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12 Energising lives and the value of physical activity for older adults
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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
