

1. Record Nr.	UNINA9910966923503321
Titolo	Lifelong engagement in sport and physical activity : participation and performance across the lifespan / / edited by Nicholas L. Holt and Margaret Talbot
Pubbl/distr/stampa	New York : , : Routledge, , 2011
ISBN	9786613442581 9781136660658 1136660658 9781283442589 1283442582 9780203807187 0203807189 9781136660665 1136660666
Edizione	[1st ed.]
Descrizione fisica	1 online resource (185 p.)
Collana	ICSSPE Perspectives
Altri autori (Persone)	HoltNick TalbotMargaret
Disciplina	613.7/1 613.71
Soggetti	Exercise Physical fitness Self-care, Health Physical Fitness Sports Motor Activity Self Care
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di contenuto	Lifelong Engagement in Sport and Physical Activity Participation and performance across the lifespan; Copyright; Contents; About ICSSPE; Notes on contributors; Editors' introduction; PART I: Sport and physical activity during childhood and adolescence; 1 Sport participation during

childhood and adolescence; 2 Physical activity during childhood and adolescence; PART II: Transitions in sport and physical activity participation; 3 Tracking physical activity, energy balance and health from childhood to adulthood; 4 Rethinking participant development in sport and physical activity
5 Transitions in competitive sports PART III: Sport and physical activity during adulthood among various populations; 6 The transtheoretical model and physical activity adherence; 7 Physical exercise as a social marker among middle-aged people in Sweden; 8 Muslim women's experiences of sport; 9 Engagement of people with disabilities in sport across the life span; PART IV: Sport and physical activity during older adulthood; 10 Psycho-social perspectives on the motivation and commitment of Master athletes; 11 What predicts exercise participation of older adults?
12 Energising lives and the value of physical activity for older adults Index

Sommario/riassunto

Sport and physical activity should now be understood as lifelong activity, beginning in childhood, and accessible to participants of all levels of ability. This book offers an overview of some of the core concerns underlying lifelong engagement in sport and physical activity, encompassing every age and phase of engagement. The book explores key models of engagement from around the world, as well as specific areas of research that will help the reader understand this important topic. In adopting a lifespan approach, the book pays particular attention to sport and physical activity during
