merchant, J. et al. 2007. Health promotion and healthy lifestyles: Motivating individuals to become physically active [in] Sport and physical activity: the role of health promotion. Sport and physical activity: the role of health promotion. Palgrave Macmillan.

[58]

Merchant, J. et al. 2007. Sport and physical activity: the role of health promotion. Palgrave Macmillan.

[59]

Murray, M. and Jarrett, L. 1985. Young people's perception of health, illness and smoking. Health Education Journal. 44, 1 (1985), 18-22.  
DOI:<https://doi.org/10.1177/001789698504400105>.

[60]

O'sullivan, M. 2004. Possibilities and Pitfalls of a Public Health Agenda for Physical Education. Journal of Teaching in Physical Education Oct. 23, 4 (2004).

[61]

Physical Education Association of the United Kingdom. and Fairclough, S. 2002. Promoting lifetime physical activity through physical education: Are we providing the right opportunities? The British journal of teaching physical education. 33, (2002).

[62]

Rahl, R.L. 2010. Physical activity and health guidelines: recommendations for various ages, fitness levels, and conditions from 57 authoritative sources. Human Kinetics.

[63]

Riddoch, C.J. and Boreham, C.A.G. 1995. The health-related physical activity of children. 19, (1995), 86-102.

[64]

Sallis, J.F. 2008. Ecological models of health behavior [in] Health behavior and health education: theory, research, and practice. Health behavior and health education: theory, research, and practice. Jossey-Bass.

[65]

Sallis, J.F. and McKenzie, T.L. 1991. Physical education's role in public health. Research Quarterly for Exercise and Sport. 62, (1991), 124-137.

[66]

Sallis, J.F. and Owen, N. 1999. Physical activity & behavioral medicine. Sage.

[67]

Scottish Executive 2003. Let's make Scotland more active: A strategy for physical activity. Physical activity task force.

[68]

Scriven, A. and Ewles, L. 2010. Promoting health: a practical guide. Baillière Tindall.

[69]

Smith, A.L. and Biddle, S. 2008. Youth physical activity and sedentary behavior: challenges and solutions. Human Kinetics.

[70]

Soos, I. et al. 2007. Health promotion and healthy lifestyles: Motivating individuals to become physically active [in] Sport and physical activity: the role of health promotion. Sport and physical activity: the role of health promotion. Palgrave Macmillan.

[71]

Standard Evaluation Framework for physical activity interventions:  
[https://www.noo.org.uk/core/frameworks/SEF\\_PA](https://www.noo.org.uk/core/frameworks/SEF_PA).

[72]

Tackling Physical Inactivity - A Coordinated Approach - All Party Commission on Physical Activity: 2014. <https://www.noo.org.uk/news.php?nid=2594>.

[73]

The British Heart Foundation National Centre for Physical Activity and Health 2009. How to engage inactive communities in physical activity: Top tips from the BHFNC 8th annual conference.

[74]

The British Psychological Society & The Royal College of Psychiatrists 2010. Depression: The NICE guideline on the treatment and management of depression in adults.

[75]

The NHS Information Centre for Health and Social Care 2008. Health survey for England 2007: Volume 1 - healthy lifestyles: knowledge, attitudes and behaviour.

[76]

The NHS The NHS Information Centre for Health and Social Care 2012. Health survey for England.

[77]

The Ottawa Charter for Health Promotion: 2012.  
<http://www.who.int/healthpromotion/conferences/previous/ottawa/en/>.

[78]

Twisk, J.W.R. 2001. Physical Activity Guidelines for Children and Adolescents: A Critical Review. Sports Medicine Jun. 31, 8 (2001).

[79]

Welsman, J. and Armstrong, N. 2000. Physical activity patterns in secondary school children. *European Physical Education Review*. 5, (2000), 147–157.

[80]

2014. Everybody active, every day: a framework to embed physical activity into daily life. Public Health England.

[81]

2014. Health Survey for England.