Physical Activity and Health Promotion: Evidence-based Approaches to Practice
Lindsey Dugdill (Editor), Diane Crone (Editor), Rebecca Murphy (Editor)

DESCRIPTION

Physical Activity and Health Promotion: Evidence-based Approaches to Practice evaluates the realities and complexities of working to reverse the adverse trend towards physical inactivity. It is a well-rounded, evidence-based analysis of interventions for physical activity practice, covering a range of settings and target groups. Expert contributors present case studies which help to translate the theory into practice, from individual to societal levels, enriched by explanations of the socio-political context.

The first section covers the concepts for the development of physical activity practice; influencing sustained health behaviour change, explaining the role and function of health policy in physical activity promotion, and developing the evidence base for physical activity interventions. Section Two explores the evidence base for interventions in physical activity practice, in varied settings and target groups. Physical Activity and Health Promotion concludes with a challenge to innovate in promoting physical activity.

Physical Activity and Health Promotion will be of relevant to health professionals and students with an interest in sport, physical activity and exercise, particularly health and exercise promotion specialists across the disciplines.
ABOUT THE AUTHOR

Lindsey Dugdill, Reader in Exercise and Health in the School of Health Care Professions, University of Salford, UK

Diane Crone, Reader in Exercise Science at the University of Gloucestershire, UK and BASES (British Association of Sport and Exercise Sciences) Accredited Sport and Exercise Scientist (Support and Research).

Rebecca Murphy, Lecturer in Exercise and Health at Liverpool John Moores University.

FEATURES

• Practical guide to promoting and engaging different people in becoming more physically active

• Explores key factors affecting exercise participation

• Covers a wide range of settings and target groups

• Provides guidance on intervention development and design

• Explains the socio-political context

To purchase this product, please visit https://www.wiley.com/en-us/9781405169257