

Health, Wellbeing and Physical Activity Promotion

[View Online](#)

-
- Active Design - Sport England (no date). Available at:
<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 (no date). Available at:
<https://www.sportengland.org/research/active-lives-children-and-young-people/>.
- Active Lives Survey | Sport England (no date). Available at:
<https://www.sportengland.org/research/active-lives-survey/>.
- Active People Interactive Diagnostic Tool (no date). Available at:
<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), pp. 106–114.
Available at: <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. Available at:
<http://www.afpe.org.uk/membership-services/member-journals/online-archive-of-pe-matters-a-primary-pe-matters>.
- Biddle, S., Mutrie, N. and Gorely, T. (2015) *Psychology of physical activity: determinants, well-being and interventions*. Third edition. London: Routledge Taylor & Francis Group.
Available at: <https://ebookcentral.proquest.com/lib/uea/detail.action?docID=1975219>.
- Bouchard, C., Blair, S.N. and Haskell, W.L. (2012) *Physical activity and health*. 2nd ed. Champaign, IL: Human Kinetics.
- Brown, D.R. et al. (2010) *Promoting physical activity: a guide for community action*. 2nd ed. Champaign, IL: Human Kinetics. Available at:
<https://ebookcentral.proquest.com/lib/uea/detail.action?docID=3011776>.
- Cale, L. (1997) 'Physical activity promotion in schools: Beyond the curriculum', *Pedagogy in Practice*, 3, pp. 56–68.
- Cale, L. (2000) 'Physical Activity Promotion in Secondary Schools', *European Physical Education Review*, 6(1), pp. 71–90. Available at:
<https://doi.org/10.1177/1356336X000061006>.
- Cale, L. and Harris, J. (2005) *Exercise and young people: issues, implications and initiatives*

. Basingstoke: Palgrave Macmillan.

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), pp. 320–337. Available at: <https://doi.org/10.1177/0017896906069370>.

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

Cavill, N., Sallis, J.F. and Biddle, S. (2001) 'Health Enhancing Physical Activity for Young People: Statement of the United Kingdom Expert Consensus Conference.', *Pediatric Exercise Science* Feb, 13(1). Available at: <http://search.ebscohost.com/login.aspx?direct=true&db=s3h&AN=6166105&authtype=ss&custid=s8993828&site=ehost-live>.

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), pp. 1–36. Available at: <http://stacks.cdc.gov/view/cdc/12166>.

Centers for Disease Control and Prevention (no date) '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'. Available at: <https://www2.ed.gov/offices/OSDFS/physedrpt.pdf>.

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

Dale, D., Corbin, C.B. and 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), pp. 240–248. Available at: <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'. Available at: 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 (2010) 'Equity and excellence: Liberating the NHS'. Available at: 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*. Available at: https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/216370/dh_128210.pdf.

'Department of Health and Social Care - YouTube' (no date). Available at: <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. Champaign, IL: Human Kinetics.

Fairclough, S., Stratton, G. and Baldwin, G. (2002) 'The Contribution of Secondary School Physical Education to Lifetime Physical Activity', *European Physical Education Review*, 8(1), pp. 69–84. Available at: <https://doi.org/10.1177/1356336X020081005>.

Fox, K.R., McKenna, J. and 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). Available at: <http://search.ebscohost.com/login.aspx?direct=true&db=s3h&AN=14961325&authtype=sso&custid=s8993828&site=ehost-live>.

Green, J. et al. (2019) *Health promotion: planning and strategies*. 4th edition. Los Angeles: SAGE. Available at: <https://app.talis.com/textbooks/9781526471000>.

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). Available at: <https://doi.org/10.1186/s12889-017-4683-z>.

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

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*', in *Physical education: essential issues*. London: Sage. Available at: <http://lib.myilibrary.com/browse/open.asp?id=36888&entityid=https://login.uea.ac.uk/entity>.

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), pp. 84–104. Available at: <https://doi.org/10.1177/001789699705600109>.

Health Education Authority (no date) 'Young and active? Policy framework for young people and health-enhancing physical activity'. Available at: <http://www.nice.org.uk/proxy/?sourceUrl=http%3A%2F%2Fwww.nice.org.uk%2Fnicemedia%2Fdocuments%2Fyoungandactive.pdf>.

'Health Survey for England' (2014). Available at: <http://www.hscic.gov.uk/catalogue/PUB19295>.

Heart statistics - Research - British Heart Foundation (no date). Available at: <https://www.bhf.org.uk/research/heart-statistics>.

Hesketh, K.R., Griffin, S.J. and 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). Available at:

<https://doi.org/10.1186/s12966-015-0286-1>.

Holt, N.L., Talbot, M., and International Council of Sport Science and Physical Education (2011) Lifelong engagement in sport and physical activity: participation and performance across the lifespan. Abingdon: Routledge. Available at: <https://ebookcentral.proquest.com/lib/uea/detail.action?docID=728286y>.

Istvan Soos, Jarmo Liukkonen, and 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. Basingstoke [England]: Palgrave Macmillan. Available at: <https://ebookcentral.proquest.com/lib/uea/reader.action?docID=4763437&ppg=126>.

Jackson, A.W. (2004) Physical activity for health and fitness. Updated ed. Champaign, IL: 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, pp. 6-8.

Marmot, M. (2010) 'Fair society, health lives: The Marmot Review', Fair society, health lives the marmot review. Available at: <http://www.instituteofhealthequity.org/projects/fair-society-healthy-lives-the-marmot-review>.

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), pp. 229-246. Available at: https://doi.org/10.1207/S15324796ABM2304_2.

Masterman, G. (2014) Strategic sports event management. Third edition. London: Routledge. Available at: <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. Champaign, Ill: Human Kinetics.

McKenna, J. and Riddoch, C. (2003) Perspectives on health and exercise. Basingstoke: 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. Champaign, Ill: Human Kinetics.

Merchant, J., Griffin, B.L. and 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. Basingstoke: Palgrave Macmillan. Available at: <https://search.ebscohost.com/login.aspx?direct=true&db=cat07845a&AN=uea.855727041&authtype=sso&custid=s8993828&site=eds-live&scope=sit>

e.

Merchant, J., Griffin, B.L. and Charnock, A. (2007b) Sport and physical activity: the role of health promotion. Basingstoke: Palgrave Macmillan. Available at: <https://search.ebscohost.com/login.aspx?direct=true&db=cat07845a&AN=uea.855727041&authtype=sso&custid=s8993828&site=eds-live&scope=sit> e.

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

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

Nelson's Journey | Child Bereavement Help for Norfolk | (no date). Available at: <http://www.nelsonsjourney.org.uk/>.

'Nelson's Journey: Blue Peter at Hilltop - Kyle and Jordan's story' (6AD). Available at: <https://www.youtube.com/watch?v=uyZiWPMewvE>.

Office of Disease Prevention and Health Promotion (2012) *Healthy People 2020*. Available at: <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). Available at: <http://search.ebscohost.com/login.aspx?direct=true&db=s3h&AN=14961495&authtype=sso&custid=s8993828&site=ehost-live>.

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. Available at: <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*. Champaign, IL: Human Kinetics. Available at: <https://ebookcentral.proquest.com/lib/uea/detail.action?docID=3011832>.

Riddoch, C.J. and Boreham, C.A.G. (1995) 'The health-related physical activity of children', 19, pp. 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), pp. 89–98. Available at: <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. San Francisco, CA: Jossey-Bass. Available at:

http://www.uea.eblib.com/EBLWeb/patron?target=patron&extendedid=P_353367_0&

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

Sallis, J.F. and Owen, N. (1999) *Physical activity & behavioral medicine*. Thousand Oaks, Calif: Sage. Available at: <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), pp. 164-185. Available at: <https://doi.org/10.1080/13606710600715242>.

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

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

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), pp. 87-108. Available at: <https://doi.org/10.1093/her/13.1.87>.

Smith, A.L. and Biddle, S. (2008) *Youth physical activity and sedentary behavior: challenges and solutions*. Champaign, Ill: Human Kinetics. Available at: <https://ebookcentral.proquest.com/lib/UEA/detail.action?docID=3011908>.

'Sport England - YouTube' (no date). Available at: <https://www.youtube.com/user/SportEnglandFilm>.

'Sport England: Towards an Active Nation' (no date). Available at: <https://www.sportengland.org/media/10629/sport-england-towards-an-active-nation.pdf>.

'Sport England: Volunteering in an Active Nation' (no date). Available at: <https://www.sportengland.org/media/11323/volunteering-in-an-active-nation-final.pdf>.

'Sport England Youth Insight Pack Under the Skin' (no date). Available at: https://www.sportengland.org/media/10112/youth-insight_under-the-skin.pdf.

Taylor, P.D., Panagouleas, T. and Nichols, G. (2012) 'Determinants of sports volunteering and sports volunteer time in England', *International Journal of Sport Policy and Politics*, 4(2), pp. 201-220. Available at: <https://doi.org/10.1080/19406940.2012.656679>.

The British Psychological Society & The Royal College of Psychiatrists (2010) 'Depression: The NICE guideline on the treatment and management of depression in adults'. Available at: <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). Available at:
<http://search.ebscohost.com/login.aspx?direct=true&db=s3h&AN=4745482&authtype=ss&custid=s8993828&site=ehost-live>.

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), pp. 360–370. Available at: <https://doi.org/10.1080/02701367.2015.1053105>.

Welsman, J. and Armstrong, N. (2000) 'Physical activity patterns in secondary school children', *European Physical Education Review*, 5, pp. 147–157. Available at:
<http://www.tandfonline.com/doi/pdf/10.1080/1740898000050203>.

World Health organization (2012) The Ottawa Charter for Health Promotion. Available at:
<http://www.who.int/healthpromotion/conferences/previous/ottawa/en/>.