

# Health, Wellbeing and Physical Activity Promotion

[View Online](#)

---

[1]

Active Design - Sport England:

<https://www.sportengland.org/how-we-can-help/facilities-and-planning/design-and-cost-guidance/active-design>.

[2]

Active Lives: Children and Young People - Sport England:

<https://www.sportengland.org/research/active-lives-children-and-young-people/>.

[3]

Active Lives Survey | Sport England:

<https://www.sportengland.org/research/active-lives-survey/>.

[4]

Active People Interactive Diagnostic Tool: <http://activepeople.sportengland.org/>.

[5]

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>.

[6]

Association for Physical Education 2008. Health position paper: Physical education's

contribution to public health. *Physical Education Matters*. 3, (2008).

[7]

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

[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]

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

[19]

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>.

[20]

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.

[21]

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.

[22]

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

[23]

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.

[24]

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>.

[25]

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).

[26]

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

[27]

Hanson, S. and Jones, A. 2017. Missed opportunities in the evaluation of public health interventions: a case study of physical activity programmes. BMC Public Health. 17, 1 (Dec. 2017). DOI:<https://doi.org/10.1186/s12889-017-4683-z>.

[28]

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

[29]

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.

[30]

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>.

[31]

Health Education Authority Young and active? Policy framework for young people and health-enhancing physical activity.

[32]

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

[33]

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

[34]

Hesketh, K.R. et al. 2015. UK Preschool-aged children's physical activity levels in childcare

and at home: a cross-sectional exploration. *International Journal of Behavioral Nutrition and Physical Activity*. 12, 1 (Dec. 2015). DOI:<https://doi.org/10.1186/s12966-015-0286-1>.

[35]

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

[36]

Istvan Soos et al. 2007. Chapter 8 - Health promotion and healthy lifestyles: motivating individuals to become physically active. *Sport and physical activity: the role of health promotion*. Palgrave Macmillan.

[37]

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

[38]

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.

[39]

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

[40]

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).

[41]

Masterman, G. 2014. Strategic sports event management. Routledge.

[42]

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

[43]

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

[44]

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.

[45]

Merchant, J. et al. 2007. Chapter 3 [in] Sport and physical activity: the role of health promotion. Sport and physical activity: the role of health promotion. Palgrave Macmillan.

[46]

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

[47]

Milton, K. et al. 2018. Intersectoral partnership: a potential legacy success of the London 2012 Olympic and Paralympic Games. International Journal of Sport Policy and Politics. (Oct. 2018), 1–6. DOI:<https://doi.org/10.1080/19406940.2018.1522659>.

[48]

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>.

[49]

Nelson's Journey | Child Bereavement Help for Norfolk |: <http://www.nelsonsjourney.org.uk/>  
.

[50]

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).

[51]

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).

[52]

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

[53]

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

[54]

Rowe, N.F. 2009. The Active People Survey: a catalyst for transforming evidence-based sport policy in England. *International Journal of Sport Policy and Politics*. 1, 1 (Mar. 2009), 89–98. DOI:<https://doi.org/10.1080/19406940802681244>.

[55]



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.

[56]

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.

[57]

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

[58]

Sasidharan, Vinod<sup>1</sup>Payne, Laura<sup>2</sup>Orsega-Smith, Elizabeth<sup>3</sup>Godbey, Geoffrey<sup>4</sup> 2006. Older adults' physical activity participation and perceptions of wellbeing: Examining the role of social support for leisure. Managing Leisure. 11, Issue 3, p164-185. 22p. 1 Diagram (2006), 164–185. DOI:<https://doi.org/10.1080/13606710600715242>.

[59]

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

[60]

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

[61]

Shediac-Rizkallah, M.C. and Bone, L.R. 1998. Planning for the sustainability of community-based health programs: conceptual frameworks and future directions for research, practice and policy. Health Education Research. 13, 1 (Mar. 1998), 87–108. DOI:<https://doi.org/10.1093/her/13.1.87>.

[62]

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

[63]

Taylor, P.D. et al. 2012. Determinants of sports volunteering and sports volunteer time in England. International Journal of Sport Policy and Politics. 4, 2 (Jul. 2012), 201–220. DOI:<https://doi.org/10.1080/19406940.2012.656679>.

[64]

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

[65]

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

[66]

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

[67]

Vanderloo, L.M. et al. 2015. Environmental Influences on Preschoolers' Physical Activity Levels in Various Early-Learning Facilities. Research Quarterly for Exercise and Sport. 86, 4 (Oct. 2015), 360–370. DOI:<https://doi.org/10.1080/02701367.2015.1053105>.

[68]

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

[69]

Department of Health and Social Care - YouTube.

[70]

2014. Health Survey for England.

[71]

6AD. Nelson's Journey: Blue Peter at Hilltop - Kyle and Jordan's story.

[72]

Sport England - YouTube.

[73]

Sport England: Towards an Active Nation.

[74]

Sport England: Volunteering in an Active Nation.

[75]

Sport England Youth Insight Pack Under the Skin.