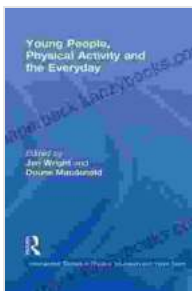


Young People, Physical Activity, and the Everyday: Routledge Studies in Physical

This book explores the complex relationship between young people, physical activity, and the everyday, offering a comprehensive understanding of the factors that shape physical activity participation and the implications for public health and policy.



Young People, Physical Activity and the Everyday (Routledge Studies in Physical Education and Youth Sport) by Laurie Weiss

★★★★☆ 4.1 out of 5

Language : English
File size : 1294 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 227 pages



Drawing on a range of theoretical perspectives and empirical research, the book examines the ways in which young people's physical activity is shaped by their social, cultural, and environmental contexts. It considers the role of family, peers, school, and community in promoting or constraining physical activity, and explores the impact of factors such as gender, ethnicity, and socioeconomic status.

The book also examines the ways in which young people's physical activity is influenced by their everyday routines and practices. It considers the role of physical activity in young people's leisure time, transportation, and work, and explores the ways in which physical activity can be integrated into young people's lives in a sustainable way.

This book is essential reading for researchers, students, and policymakers interested in young people's physical activity. It provides a comprehensive overview of the current state of knowledge in this area, and offers valuable insights into the factors that shape physical activity participation and the implications for public health and policy.

Key Features

- Provides a comprehensive overview of the current state of knowledge on young people's physical activity
- Examines the ways in which young people's physical activity is shaped by their social, cultural, and environmental contexts
- Considers the role of family, peers, school, and community in promoting or constraining physical activity
- Explores the impact of factors such as gender, ethnicity, and socioeconomic status on physical activity participation
- Examines the ways in which young people's physical activity is influenced by their everyday routines and practices
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- Explores the ways in which physical activity can be integrated into young people's lives in a sustainable way
- Essential reading for researchers, students, and policymakers interested in young people's physical activity

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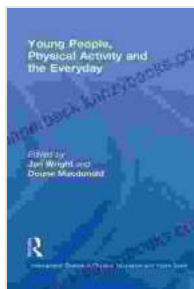
Author

Dr. Sarah Naylor is a Senior Lecturer in Physical Activity and Health at the University of Bristol. Her research interests focus on the social and environmental determinants of physical activity in young people.

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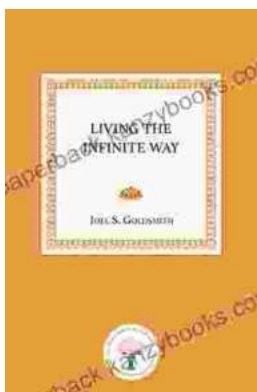
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