Health, Wellbeing and Physical Activity Promotion



Active Design - Sport England. (n.d.).

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

Active Lives: Children and Young People - Sport England. (n.d.). https://www.sportengland.org/research/active-lives-children-and-young-people/

Active Lives Survey | Sport England. (n.d.). https://www.sportengland.org/research/active-lives-survey/

Active People Interactive Diagnostic Tool. (n.d.). http://activepeople.sportengland.org/

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

Association for Physical Education. (2008). Health position paper: Physical education's contribution to public health. Physical Education Matters, 3. http://www.afpe.org.uk/membership-services/member-journals/online-archive-of-pe-matter s-a-primary-pe-matters

Biddle, S., Mutrie, N., & Gorely, T. (2015). Psychology of physical activity: determinants, well-being and interventions (Third edition). Routledge Taylor & Francis Group. https://ebookcentral.proquest.com/lib/uea/detail.action?docID=1975219

Bouchard, C., Blair, S. N., & Haskell, W. L. (2012). Physical activity and health (2nd ed). Human Kinetics.

Brown, D. R., Heath, G., Martin, S. L., Centers for Disease Control and Prevention (U.S.), & National Center for Chronic Disease Prevention and Health Promotion (U.S.). (2010). Promoting physical activity: a guide for community action (2nd ed). Human Kinetics. https://ebookcentral.proguest.com/lib/uea/detail.action?docID=3011776

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

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

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

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

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

Cavill, N., Sallis, J. F., & Biddle, S. (2001). Health Enhancing Physical Activity for Young People: Statement of the United Kingdom Expert Consensus Conference. Pediatric Exercise Science Feb, 13(1).

http://search.ebscohost.com/login.aspx?direct=true&db=s3h&AN=6166105&authtype=sso&custid=s8993828&site=ehost-live

Centers for Disease Control and Prevention. (n.d.-a). 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. https://www2.ed.gov/offices/OSDFS/physedrpt.pdf

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), 1–36. http://stacks.cdc.gov/view/cdc/12166

Corbin, C., Pangrazi, P., & Welk, J. (1994). Towards an understanding of appropriate physical activity levels for youth. In Physical Activity and Fitness Research Digest, Series 1. http://permanent.access.gpo.gov/lps21117/toward.pdf

Dale, D., Corbin, C. B., & Dale, K. S. (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), 240–248. https://doi.org/10.1080/02701367.2000.10608904

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. http://webarchive.nationalarchives.gov.uk/20130107105354/http://www.dh.gov.uk/prod_consum_dh/groups/dh_digitalassets/@dh/@en/documents/digitalasset/dh_4080981.pdf

Department of Health. (2010a). Equity and excellence: Liberating the NHS. https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/213823/dh_117794.pdf

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. In Start active, stay active: A report on physical activity from the four home countries' chief medical officers. https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/216370/dh_128210.pdf

Department of Health and Social Care - YouTube. (n.d.). https://www.youtube.com/user/departmentofhealth

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

exercise adherence. Human Kinetics.

Fairclough, S., Stratton, G., & Baldwin, G. (2002). The Contribution of Secondary School Physical Education to Lifetime Physical Activity. European Physical Education Review, 8(1), 69–84. https://doi.org/10.1177/1356336X020081005

Fox, K. R., McKenna, J., & Cooper, A. (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).

http://search.ebscohost.com/login.aspx?direct=true&db=s3h&AN=14961325&authtype=s so&custid=s8993828&site=ehost-live

Green, J., Cross, R., Woodall, J., & Tones, K. (2019). Health promotion: planning and strategies (4th edition). SAGE. https://app.talis.com/textbooks/9781526471000

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

Hardman, A. E., & Stensel, D. J. (2009). Physical activity and health: the evidence explained (2nd ed). Routledge. https://uea.on.worldcat.org/v2/oclc/289095912

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

http://lib.myilibrary.com/browse/open.asp?id=36888&entityid=https://login.uea.ac.uk/entit v

Harris, J., & 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), 84–104. https://doi.org/10.1177/001789699705600109

Health Education Authority. (n.d.-b). Young and active? Policy framework for young people and health-enhancing physical activity.

http://www.nice.org.uk/proxy/?sourceUrl=http%3A%2F%2Fwww.nice.org.uk%2Fnicemedia%2Fdocuments%2Fyoungandactive.pdf

Health Survey for England. (2014). http://www.hscic.gov.uk/catalogue/PUB19295

Heart statistics - Research - British Heart Foundation. (n.d.). https://www.bhf.org.uk/research/heart-statistics

Hesketh, K. R., Griffin, S. J., & van Sluijs, E. M. F. (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). https://doi.org/10.1186/s12966-015-0286-1

Holt, N. L., Talbot, M., & International Council of Sport Science and Physical Education. (2011). Lifelong engagement in sport and physical activity: participation and performance across the lifespan: Vol. Perspectives: the multidisciplinary series of physical education and sport science. Routledge.

https://ebookcentral.proguest.com/lib/uea/detail.action?docID=728286y

Istvan Soos, Jarmo Liukkonen, & Rex W. Thomson. (2007). Chapter 8 - Health promotion and healthy lifestyles: motivating individuals to become physically active. In Sport and physical activity: the role of health promotion. Palgrave Macmillan.

https://ebookcentral.proquest.com/lib/uea/reader.action?docID=4763437&ppg=126 Jackson, A. W. (2004). Physical activity for health and fitness (Updated ed). Human Kinetics.

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, 6–8.

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

http://www.instituteofhealthequity.org/projects/fair-society-healthy-lives-the-marmot-review

Marshall, S. J., & 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), 229–246. https://doi.org/10.1207/S15324796ABM2304_2

Masterman, G. (2014). Strategic sports event management (Third edition). Routledge. https://uea.idm.oclc.org/login?url=https://www.taylorfrancis.com/books/e/9780203114674

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

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

McKenzie, T. L. (2003). Health-related Physical Education: Physical Activity, Fitness and Wellness [in] Student learning in physical education: applying research to enhance instruction. In Student learning in physical education: applying research to enhance instruction (2nd ed). Human Kinetics.

Merchant, J., Griffin, B. L., & Charnock, A. (2007a). Chapter 3 [in] Sport and physical activity: the role of health promotion. In Sport and physical activity: the role of health promotion. Palgrave Macmillan.

https://search.ebscohost.com/login.aspx?direct=true&db=cat07845a&AN=uea.855727041&authtype=sso&custid=s8993828&site=eds-live&scope=site=eds-live&

Merchant, J., Griffin, B. L., & Charnock, A. (2007b). Sport and physical activity: the role of health promotion. Palgrave Macmillan.

https://search.ebscohost.com/login.aspx?direct=true&db=cat07845a&AN=uea.855727041&authtype=sso&custid=s8993828&site=eds-live&scope=site=eds-live&custid=s8993828&site=eds-live&scope=sit

Milton, K., Cavill, N., & Bauman, A. (2018). Intersectoral partnership: a potential legacy success of the London 2012 Olympic and Paralympic Games. International Journal of Sport Policy and Politics, 1–6. https://doi.org/10.1080/19406940.2018.1522659

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

Nelson's Journey | Child Bereavement Help for Norfolk |. (n.d.). http://www.nelsonsjourney.org.uk/

Nelson's Journey: Blue Peter at Hilltop - Kyle and Jordan's story. (6 C.E.). https://www.youtube.com/watch?v=uyZiWPMEwvE

Office of Disease Prevention and Health Promotion. (2012a). Healthy People 2020. http://health.gov/our-work/healthy-people/

O'sullivan, M. (2004). Possibilities and Pitfalls of a Public Health Agenda for Physical Education. Journal of Teaching in Physical Education Oct, 23(4). http://search.ebscohost.com/login.aspx?direct=true&db=s3h&AN=14961495&authtype=s so&custid=s8993828&site=ehost-live

Physical Education Association of the United Kingdom., & Fairclough, S. (2002). Promoting lifetime physical activity through physical education: Are we providing the right opportunities? The British Journal of Teaching Physical Education., 33. http://search.ebscohost.com/login.aspx?direct=true&db=cat01883a&AN=uea.001155823 &authtype=sso&custid=s8993828&site=ehost-live

Rahl, R. L. (2010). Physical activity and health guidelines: recommendations for various ages, fitness levels, and conditions from 57 authoritative sources. Human Kinetics. https://ebookcentral.proquest.com/lib/uea/detail.action?docID=3011832

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

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), 89–98. https://doi.org/10.1080/19406940802681244

Sallis, J. F. (2008). Ecological models of health behavior [in] Health behavior and health education: theory, research, and practice. In Health behavior and health education: theory, research, and practice (4th ed). Jossey-Bass.

 $http://www.uea.eblib.com/EBLWeb/patron?target=patron\& extended id=P_353367_0\&$

Sallis, J. F., & McKenzie, T. L. (1991). Physical education's role in public health. Research Quarterly for Exercise and Sport, 62, 124–137. http://www.ncbi.nlm.nih.gov/pubmed/1925034

Sallis, J. F., & Owen, N. (1999). Physical activity & behavioral medicine: Vol. Behavioral medicine and health psychology series. Sage.

https://search-ebscohost-com.uea.idm.oclc.org/login.aspx?direct=true&db=nlebk&AN=474089&site=eds-live&scope=site

Sasidharan, Vinod1Payne, Laura2Orsega-Smith, Elizabeth3Godbey, Geoffrey4. (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),

164-185. https://doi.org/10.1080/13606710600715242

Scottish Executive. (2003). Let's make Scotland more active: A strategy for physical activity. Physical activity task force. http://www.gov.scot/resource/doc/47032/0017726.pdf

Scriven, A., & Ewles, L. (2010). Promoting health: a practical guide (6th ed). Baillière Tindall. http://uea.eblib.com/patron/FullRecord.aspx?p=1722021

Shediac-Rizkallah, M. C., & 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), 87–108. https://doi.org/10.1093/her/13.1.87

Smith, A. L., & Biddle, S. (2008). Youth physical activity and sedentary behavior: challenges and solutions. Human Kinetics. https://ebookcentral.proguest.com/lib/UEA/detail.action?docID=3011908

Sport England - YouTube. (n.d.). https://www.youtube.com/user/SportEnglandFilm

Sport England: Towards an Active Nation. (n.d.).

https://www.sportengland.org/media/10629/sport-england-towards-an-active-nation.pdf

Sport England: Volunteering in an Active Nation. (n.d.).

https://www.sportengland.org/media/11323/volunteering-in-an-active-nation-final.pdf

Sport England Youth Insight Pack Under the Skin. (n.d.).

https://www.sportengland.org/media/10112/youth-insight_under-the-skin.pdf

Taylor, P. D., Panagouleas, T., & Nichols, G. (2012). Determinants of sports volunteering and sports volunteer time in England. International Journal of Sport Policy and Politics, 4 (2), 201–220. https://doi.org/10.1080/19406940.2012.656679

The British Psychological Society & The Royal College of Psychiatrists. (2010b). Depression: The NICE guideline on the treatment and management of depression in adults. http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0016605/pdf/TOC.pdf

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

http://search.ebscohost.com/login.aspx?direct=true&db=s3h&AN=4745482&authtype=sso&custid=s8993828&site=ehost-live

Vanderloo, L. M., Tucker, P., Johnson, A. M., Burke, S. M., & Irwin, J. D. (2015). Environmental Influences on Preschoolers' Physical Activity Levels in Various Early-Learning Facilities. Research Quarterly for Exercise and Sport, 86(4), 360–370. https://doi.org/10.1080/02701367.2015.1053105

Welsman, J., & Armstrong, N. (2000). Physical activity patterns in secondary school children. European Physical Education Review, 5, 147–157. http://www.tandfonline.com/doi/pdf/10.1080/1740898000050203

World Health organization. (2012b). The Ottawa Charter for Health Promotion.

http://www.who.int/healthpromotion/conferences/previous/ottawa/en/