Health, Wellbeing and Physical Activity Promotion



'Active Design - Sport England'. N.p., n.d. Web. <https://www.sportengland.org/how-we-can-help/facilities-and-planning/design-and-cost-g uidance/active-design>.

'Active Lives: Children and Young People - Sport England'. N.p., n.d. Web. <https://www.sportengland.org/research/active-lives-children-and-young-people/>.

'Active Lives Survey | Sport England'. N.p., n.d. Web. <https://www.sportengland.org/research/active-lives-survey/>.

'Active People Interactive Diagnostic Tool'. N.p., n.d. Web. <http://activepeople.sportengland.org/>.

Adams, J. 'Are Activity Promotion Interventions Based on the Transtheoretical Model Effective? A Critical Review'. British Journal of Sports Medicine 37.2 (2003): 106–114. Web.

Association for Physical Education. 'Health Position Paper: Physical Education's Contribution to Public Health'. Physical Education Matters 3 (2008): n. pag. Web. <http://www.afpe.org.uk/membership-services/member-journals/online-archive-of-pe-matt ers-a-primary-pe-matters>.

Biddle, S., N. Mutrie, and T. Gorely. Psychology of Physical Activity: Determinants, Well-Being and Interventions. Third edition. London: Routledge Taylor & Francis Group, 2015. Web. <https://ebookcentral.proquest.com/lib/uea/detail.action?docID=1975219>.

Bouchard, Claude, Steven N. Blair, and William L. Haskell. Physical Activity and Health. 2nd ed. Champaign, IL: Human Kinetics, 2012. Print.

Brown, David R. et al. Promoting Physical Activity: A Guide for Community Action. 2nd ed. Champaign, IL: Human Kinetics, 2010. Web. <https://ebookcentral.proquest.com/lib/uea/detail.action?docID=3011776>.

Cale, L. 'Physical Activity Promotion in Schools: Beyond the Curriculum'. Pedagogy in Practice 3 (1997): 56–68. Print.

---. 'Physical Activity Promotion in Secondary Schools'. European Physical Education Review 6.1 (2000): 71–90. Web.

Cale, L., and J. Harris. 'Interventions to Promote Young People's Physical Activity: Issues, Implications and Recommendations for Practice'. Health Education Journal 65.4 (2006): 320-337. Web.

https://journals-sagepub-com/doi/abs/10.1177/0017896906069370>

Cale, Lorraine, and Jo Harris. Exercise and Young People: Issues, Implications and Initiatives. Basingstoke: Palgrave Macmillan, 2005. Print.

---. 'School-Based Physical Activity Interventions: Effectiveness, Trends, Issues, Implications and Recommendations for Practice'. Sport, Education and Society 11.4 (2006): 401–420. Web.

Cavill, Nick, James F. Sallis, and Stuart Biddle. 'Health Enhancing Physical Activity for Young People: Statement of the United Kingdom Expert Consensus Conference.' Pediatric Exercise Science Feb 13.1 (2001): n. pag. Web.

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

Centers for Disease Control and Prevention. '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. Web. <http://stacks.cdc.gov/view/cdc/12166>.

---. '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'. Web. https://www2.ed.gov/offices/OSDFS/physedrpt.pdf>.

Corbin, C., P. Pangrazi, and J. Welk. 'Towards an Understanding of Appropriate Physical Activity Levels for Youth'. Physical Activity and Fitness Research Digest, Series 1 1994. Web. http://permanent.access.gpo.gov/lps21117/toward.pdf.

Dale, Darren, Charles B. Corbin, and Kathleen S. Dale. '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. Web.

Department of Health. 'At Least Five a Week: Evidence on the Impact of Physical Activity and Its Relationship to Health – A Report from the Chief Medical Officer'. 2004. Web. <http://webarchive.nationalarchives.gov.uk/20130107105354/http:/www.dh.gov.uk/prod_c onsum_dh/groups/dh_digitalassets/@dh/@en/documents/digitalasset/dh_4080981.pdf>.

---. '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. N.p., 2011. Web. <https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/216370/d h_128210.pdf>.

---. 'Equity and Excellence: Liberating the NHS'. 2010. Web. <https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/213823/d h_117794.pdf>.

'Department of Health and Social Care - YouTube'. Web. <https://www.youtube.com/user/departmentofhealth>. Dishman, Rod K. 'Chapter "The Transtheoretical Model: Applications to Exercise -Prochaska, J. O., & Markus, B. H. " in Advances in Exercise Adherence'. Advances in Exercise Adherence. Champaign, IL: Human Kinetics, 1994. Print.

Fairclough, S., G. Stratton, and G. Baldwin. 'The Contribution of Secondary School Physical Education to Lifetime Physical Activity'. European Physical Education Review 8.1 (2002): 69–84. Web.

Fox, Kenneth R., Jim McKenna, and Ashley Cooper. '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): n. pag. Web. <http://search.ebscohost.com/login.aspx?direct=true&db=s3h&AN=14961325&authtype= sso&custid=s8993828&site=ehost-live>.

Green, Jackie et al. Health Promotion: Planning and Strategies. 4th edition. Los Angeles: SAGE, 2019. Web. https://app.talis.com/textbooks/9781526471000.

Hanson, Sarah, and Andy Jones. 'Missed Opportunities in the Evaluation of Public Health Interventions: A Case Study of Physical Activity Programmes'. BMC Public Health 17.1 (2017): n. pag. Web.

Hardman, Adrianne E., and David J. Stensel. Physical Activity and Health: The Evidence Explained. 2nd ed. London: Routledge, 2009. Web. https://uea.on.worldcat.org/v2/oclc/289095912>.

Hardman, Ken, and Ken Green. 'Chapter 4: "Physical Activity, Physical Fitness, Health and Young People - Winsley, R., & Armstrong, N. " in Physical Education: Essential Issues'. Physical Education: Essential Issues. London: Sage, 2005. Web. <http://lib.myilibrary.com/browse/open.asp?id=36888&entityid=https://login.uea.ac.uk/ent ity>.

Harris, J., and L. Cale. 'How Healthy Is School PE? A Review of the Effectiveness of Health-Related Physical Education Programmes in Schools'. Health Education Journal 56.1 (1997): 84–104. Web.

Health Education Authority. 'Young and Active? Policy Framework for Young People and Health-Enhancing Physical Activity'. Web.

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

'Health Survey for England'. 2014. Web. http://www.hscic.gov.uk/catalogue/PUB19295>.

'Heart Statistics - Research - British Heart Foundation'. N.p., n.d. Web. https://www.bhf.org.uk/research/heart-statistics.

Hesketh, Kathryn R., Simon J. Griffin, and Esther M. F. van Sluijs. '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 (2015): n. pag. Web.

Holt, Nicholas L., Margaret Talbot, and International Council of Sport Science and Physical

Education. Lifelong Engagement in Sport and Physical Activity: Participation and Performance across the Lifespan. Perspectives : the multidisciplinary series of physical education and sport science. Abingdon: Routledge, 2011. Web. <https://ebookcentral.proquest.com/lib/uea/detail.action?docID=728286y>.

Istvan Soos, Jarmo Liukkonen, and Rex W. Thomson. 'Chapter 8 - Health Promotion and Healthy Lifestyles: Motivating Individuals to Become Physically Active'. Sport and Physical Activity: The Role of Health Promotion. Basingstoke [England]: Palgrave Macmillan, 2007. Web.

<https://ebookcentral.proquest.com/lib/uea/reader.action?docID=4763437&ppg=126 >.

Jackson, Allen W. Physical Activity for Health and Fitness. Updated ed. Champaign, IL: Human Kinetics, 2004. Print.

Laventure, B. "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. Print.

Marmot, M. 'Fair Society, Health Lives: The Marmot Review'. Fair society, health lives the marmot review. 2010. Web.

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

Marshall, Simon J., and Stuart J. H. Biddle. 'The Transtheoretical Model of Behavior Change: A Meta-Analysis of Applications to Physical Activity and Exercise'. Annals of Behavioral Medicine 23.4 (2001): 229–246. Web.

Masterman, Guy. Strategic Sports Event Management. Third edition. London: Routledge, 2014. Web.

<https://uea.idm.oclc.org/login?url=https://www.taylorfrancis.com/books/e/978020311467 4>.

McElroy, Mary. Resistance to Exercise: A Social Analysis of Inactivity. Champaign, Ill: Human Kinetics, 2002. Print.

McKenna, Jim, and Chris Riddoch. Perspectives on Health and Exercise. Basingstoke: Palgrave Macmillan, 2003. Print.

McKenzie, T.L. '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. 2nd ed. Champaign, Ill: Human Kinetics, 2003. Print.

Merchant, Jacqueline, Barbara L. Griffin, and Anne Charnock. 'Chapter 3 [in] Sport and Physical Activity: The Role of Health Promotion'. Sport and Physical Activity: The Role of Health Promotion. Basingstoke: Palgrave Macmillan, 2007. Web. <https://search.ebscohost.com/login.aspx?direct=true&db=cat07845a&AN=uea .855727041&authtype=sso&custid=s8993828&site=eds-live&scope= site>.

---. Sport and Physical Activity: The Role of Health Promotion. Basingstoke: Palgrave

Macmillan, 2007. Web.

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

Milton, Karen, Nick Cavill, and Adrian Bauman. 'Intersectoral Partnership: A Potential Legacy Success of the London 2012 Olympic and Paralympic Games'. International Journal of Sport Policy and Politics (2018): 1–6. Web.

Murray, M., and L. Jarrett. 'Young People's Perception of Health, Illness and Smoking'. Health Education Journal 44.1 (1985): 18–22. Web.

'Nelson's Journey | Child Bereavement Help for Norfolk |'. N.p., n.d. Web. <http://www.nelsonsjourney.org.uk/>.

'Nelson's Journey: Blue Peter at Hilltop - Kyle and Jordan's Story'. 6AD. Web. https://www.youtube.com/watch?v=uyZiWPMEwvE.

Office of Disease Prevention and Health Promotion. 'Healthy People 2020'. N.p., 2012. Web. ">http://health.gov/our-work/healthy-people/.

O'sullivan, Mary. 'Possibilities and Pitfalls of a Public Health Agenda for Physical Education.' Journal of Teaching in Physical Education Oct 23.4 (2004): n. pag. Web. <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 S. Fairclough. 'Promoting Lifetime Physical Activity through Physical Education: Are We Providing the Right Opportunities?' The British journal of teaching physical education. 33 (2002): n. pag. Web. <http://search.ebscohost.com/login.aspx?direct=true&db=cat01883a&AN=uea.00115582 3&authtype=sso&custid=s8993828&site=ehost-live>.

Rahl, Riva L. Physical Activity and Health Guidelines: Recommendations for Various Ages, Fitness Levels, and Conditions from 57 Authoritative Sources. Champaign, IL: Human Kinetics, 2010. Web.

https://ebookcentral.proquest.com/lib/uea/detail.action?docID=3011832>.

Riddoch, C. J., and C. A. G Boreham. 'The Health-Related Physical Activity of Children'. 19 (1995): 86–102. Print.

Rowe, Nicholas F. 'The Active People Survey: A Catalyst for Transforming Evidence-Based Sport Policy in England'. International Journal of Sport Policy and Politics 1.1 (2009): 89–98. Web.

Sallis, J. F. 'Ecological Models of Health Behavior [in] Health Behavior and Health Education: Theory, Research, and Practice'. Health Behavior and Health Education: Theory, Research, and Practice. 4th ed. San Francisco, CA: Jossey-Bass, 2008. Web. <http://www.uea.eblib.com/EBLWeb/patron?target=patron&extendedid=P_353367_0 &>.

Sallis, J. F., and T. L. McKenzie. 'Physical Education's Role in Public Health.' Research Quarterly for Exercise and Sport 62 (1991): 124–137. Web.

http://www.ncbi.nlm.nih.gov/pubmed/1925034>.

Sallis, James F., and Neville Owen. Physical Activity & Behavioral Medicine. Behavioral medicine and health psychology series. Thousand Oaks, Calif: Sage, 1999. Web. ">https://search-ebscohost-com.uea.idm.oclc.org/login.aspx?direct=true&db=nlebk&AN=474089&site=eds-live&scope=site>">https://search-ebscohost-com.uea.idm.oclc.org/login.aspx?direct=true&db=nlebk&AN=474089&site=eds-live&scope=site>">https://search-ebscohost-com.uea.idm.oclc.org/login.aspx?direct=true&db=nlebk&AN=474089&site=eds-live&scope=site>">https://search-ebscohost-com.uea.idm.oclc.org/login.aspx?direct=true&db=nlebk&AN=474089&site=eds-live&scope=site>">https://search-ebscohost-com.uea.idm.oclc.org/login.aspx?direct=true&db=nlebk&AN=474089&site=eds-live&scope=site>">https://search-ebscohost-com.uea.idm.oclc.org/login.aspx?direct=true&db=nlebk&AN=474089&site=eds-live&scope=site>">https://search-ebscohost-com.uea.idm.oclc.org/login.aspx?direct=true&db=nlebk&AN=474089&site=eds-live&scope=site>">https://search-ebscohost-com.uea.idm.oclc.org/login.aspx?direct=true&db=nlebk&AN=474089&site=eds-live&scope=site>">https://search-ebscohost-com.uea.idm.oclc.org/login.aspx?direct=true&db=nlebk&AN=474089&site=eds-live&scope=site>">https://search-ebscohost-com.uea.idm.oclc.org/login.aspx?direct=true&db=nlebk&scope=site>">https://search-ebscohost-com.uea.idm.oclc.org/login.aspx?direct=true&db=nlebk&scope=site>">https://search-ebscohost-com.uea.idm.oclc.org/login.aspx?direct=true&db=nlebk&scope=site>">https://search-ebscohost-com.uea.idm.oclc.org/login.aspx?direct=true&db=nlebk&scope=site>">https://search-ebscohost-com.uea.idm.oclc.org/login.aspx?direct=true&db=nlebk&scope=site>">https://search-ebscohost-comp;scope=site>">https://search-ebscohos

Sasidharan, Vinod1Payne, Laura2Orsega-Smith, Elizabeth3Godbey, Geoffrey4. '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. Web.

<https://uea.idm.oclc.org/login?url=http://search.ebscohost.com/login.aspx?direct=true&a mp;db=bth&AN=20937025&site=ehost-live>.

Scottish Executive. 'Let's Make Scotland More Active: A Strategy for Physical Activity. Physical Activity Task Force'. 2003. Web. http://www.gov.scot/resource/doc/47032/0017726.pdf.

Scriven, Angela, and Linda Ewles. Promoting Health: A Practical Guide. 6th ed. Edinburgh: Baillière Tindall, 2010. Web. <http://uea.eblib.com/patron/FullRecord.aspx?p=1722021>. Shediac-Rizkallah, M. C., and L. R. Bone. 'Planning for the Sustainability of Community-Based Health Programs: Conceptual Frameworks and Future Directions for Research, Practice and Policy'. Health Education Research 13.1 (1998): 87–108. Web.

Smith, Alan L., and Stuart Biddle. Youth Physical Activity and Sedentary Behavior: Challenges and Solutions. Champaign, Ill: Human Kinetics, 2008. Web. <https://ebookcentral.proquest.com/lib/UEA/detail.action?docID=3011908>.

'Sport England - YouTube'. Web. https://www.youtube.com/user/SportEnglandFilm.

'Sport England: Towards an Active Nation'. Web. <https://www.sportengland.org/media/10629/sport-england-towards-an-active-nation.pdf>

'Sport England: Volunteering in an Active Nation'. Web. <https://www.sportengland.org/media/11323/volunteering-in-an-active-nation-final.pdf>. 'Sport England Youth Insight Pack Under the Skin'. Web. <https://www.sportengland.org/media/10112/youth-insight_under-the-skin.pdf>.

Taylor, Peter D., Thanos Panagouleas, and Geoff Nichols. 'Determinants of Sports Volunteering and Sports Volunteer Time in England'. International Journal of Sport Policy and Politics 4.2 (2012): 201–220. Web.

The British Psychological Society & The Royal College of Psychiatrists. 'Depression: The NICE Guideline on the Treatment and Management of Depression in Adults'. 2010. Web. http://www.ncbi.nlm.nih.gov/pubmedhealth/PMH0016605/pdf/TOC.pdf.

Twisk, J.W.R. 'Physical Activity Guidelines for Children and Adolescents: A Critical Review.' Sports Medicine Jun 31.8 (2001): n. pag. Web. <http://search.ebscohost.com/login.aspx?direct=true&db=s3h&AN=4745482&authtype=s so&custid=s8993828&site=ehost-live>. Vanderloo, Leigh M. et al. 'Environmental Influences on Preschoolers' Physical Activity Levels in Various Early-Learning Facilities'. Research Quarterly for Exercise and Sport 86.4 (2015): 360–370. Web.

Welsman, J., and N. Armstrong. 'Physical Activity Patterns in Secondary School Children'. European Physical Education Review 5 (2000): 147–157. Web. <http://www.tandfonline.com/doi/pdf/10.1080/1740898000050203>.

World Health organization. 'The Ottawa Charter for Health Promotion'. N.p., 2012. Web. ">http://www.who.int/healthpromotion/conferences/previous/ottawa/en/>.