## Health, Wellbeing and Physical Activity Promotion



1.

Department of Health. 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 [Internet]. 2011. Available from:

https://www.gov.uk/government/uploads/system/uploads/attachment\_data/file/216370/dh\_128210.pdf

2.

Sport England: Towards an Active Nation [Internet]. Available from: https://www.sportengland.org/media/10629/sport-england-towards-an-active-nation.pdf

3.

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 [Internet]. 2006;11(Issue 3, p164-185. 22p. 1 Diagram):164–185. Available from:

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

4.

Milton K, Cavill N, Bauman A. Intersectoral partnership: a potential legacy success of the London 2012 Olympic and Paralympic Games. International Journal of Sport Policy and Politics. 2018 Oct 3:1–6.

5.

Active Design - Sport England [Internet]. Available from:

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

6.

Istvan Soos, Jarmo Liukkonen, 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 [Internet]. Basingstoke [England]: Palgrave Macmillan; 2007. Available from:

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

7.

Rowe NF. The Active People Survey: a catalyst for transforming evidence-based sport policy in England. International Journal of Sport Policy and Politics. 2009 Mar 20;1(1):89–98.

8.

Active Lives Survey | Sport England [Internet]. Available from: https://www.sportengland.org/research/active-lives-survey/

9.

Active People Interactive Diagnostic Tool [Internet]. Available from: http://activepeople.sportengland.org/

10.

Health Survey for England [Internet]. 2014. Available from: http://www.hscic.gov.uk/catalogue/PUB19295

11.

Active Lives: Children and Young People - Sport England [Internet]. Available from: https://www.sportengland.org/research/active-lives-children-and-young-people/

Adams J. Are activity promotion interventions based on the transtheoretical model effective? A critical review. British Journal of Sports Medicine. 2003 Apr 1;37(2):106–114.

13.

Vanderloo LM, Tucker P, Johnson AM, Burke SM, Irwin JD. Environmental Influences on Preschoolers' Physical Activity Levels in Various Early-Learning Facilities. Research Quarterly for Exercise and Sport. 2015 Oct 2;86(4):360–370.

14.

Hesketh KR, Griffin SJ, van Sluijs EMF. 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. 2015 Dec;12(1).

15.

Nelson's Journey | Child Bereavement Help for Norfolk | [Internet]. Available from: http://www.nelsonsjourney.org.uk/

16.

Nelson's Journey: Blue Peter at Hilltop - Kyle and Jordan's story [Internet]. 6AD. Available from: https://www.youtube.com/watch?v=uyZiWPMEwvE

17.

Merchant J, Griffin BL, Charnock A. Chapter 3 [in] Sport and physical activity: the role of health promotion. Sport and physical activity: the role of health promotion [Internet]. Basingstoke: Palgrave Macmillan; 2007. Available from: https://search.ebscohost.com/login.aspx?direct=true&db=cat07845a&AN=uea.8 55727041&authtype=sso&custid=s8993828&site=eds-live&scope=site

18.

Hanson S, Jones A. Missed opportunities in the evaluation of public health interventions: a

case study of physical activity programmes. BMC Public Health. 2017 Dec;17(1).

19.

Masterman G. Strategic sports event management [Internet]. Third edition. London:

Routledge; 2014. Available from:

https://uea.idm.oclc.org/login?url=https://www.taylorfrancis.com/books/e/9780203114674

20.

Shediac-Rizkallah MC, Bone LR. Planning for the sustainability of community-based health programs: conceptual frameworks and future directions for research, practice and policy. Health Education Research. 1998 Mar 1;13(1):87–108.

21.

Sport England Youth Insight Pack Under the Skin [Internet]. Available from: https://www.sportengland.org/media/10112/youth-insight\_under-the-skin.pdf

22.

Sport England: Volunteering in an Active Nation [Internet]. Available from: https://www.sportengland.org/media/11323/volunteering-in-an-active-nation-final.pdf

23.

Taylor PD, Panagouleas T, Nichols G. Determinants of sports volunteering and sports volunteer time in England. International Journal of Sport Policy and Politics. 2012 Jul;4(2):201–220.

24.

Biddle S, Mutrie N, Gorely T. Psychology of physical activity: determinants, well-being and interventions [Internet]. Third edition. London: Routledge Taylor & Francis Group; 2015. Available from: https://ebookcentral.proguest.com/lib/uea/detail.action?docID=1975219

Bouchard C, Blair SN, Haskell WL. Physical activity and health. 2nd ed. Champaign, IL: Human Kinetics; 2012.

26.

Heart statistics - Research - British Heart Foundation [Internet]. Available from: https://www.bhf.org.uk/research/heart-statistics

27.

Brown DR, Heath G, Martin SL, Centers for Disease Control and Prevention (U.S.), National Center for Chronic Disease Prevention and Health Promotion (U.S.). Promoting physical activity: a guide for community action [Internet]. 2nd ed. Champaign, IL: Human Kinetics; 2010. Available from:

https://ebookcentral.proquest.com/lib/uea/detail.action?docID=3011776

28.

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

29.

Cale L. Physical Activity Promotion in Secondary Schools. European Physical Education Review. 2000 Feb 1;6(1):71–90.

30.

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

31.

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

Cale L, Harris J. School-based physical activity interventions: effectiveness, trends, issues, implications and recommendations for practice. Sport, Education and Society. 2006;11(4):401–420.

33.

Cale L, Harris J. Interventions to promote young people's physical activity: Issues, implications and recommendations for practice. Health Education Journal [Internet]. 2006 Dec 1;65(4):320–337. Available from:

https://uea.idm.oclc.org/login?url=https://journals-sagepub-com/doi/abs/10.1177/0017896 906069370

34.

Cavill N, Sallis JF, Biddle S. Health Enhancing Physical Activity for Young People: Statement of the United Kingdom Expert Consensus Conference. Pediatric Exercise Science Feb [Internet]. 2001;13(1). Available from:

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

35.

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 [Internet]. 1997;46(RR-6):1–36. Available from: http://stacks.cdc.gov/view/cdc/12166

36.

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

37.

Corbin C, Pangrazi P, Welk J. Towards an understanding of appropriate physical activity

levels for youth [Internet]. Physical Activity and Fitness Research Digest, Series 1. 1994. Available from: http://permanent.access.gpo.gov/lps21117/toward.pdf

38.

Dale D, Corbin CB, Dale KS. Restricting Opportunities to Be Active during School Time: Do Children Compensate by Increasing Physical Activity Levels after School? Research Quarterly for Exercise and Sport. 2000;71(3):240–248.

39.

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 [Internet]. 2004. Available from:

http://webarchive.nationalarchives.gov.uk/20130107105354/http:/www.dh.gov.uk/prod\_consum\_dh/groups/dh\_digitalassets/@dh/@en/documents/digitalasset/dh\_4080981.pdf

40.

Department of Health. Equity and excellence: Liberating the NHS [Internet]. 2010. Available from:

https://www.gov.uk/government/uploads/system/uploads/attachment\_data/file/213823/dh\_117794.pdf

41.

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 [Internet]. Available from: https://www2.ed.gov/offices/OSDFS/physedrpt.pdf

42.

Fairclough S, Stratton G, Baldwin G. The Contribution of Secondary School Physical Education to Lifetime Physical Activity. European Physical Education Review. 2002 Feb 1:8(1):69–84.

43.

Fox KR, McKenna J, Cooper A. The School and Promotion of Children's Health-Enhancing

Physical Activity: Perspectives from the United Kingdom. Journal of Teaching in Physical Education Oct [Internet]. 2004;23(4). Available from:

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

44.

Green J, Cross R, Woodall J, Tones K. Health promotion: planning and strategies [Internet]. 4th edition. Los Angeles: SAGE; 2019. Available from: https://app.talis.com/textbooks/9781526471000

45.

Hardman AE, Stensel DJ. Physical activity and health: the evidence explained [Internet]. 2nd ed. London: Routledge; 2009. Available from: https://uea.on.worldcat.org/v2/oclc/289095912

46.

Health Education Authority. Young and active? Policy framework for young people and health-enhancing physical activity [Internet]. Available from: http://www.nice.org.uk/proxy/?sourceUrl=http%3A%2F%2Fwww.nice.org.uk%2Fnicemedia%2Fdocuments%2Fyoungandactive.pdf

47.

Harris J, Cale L. How healthy is school PE? A review of the effectiveness of health-related physical education programmes in schools. Health Education Journal. 1997 Jan 1;56(1):84–104.

48.

Holt NL, Talbot M, International Council of Sport Science and Physical Education. Lifelong engagement in sport and physical activity: participation and performance across the lifespan [Internet]. Abingdon: Routledge; 2011. Available from: https://ebookcentral.proguest.com/lib/uea/detail.action?docID=728286v

49.

Jackson AW. Physical activity for health and fitness. Updated ed. Champaign, IL: Human

Kinetics; 2004.

50.

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. Reading: Physical Education Association of the United Kingdom; 2000;31:6–8.

51.

Merchant J, Griffin BL, Charnock A. Sport and physical activity: the role of health promotion [Internet]. Basingstoke: Palgrave Macmillan; 2007. Available from: https://search.ebscohost.com/login.aspx?direct=true&db=cat07845a&AN=uea.8 55727041&authtype=sso&custid=s8993828&site=eds-live&scope=site

52.

Marmot M. Fair society, health lives: The Marmot Review [Internet]. Fair society, health lives the marmot review. 2010. Available from: http://www.instituteofhealthequity.org/projects/fair-society-healthy-lives-the-marmot-review

53.

Marshall SJ, Biddle SJH. The transtheoretical model of behavior change: a meta-analysis of applications to physical activity and exercise. Annals of Behavioral Medicine. 2001 Nov;23(4):229–246.

54.

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

55.

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

McKenzie TL. 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.

57.

Murray M, Jarrett L. Young people's perception of health, illness and smoking. Health Education Journal. 1985;44(1):18–22.

58.

Office of Disease Prevention and Health Promotion. Healthy People 2020 [Internet]. 2012. Available from: http://health.gov/our-work/healthy-people/

59.

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

60.

Dishman RK. 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.

61

Rahl RL. Physical activity and health guidelines: recommendations for various ages, fitness levels, and conditions from 57 authoritative sources [Internet]. Champaign, IL: Human Kinetics; 2010. Available from:

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

62.

Riddoch CJ, Boreham CAG. The health-related physical activity of children.

1995;19:86-102.

63.

Sallis JF, McKenzie TL. Physical education's role in public health. Research Quarterly for Exercise and Sport [Internet]. 1991;62:124–137. Available from: http://www.ncbi.nlm.nih.gov/pubmed/1925034

64.

Sallis JF, Owen N. Physical activity & behavioral medicine [Internet]. Thousand Oaks, Calif: Sage; 1999. Available from:

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

65.

Sallis JF. Ecological models of health behavior [in] Health behavior and health education: theory, research, and practice. Health behavior and health education: theory, research, and practice [Internet]. 4th ed. San Francisco, CA: Jossey-Bass; 2008. Available from: http://www.uea.eblib.com/EBLWeb/patron?target=patron&extendedid=P\_353367\_0&

66.

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

67.

Scriven A, Ewles L. Promoting health: a practical guide [Internet]. 6th ed. Edinburgh: Baillière Tindall; 2010. Available from: http://uea.eblib.com/patron/FullRecord.aspx?p=1722021

68.

Smith AL, Biddle S. Youth physical activity and sedentary behavior: challenges and solutions [Internet]. Champaign, III: Human Kinetics; 2008. Available from: https://ebookcentral.proguest.com/lib/UEA/detail.action?docID=3011908

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

70.

Twisk JWR. Physical Activity Guidelines for Children and Adolescents: A Critical Review. Sports Medicine Jun [Internet]. 2001;31(8). Available from: http://search.ebscohost.com/login.aspx?direct=true&db=s3h&AN=4745482&authtype=ss o&custid=s8993828&site=ehost-live

71

Welsman J, Armstrong N. Physical activity patterns in secondary school children. European Physical Education Review [Internet]. 2000;5:147–157. Available from: http://www.tandfonline.com/doi/pdf/10.1080/1740898000050203

72.

Hardman K, Green K. Chapter 4: "Physical activity, physical fitness, health and young people - Winsley, R., & Armstrong, N. " in Physical education: essential issues. Physical education: essential issues [Internet]. London: Sage; 2005. Available from: http://lib.myilibrary.com/browse/open.asp?id=36888&entityid=https://login.uea.ac.uk/entity

73.

World Health organization. The Ottawa Charter for Health Promotion [Internet]. 2012. Available from: http://www.who.int/healthpromotion/conferences/previous/ottawa/en/

74.

Sport England - YouTube [Internet]. Available from: https://www.youtube.com/user/SportEnglandFilm

75.

Department of Health and Social Care - YouTube [Internet]. Available from: https://www.youtube.com/user/departmentofhealth