What is SportDiscus

- Comprehensive database covering sports and the related subjects.

- Subject coverage includes; biomechanics, drugs, exercise, kinesiology, movement science, nutrition, politics, physical fitness, physical therapy, rehabilitation, sport, culture and society, sports and exercise psychology, coaching and education and sports medicine.
Example search question

- We are going to search for information on the topic ‘effectiveness of physical education strategies to prevent childhood obesity.

Before you start a search, think about any alternative terms for your keywords;

physical education can also be described as school sport

strategies can also be described as programs

obesity can also be described as weight gain
Enter the terms (and alternative terms) into the search boxes in individual sets. Using OR to combine similar term. E.g. physical education or school sport

OR from left to right and AND from top to bottom, this helps the database process the query more easily.

Use the truncation symbol * to find all the various word endings. E.g. child* will find childhood, children, child. Program* will find program, programs and programme
Next carry out the search.
Search Results: 1 - 50 of 456

1. Disseminating Evidence-Based Physical Education Practices in Rural Schools: The San Luis Valley Physical Education Academy.

   Belansky, Elaine S.; Cutforth, Nick; Korn, Ben; Scarborough, Sharon, Journal of Physical Activity & Health Sep 2018, Vol. 13 Issue 9, p1002 (English Abstract Available)

2. Policies for promotion of physical activity and prevention of obesity in adolescence.


3. Acceptability and Potential Efficacy of Single-Sex After-School Activity Programs for Overweight and At-Risk Children: The Wollongong SPORT RCT.

   Jones, Rachel A.; Kelly, Jacque; Cliff, Dylan P.; Batterham, Manjika; Okely, Anthony D., Pediatric Exercise Science Nov 2015, Vol. 27 Issue 4, p535 (English Abstract Available)
Use the Refine Results panel to limit the search.

In this example we have limited to academic articles published in the last 10 years.
Click on the title of each article to find out more information.

4. 'You don't want to stand out as the bigger one': exploring how PE and school sport participation is influenced by pupils and their peers.
'You don’t want to stand out as the bigger one': exploring how PE and school sport participation is influenced by pupils and their peers.

Abstract: Population health concerns related to physical inactivity and obesity appear in policy documents, government campaigns and popular media across western societies. Children and young people have been targeted for physical activity promotion and schools have been positioned as sites for intervention. In particular, Physical Education and school sport (PESS) has been framed as a key part of the solution. While some intervention programmes in schools have reported positive outcomes, they have also been criticised for stigmatising tennis, contributing to a culture of surveillance and fueling Body Image anxieties. Despite ongoing work to ameliorate these critical issues by addressing physical activity promotion discourses, curricula and teaching practices, many of the same challenges persist. In seeking alternative explanations (and solutions) this paper shifts attention to exploring the role of pupils and their peers. Purpose: While the critical literature on health and physical education has been illuminating, few studies explore the role of pupils and their peers. Further research is necessary to understand how school peers contribute to pupils' engagement with PESS. This paper, therefore, draws on Bourdieu's notion of physical capital and seeks to understand how pupils' physical activity is influenced by lived-body experiences in school spaces. The study: Data were produced from a 6-month ethnographic study with pupils (N = 20, aged 13-14) across four diverse school settings in England. Multiple qualitative methods were deployed to enhance methodological rigour with what is often a challenging age group for research. Data were interpreted and theorised using the concept of physical capital. Findings: Pupils themselves play a significant part in establishing the physical body as a symbol of power and status in school settings. Participants understood the health risks of being both underweight and obese, but they regarded obesity as being more problematic because of the immediate social risks of 'standing out as the bigger one'. Following this rationale, participants sought to accumulate physical capital through engaging in exercise as a purposeful calorie-burning activity intended to avoid the pity, abnormality and derision which is expected to be directed towards overweight pupils. Furthermore, during PESS in clear view of peers, distinctions between pupils' physical capital could be made by recognising differences in sporting skill. In this context, physical capital mediated engagement in PESS in various ways. Conclusion: This study has revealed that peers play a significant part in constructing the lived-body experiences of young people. In order to address the criticisms raised about some school-based health promotion interventions, it is crucial to attend to pupils' relationships with peers as well as addressing policies, curricula and teaching practices. Being sensitive to peer relationships and their understanding of health may help teachers and health promoters decide how to manage the spaces where PESS takes place.
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‘You don’t want to stand out as the bigger one’: exploring how PE and school sport participation is influenced by pupils and their peers

Gareth Wiltshire, Jessica Lee & John Evans

Pages 548-561 | Received 20 Jul 2016, Accepted 02 Feb 2017, Published online: 06 Mar 2017

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<th>Search Options</th>
<th>Actions</th>
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