

D1175 - Practical Introduction to Health and Wellbeing (Current Academic Year)

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14 items

Accuracy and inequalities in physical activity research: Lancet Global Health, Feb 2019, 7, 2, Pages e183[Webpage](#) | **Recommended** | Read the comments section for debate on the original article. Read the original article as well.

Review of Targets and Indicators for Health and Social Care in Scotland - Harry, Burns[Webpage](#) | Wellbeing, policy, Scotland, health and social care

Salutogenesis[Journal](#)

9 Positive Psychology Exercises to do With Clients or Students[Webpage](#) | Practical introduction to health and wellbeing

Websites and organisations in physical activity (7 items)

Physical Activity Guidelines: Key issues - Ben Jane Fitness[Webpage](#) | Physical Activity; exercise; students resources;

Global Physical Activity Network (GlobalPANet)[Website](#)

Paths for all[Webpage](#) | **Recommended**

Scotland's National Cycling Organisation - Cycling Scotland[Website](#) | **Recommended**

Home - greenspace scotland[Website](#) | greenspace scotland is a social enterprise and an independent charitable company. We work with a wide range of local and national partners to support the planning, development and sustainable management of greenspaces and green networks as a key part of the green infrastructure of our towns and cities.

RSPH | Physical activity measuring impact[Webpage](#) | Physical activity, measurement

Duty of Care in Sport Review - GOV.UK[Webpage](#)

Understanding Health Research Home

[Website](#)

The benefits of prison chess clubs - Rosie Meek, September 11, 2018 10.10am
BSTSeptember 11, 2018 10.10am BST

[Article](#) | [Background](#)

Worldwide trends in insufficient physical activity from 2001 to 2016: a pooled analysis of 358 population-based surveys with 1·9 million participants - Regina Guthold, Gretchen A Stevens, Leanne M Riley, Fiona C Bull, 2018-10

[Article](#) | **Recommended** | Read for overview of the problem of global Physical activity. Then read the comments published in reply to this article for further information. This also gives you an example of academic debate.