บรรณานุกรม

- จิรกรณ์ ศิริประเสริฐ. (2543). ทักษะและเทคนิคการสอนพลศึกษาในระดับประถมศึกษา. กรุงเทพฯ: สำนักพิมพ์จุฬาลงกรณ์มหาวิทยาลัย.
- ณกร มีคำ. (2549). แรงจูงใจในการเลือกเล่นกีฬาว่ายน้ำของนักว่ายน้ำรุ่นไม่เกิน 16 ปี สังกัดสโมสร ในกรุงเทพมหานคร ปี พ.ศ. 2549. วารสารคณะพลศึกษา, 9(1), 16-37.
- ทรงศักดิ์ นุ้ยสินธุ์. (2551, 5 กรกฎาคม). หัวหน้าภาคพลศึกษา กณะศึกษาศาสิตร์ มหาวิทยาลัยเกษตรศาสตร์. สัมภาษณ์
- ธวัชชัย สาหร่าย. (2535). การศึกษาสมรรถภาพการสอนพลศึกษาของครูในโรงเรียนประถมศึกษา ประจำจังหวัดสุรินทร์ และศีรษะเกศ วิทยาลัยพลศึกษา. สุรินทร์: วิทยาลัยครูสุรินทร์.
- วาสนา มั่งคั่ง. (2527). ปัญหาการจัดและการสอนวิชาพลศึกษาของโรงเรียนประถมศึกษา ในเขต การศึกษา 12. วิทยานิพนธ์การศึกษามหาบัณฑิต, สาขาวิชาพลศึกษา, บัณฑิตวิทยาลัย, มหาวิทยาลัยศรีนครินทรวิโรฒ ประสานุมิตร.
- วรศักดิ์ เพียรชอบ. (2548). รวมบทความเกี่ยวกับปรัชญา หลักการ วิธีการสอนและการวัด เพื่อประเมินผลทางพลศึกษา. กรุงเทพฯ: สำนักพิมพ์จุฬาลงกรณ์มหาวิทยาลัย.
- ศิลปชัย สุวรรณชาคา. (2548). การเรียนรู้ทักษะการเคลื่อนใหวทฤษฎีและปฏิบัติการ. กรุงเทพฯ: สำนักพิมพ์แห่งจุฬาลงกรณ์มหาวิทยาลัย.
- ศึกษานิเทศก์ กรมการฝึกหัดครู. (2529). การสอนกลุ่มสร้างเสริมลักษณะนิสัย. ใน *เอกสาร* การนิเทศการศึกษา. กรุงเทพฯ: โรงพิมพ์การศาสนา.
- ศึกษานิเทศก์ กรุมพลศึกษา. (2529). การคำเนินการสอนวิชาพลศึกษา สุขศึกษาระคับประถมศึกษา และมัธยมศึกษาทั่วประเทศ. กรุงเทพ: โรงพิมพ์การศาสนา.
- ์สืบสาย บุญวีรบุตร. (2541). จิตวิทยาการออกกำลังกาย. ชลบุรี: ชลบุรีการพิมพ์.
- สุภาพร แพนสง. (2551). รายงานผลการพัฒนาบทเรียนสำเร็จรูป กลุ่มสาระการเรียนรู้สุขศึกษา
 และพลศึกษา. วันที่ค้นข้อมูล 20 มิถุนายน 2552, เข้าถึงได้จาก http://www.sema.go.th/
 node/3535
- อนุสรณ์ มนตรี. (2552). ผลของบรรยากาศการจูงใจที่มีต่อการหล่อหลอมเป้าหมายใฝ่สัมฤทธิ์ ร่วมกับประสิทธิภาพในการขว้างลูกซอฟท์บอล. คุษฎีนิพนธ์ปรัชญาคุษฎีบัณฑิต, สาขาวิชาวิทยาศาสตร์การออกกำลังกายและการกีฬา, คณะวิทยาศาสตร์การกีฬา, มหาวิทยาลัยบูรพา.

- Adams, B. N. (2005). The Exploration of physical self-efficacy and a youth sport program for adolescent Girls. Master's thesis, Parks Recreation and Tourism Management, Graduate School, North Carolina State University.
- Adams, D. D., Johnson, T. C., Cole, S. P., Matthiasson, H., & Abbas, M. A. (1990). Physical fitness in relation to amount of physical exercise, body image, and locus of control among college men and women. *Perception and Motor Skill*, 70(3), 1347-50.
- Ahamed, Y., MacDonald, H., Reed, K., Naylor, P. J., Liu-Ambrose, T., & Mckay, H. (2007).

 School-based physical activity does not compromise children's academic performance.

 Medicine and Science in Sport and Exercise, 38, 1577-1581.
- Alfermann, D., & Stoll, O. (2000). Effects of physical exercise on self-concept and well-being.

 International Journal of Sport Psychology, 31(1), 47-65.
- Ali, N. (2009). Benefit of Stretching. Retrieved July 4, 2009, from http://chiropractic-techniques.
- Allensworlh, D., Lawson, E., Nicholson, L., & Wyche, J. (1997). School and Health: Our Nation's Investment. Washington, DC: National Academy Press.
- Allison, K. R., Dwyer, J. J. M., & Makin, S. (1999). Self-efficacy and participation in vigorous physical activity by high school students. *Health Education and Behavior*, 26(1), 12-24.
- Altintas, A., & Asci, H. (2008). Physical self-esteem of adolescents with regard to physical activity and pubertal status. *Pediatric Exercise Science*, 20, 142-156.
- Ames, C., & Archer, J. (1988). Achievement goals in the classroom: Student's learning strategies and motivation process. *Journal of Educational Psychology*, 80, 260-267.
- Anderman, E. M., & Young, A. J. (1994). Motivation and strategy us in science: Individual difference and classroom effects. *Journal of Research in Science Teaching*, 31(8), 811-831.
- Anderson, A. G., Murphy, M. H., Murtagh, E., & Nevil, A. (2006). An 8-week randomized controlled trial on the effects of brisk walking, and brisk walking with abdominal electrical muscle stimulation on anthropometric, body composition, and self-perception measures in sedentary adult women. *Psychology of Sport and Exercise*, 7, 437-451.

- Angert, G. (1994). Correlating Physical Strength with Body Esteem in a Female Osteoarthritis

 Population. Master's thesis, Department of Mental Health Sciences.
- Arai, H., Kiuchi, A., Nakamura, T., & Urai, R. (2005). The effects of physical education class employing behavioral change skills on physical activity volume and self-efficacy for exercise in male university students. *Japanese Society of Physical Education*, 50, 459-466.
- Asci, F. H. (2003). The effects of physical fitness training on trait anxiety and physical self-concept of female university students. *Psychology of Sport and Exercise*, 4, 255-264.
- Asci, F. H., Kosar, S. N., & Ayse, K. I. (1998). Effects of participation in an 8 week aerobic dance and step aerobics program on physical self-perception and body image satisfaction. International *Journal of Sport Psychology*, 29, 366-375.
- Bailey, R. (2009). The nature and values of physical education. In R. Bailey & D. Kirk (Eds.),

 The Routledge Physical Education Reader (pp. 29-30). New York: Routledge.
- Bailey, R., Armour, K., Kirk, D., Jess, M., Pickup, I., & Sandford, R. (2009). The educational benefits claimed for physical education and school sport: an academic review.

 *Research Papers in Education. 24(1), 1-27.
- Baldwin, M. K., & Courneya, K. S. (1997). Exercise and self-esteem in breast cancer survivors:

 An application of the exercise and self-esteem model. *Journal of Sport and Exercise Psychology*, 19, 347-358.
- Bandura. A. (1986). Social Foundations of Thought an action: A Social Cognitive Theory.

 Englewood Chaffs, NJ: Prentice-Hall,
 - . (1991). Self-efficacy mechanism in physiological activation and health-promoting behaviors. In. J. Madden (Ed.), *Neurobiology of Learning, Emotion and Affect*.

 New York: Raven Press.
- _____. (1997). Self-efficacy: toward a unifying theory of behavioral change. *Psychological Review*, 84, 191-215.
- . (1997). Self-Efficacy: The Exercise of Control Self-Belief. New York: Freeman.
- Bandura, A. (2006). Guide for constructing self-efficacy scales. In F. Pajares & T. Urdan (Eds.),

 Adolescence and Education, Vol. 4: Self-efficacy Beliefs of Adolescents (pp. 307-337).

 Greenwich, CT: Information Age Publishing.

- Bandura, A., & Cervone, D. (1983). Self-evaluative and self-efficacy mechanisms governing the motivational effects of goal systems. *Journal of Personality and Social Psychology*, 45, 1017-1082.
- Bandura, A., & Schunk, D. H. (1981). Cultivating competence self-efficacy and intrinsic interest through proximal self-motivation. *Journal of Personality and Social Psychology*, 41, 586-598.
- Bridges, K. A., & Madlem, M. S. (2007). Yoga, physical education and self-esteem: Off the court and onto the mat for mental health. *Californian Journal of Health Promotion*, 5(2), 13-17.
- Barna, J. S. (2009). Elementary school counselors' situational motivation, perception of importance, and level of implementation of personal/social development standards as a strategy for supporting student academic achievement. Doctoral dissertation, Faculty of Virginia Polytechnic Institute and State University.
- Barnett, N. P., Smoll, F. L., & Smith, R. E. (1992). Effect of enhancing coach-athlete relationship on youth sport attrition. Sport Psychologist, 6, 111-127.
- Barkoukis, V., Tsorbatzoudis, H., & Grouios, G. (2008). Manipulation of motivation climate in physical education: Effects of a seven-month intervention. *European Physical Education Review*, 14(3), 367-387.
- Basich, C. W. (2006). The Impact of Physical Activity and Sport on Self-Esteem in Adolescent Girls. Master's thesis, Graduate School of Marietta College.
- Beunen, G. P., Philippaerts, R. M., Delvaux, K., Thomis, M., Classens, A. L., Vanreusel, B., Eynde B. V., Lyscns, R., Renson, R., & Lefevre, J. (2001). Adolescent physical performance and adult physical activity in Flemish males. *American Journal of Human Biology*, 13(2), 173-179.
- Biddle, S. J. H., Fox, K., & Boutcher, S. (2000). *Physical Activity and Psychological Well-Being*. London, UK: Routledge.
- Biddle, S. J. H. (2001). Enhancing motivation in physical education. In G. C. Roberts (Eds.)

 Advance in Motivation in Sport and Exercise (2nd ed., pp. 101-127). Champaign, IL: Human Kinetics.

- Biddle, S. J. H., & Mutrie, N. (2008). Psychology of Physical Activity. Determinants, well-being and interventions. (2nd ed.). New York: Routledge.
- Biddle, S. J. H., & Wang, C. K. J. (2003). Motivation and self-perception profiles and link with physical activity in adolescent girls. *Journal of Adolescence*, 26(6), 687-701
- Biddle, S. J. H., Wang, C. K. J., Chatzisarantis, N. L. D., & Spray, C. M. (2002). Achievement goal profiles in school physical education. Difference in self-determination sport ability beliefs, and physical activity. *British Journal of Educational Psychology*, 72(3), 433-445.
- Blair, S. N., Kohl, H. N., Gordon, N. F., & Paffenbarger, R. S. (1992). How much physical activity is good for health? *Annual Review of Publish Health*, 13, 99-126.
- Bonhauser, M., Fernandez, G. Puschel, K., Yanez, F., Montero, J., Thompson, B., & Coronado, G. (2005). Improving physical fitness and emotional well-being in adolescent of low socioeconomic status in Chile: results of a school-based controlled trial. *Health Promotion International*, 20(2),113-122.
- Bouchard, C., Blair, S. N., & Haskell, W. L. (2007). Physical activity and health. Champaign IL: Human Kinetics.
- Boyd, M. P., Weinmann, C., & Yin, Z. (2002). The Relationship of physical self-perceptions and goal orientations to intrinsic motivation for exercise. *Journal of Sport Behavioral*, 25, 1-18.
- Brewer, E. W., & Burgess, D. N. (2005). Professor's role in motivation students to attend class.

 Journal of Industrial Teacher Education, 42(3), 1-21. Retrieved November 7, 2008,

 from http://scholar.lib.vt.edu/journals/JITE/v42n3/brewer.htm
- Brislin R. W. (1970). Back-Translation for Cross-Cultural Research. Journal of Cross-Cultural Psychology, 1(3), 185-216.
- ______. (1976). Translation: Applications and Research. *The Modern Language Journal*, 61(5), 302-303.
- Broman-Fulks, J. J., Berman, M. E., Rabian, B. A., & Webster, M. J. (2004). Effect of aerobic exercise on anxiety sensitivity. *Behaviour Research and Therapy*, 42,125-136.

- Bunker, J., Margaret, C. D., Freedson, P., Greenberg, D., Oglesby, C., Sabo, D., & Wiese-Bjornstal,
 D. M. (1997). Physical Activity and Sport in the Lives of girls "Physical and Mental Health Dimensions form an Interdisciplinary Approach. Washington, DC:
 President's Council on Physical Fitness and Sport..
- Burgess, G., Grogan, S., & Burwitz, L. (2006). Effects of a 6 week aerobic dance intervention on body image and physical self-perceptions in adolescent girls. *Body Image*, 3(1), 57-66.
- Bycura, D., & Darst, P. W. (2001). Motivating middle school students: A health club approach.

 Journal of Physical Education, Recreation & Dance, 72(7), 24-29.
- Campbell, T. S., Lavoie, K. L., Bacon, S. L., Scharf, D., Abousafy, D., & Dittol B. (2006).

 Asthma self-efficacy, high frequency heart rate variability and airflow obstruction during negative affect in daily life. *International of Psychophysiology*, 62(1), 109-114.
- Carron, A. V., Hausenblas, H. A., & Estabrooks, P. A. (2003). The Psychology of Physical Activity. New York: McGraw-Hill.
- Caruso, C. M. & Gill, D. L. (1992). Strengthening physical self-perceptions through exercise.

 The Journal of Sports Medicine and Physical Fitness, 32, 416-427.
- Caterino, M. C., & Polak, E. D. (1999). Effect of two types of activity on the performance of second, third and fourth grade student on a test of concentration. *Perception and Motor Skills*, 89, 245-248.
- Cecil, H., & Stanley, M. A. (1997). Reliability and Validity of adolescents' score on the body esteem scale, Educational and Psychological Measurement, 57(2), 340-356.
- Centers for Disease Control and Prevention. (1997). Guidelines for school and community programs to promote lifelong physical activity among young people. *Morbidity and Mortality Weekly Report*, 46(6), 1-36.
- Chris, L., Catherine, M. S., Thomas, D. R., Amy, S. C. H., & Raymond, K. W. S. (2009).
 Self-determined motivation and students physical activity during structured physical education lesson and free choice periods. *Preventive Medicine*, 48(1), 69-73.
- Chepyator-Thompson, J. R., & Ennis, C. D. (1997). Reproduction and resistance to the culture of femininity and masculinity in secondary school physical education. Research Quarterly for Exercise and Sport, 68, 89-99.

- Ciszek, E., Szezyziel, A., Gorkiewicz, M., & Bac, A. (2005). Ostcoporosis is dangerous but preventable: needed extensive health education and exercise. *Annales Academiae Medicae Bialastocensis*, 50, Supplement.
- Cockerill, I. M. (1995). Self-esteem development through participation in physical activity.

 Employee Counselling Today, 7(7), 14–17.
- Coe, D. P., Pivarnik, J. M., Womack, C. J., Reeves, M. J., & Malina, R. M. (2006). Effect of physical education and activity levels on academic achievement in children. *Journal of The American College of Sport Medicine*, 25, 1515-1519.
- Coetz, M. F. (2001). Effect of exercise intensity on exercise and post exercise energy expenditure moderately obese women. South African Journal for Research in Sport, Physical Education and Recreation, 23(1), 1-8.
- Coopersmith, S. (1967). The Antecedents of Self-esteem. San Francisco: W. H. Freeman.
- Corbin, C. B., Pangrazi, R. P., & Franks, B. D. (2000). Definition: Health, fitness and physical activity. President's Council on Physical Fitness and Sports Research Digest, 3(9), 1-8.
- Cox, A. E., Smith, A. L., & Williams, L., (2007). Motivation in physical education and physical activity behavior outside of school. *Journal of Sport & Exercise Psychology*, 29, 154-155.
- Cox, A., & William, L. (2008). The roles of perceived teacher support, motivational climate, and psychological need satisfaction in students' physical education motivation. *Journal of Sport and Exercise Psychology*, 30(2), 222-229.
- Crews, D. J., Lochbaum, M. R., & Landers, D. M. (2004). Aerobic physical activity effects on psychological well-being in low-income Hispanic children. *Perception Motor Skill*, 98(1), 319-324.
- Culos-Reed, S. N., & Brawley, L. R. (2007). Self- efficacy predicts physical activity inindividuals with fibromyalgia 1. *Journal of Applied Biobehavioral Research*, 8(1), 27-41.
- Dacey, M., Baltzell, A., & Zaichkowsky, L. (2008). Older adults' intrinsic and extrinsic motivation toward physical activity. American Journal of Health Behavioral 32(6), 570-582.

- Daley, A. J., & Buchanan, J. (1999). Acrobic dance and physical self-perceptions in female adolescents: Some implications for physical education. Research Quarterly for Exercise and Sport, 70, 196-200.
- Daley, A. J., & Ryan, J. (2000). Academic performance and participation in physical activity by secondary school adolescents. *Perception and Motor Skill*, 91, 531-534.
- Darst, P. W., Pangrazi, R., & Stillwell, B. (1995). Middle school physical education-make it more exercise. *Journal of Physical Education, Recreation & Dance*, 66, 35-41.
- Davis, C., & Katzman, M. (1997). Charting new territory: Body esteem, weight satisfaction, depression, and self-esteem among Chinese Males and females in Hong Kong.

 Sex Roles, 36(7), 449-459.
- Davis, C., & Katzman, M. A. (1998). Chinese men and women in the United States and Hong Kong: Body and self-esteem ratings as a prelude to diet and exercise. *International Journal of Eating Disorder*, 23(1), 99-102.
- Deci, E. L., & Ryan, R. M. (1985). Intrinsic Motivation and Self-determination in Human behavior. New York: Plenum.
- . (1990). A motivational approach to self: Integration in personality. In R. Dienstbier (Ed.), Nebraska Symposium on Motivation: Perspectives on Motivation (pp. 237–288).

 Lincoln: University of Nebraska Press.
- Deci, E. L., & Ryan, R. M. (2000). The "What" and "Why" of goal pursuits, Human needs and the self-determination of behavior. *Psychology Inquiry*, 11, 227-268.
- Delong, L. L. (2006). College students' motivation for physical activity. Doctoral dissertation,

 Department of Kincsiology, Louisiana State University and Agricultural and

 Mechanical College.
- Dimeo, F. C., Stieglitz, R. D., Fischer, U., Fetscher, S., & Keul, J. (1999). Effects of physical activity on the fatigue and psychologic status of cancer patients during chemotherapy. A Cancer Journal for Clinicians, 85(10), 2273-2277.
- Dishman, R. K., Motl, R. W., Saunders, R., Felton, G., Sward, D. S., Dowda, M., & Pate, R. R. (2004). Self-efficacy partially mediates the effect of a school-based physical-activity intervention among adolescent girls. *American Journal of Preventive Medicine*, 38, 628-636.

- Dishman, R. K., Motl, R. W., Sallis, J. F., Dunn, A. L., Birnbaum, A. S., Welk, G. L., Bedimo-Rung, A. L., Voorhces, C. C., & Jobe, J. B. (2005). Self-management strategies mediate self-efficacy and physical activity. *American Journal of Preventive Medicine*, 29, 10-18.
- Duncan, M. J., Al-Nakeeb, Y., & Nevill, A. M. (2004). Body esteem and body fat in British school children from different ethnic groups. *Body Image*, 1, 311-315.
- . (2006). Body dissatisfaction, body fat and physical activity in British children.

 European Physical Education Review, 10, 243-260.
- . (2009). Effect of a 6-week circuit training intervention on body esteem and body mass index in British primary school children. *Body Image*, 6, 216-220.
- Duncan, M. J., Woodfield, L. A., O' Neill, S. L., Al-Nakeeb, Y., & Nevil, A. (2002). The relationship-between body image and percent body fat among British school children.

 *Perception and Motor Skills, 94, 197-203.
- du Toit, D., & van der Merwe, N. (2006). The effect of a physical activity programmed on the self-esteem of pre-primary HIV-directly affected learners. South African Journal for Research in Sport, Physical Education and Recreation, 28(2), 55-71.
- Dutton, G. R., Tan, F., Provost, B.C., Sorenson, J.L., Allen, B., S Smith, D. (2009). Relationship between self-efficacy and physical activity among patients with type 2 diabetes.

 **Journal of Behavior and Medicine, 32(3), 270-277.
- Dweck, C. S., &, Legget, E. (1988). A social-cognitive approach to motivation and personality.

 *Psychological Review, 95(2), 256-273.
- Dwyer, J. J., Allison, K. R., & Makin, S. (2007). Internal structure of a measure of self-efficacy in physical activity among high school students. *Social Science Medicine*, 46(9), 1175-1182.
- Eagly, A. H., & Whitehead, G. I. (1972). Effect of choice on receptivity to favorable and unfavorable evaluation on oneself. *Journal of Personality and Social Psychology*, 22(2), 223-230.
- Edwart, C. K., Stewart, K. J., Gillilan, R. E., & Kelemen, M. H. (1986). Self-efficacy mediates strength gains during circuit weight training in men with coronary artery disease.

 Medicine Science Sport Exercise, 18(5), 531-540.
- Elizabeth, A., Sara, W., & Barbara, E.A. (2005). Correlates of self-efficacy for physical activity in African American women. *Journal of Women and Health*, 41(3), 47-62.

- Escarti, A., & Gutierrez, M. (2001). Influence of the motivational climate in physical education on the intention to practice physical activity or sport. *European Journal of Sport Science*, *I*(4), 1-12.
- Escarti, A., & Guzman, J. F. (1999). Effects of feedback on self-efficacy, performance and choice in athletic task. *Journal of Applied Sport Psychology*, 11(1), 83-96.
- Eysenck, H. J. (1978). Superfactors P, E, and N in a comprehensive factor space. *Multivariate Behavioral Research*, 13, 475-481.
- Faigenbaum, A., & McFarland, J. (2007). Dynamic motivation with skills and drills. Strength and Conditional Journal, 29(2), 74-76.
- Feltes, L. (1998). What girls say about opportunities for physical activity? *Melpomene Journal*, 17(2), 24-28.
- Ferrer-Caja, E., & Weise, M. R. (2000). Predictor of intrinsic motivation. Research Quarterly for exercise and sport, 71, 267-276.
- Field, T., Diego, M., & Sanders, C. E. (2001). Exercise is positively related to adolescents' relationships and academics. *Adolescence*, 36(141), 105-110.
- Finkenberg, M. E., DiNucci, J. M., McCune, S. L., & McCune, E. D. (1993). Body esteem and enrollment in classes with different levels of physical activity. *Perception Motor Skills*, 76(3), 783-92.
- ______. (1994). Personal incentives for exercise and body esteem: a canonical correlation analysis. *Journal of Sport Medicine and Physical Fitness*, 34(4), 398-402.
- Fitch, G. (1970). Effect of self-esteem, perceived performance and choice on causal attributions.

 Journal of Personality and Social Psychology, 16(2), 311-315.
- Fox, K. R. (1999). The influence of physical activity on mental well-being. *Public Health Nutrition*, 2(3), 411-418.
- ______. (2000). Self-estcem, self-perception and exercise. *International Journal of Sport Psychology*, 31, 228-240.
- ______. (2000). The effects of exercise on self-perception and self-esteem. In S. J. H., Biddle, K. R. Fox, & S. H. Boutcher (Eds.), *Physical Activity and Psychological Well-being* (pp. 88-117). London: Routledge.
- Franzoi, S. L., & Shields, S. A. (1984). The Body-Esteem Scale: Multidimensional structure and sex differences in a college population. *Journal of Personality Assessment, 48,* 173-178.

- Franzoi, S. L. (1986). Effects of Aerobic Exercise on Female Body Esteem: A Multidimensional Approach, Research. Department of Psychology, Marquette University, Milwaukee.
- Frederick, C. M., & Ryan, R. M. (1993). Differences in motivation for sport and exercise and their relationship with participation and mental health. *Journal of Sport Behavior*, 16, 125-145.
- Frederick-Recascino, C. M., & Schuster-Smith, H. (2003). Competition and intrinsic motivation in physical activity: A comparison of two groups. *Journal of Sport Behavior*, 26(3), 240-254.
- Frederick, C. M., & Morris, T. (2004). Intrinsic and extrinsic motivation in sport and exercise.

 In M. Tony & J. Summers (Eds.), Sport Psychology (2nd ed., p. 121) Milton:

 John Wiley & Sons Australia Ltd.
- Friedenreich, C. M., & Cust, A. E. (2008). Physical activity and breast cancer: impact of timing, toes and dose of activity and population subgroup effects. *British Journal of Sports*Medicine, 42, 636-647.
- Furnham, A., Titman, P., & Sleeman, E. (1994). Perception of female body shapes as a function of exercise. *Journal of social Behavior and Personality*, 9, 335-352.
- Gao, Z. (2007). Understanding students' motivation in physical education: Integration of expectancy-value model and self-efficacy. Doctoral dissertation, Department of Kinesiology, Louisiana State University and Agricultural and Mechanical College.
- Gao, Z., Lee, A. M., & Harrison, L. (2008). Understanding students' motivation in sport and physical education: From the expectancy-value model and self-efficacy theory perspectives. *Quest, 60,* 236-254.
- Gao, Z., Xiang, P., Lee, A. M., & Harrison, L. (2008). Self-efficacy and outcome expectancy in beginning weight training class: Their relations to students' behavioral intention and actual behavior. Research Quarterly for Exercise and Sport, 79(1), 92-100.
- Gao, Z., & Newton, M. (2009). Examining the mediating role of strategy use on students' motivation and persistence/effort in physical education. *Journal of Sport Behavior*, 32(3), 175-185.
- Gehrman, C. A., Hovell, M. F, Sallis, J. S., & Keating, K. (2006). The effects of a physical activity and nutrition intervention on body dissatisfaction drive for thinner, and weight concerns in pre-adolescents. *Body Image*, 3, 345-351.

- Gieck, D., & Olscn, S. (2007). Holistic wellness as a means to developing a lifestyle approach to health behavior among college students. *Journal American College Health*, 56(1), 29-36.
- Gleeson-Kreig, J. M. (2006). Sclf-monitoring of Physical Activity: Effects on Self-efficacy and Behavior in People with Type 2 Diabetes. *Physical Activity Monitoring*, 32(1), 69-77.
- Goodwin, R. D. (2003). Association between physical activity and mental disorders among adults in the United States. *Preventive Medicine*, *36*, 698-703.
- Goudas, M., & Biddle, S. (1994). Perceived motivation climate and intrinsic motivation in school physical education classes. *European Journal of Psychology of Education*, 9(3), 241-250.
- Goudas, M., Biddle, S., & Fox, K. (1994). Perceived locus of causality, goal orientations, and perceive competence in school physical education classes. *British Journal of Educational Psychologist*, 9, 254-264.
- Griffin, M., & Kirby, S. (2007). The effect of gender in improving body image and self-esteem.

 Journal of Sport Psychology, 9(3), 83-94.
- Griffin, M. R., & Maina, M. P. (2002). Focus on interest in high school physical education.

 Strategies, Supplement, 15(6), 11-12.
- Grunbaum, J. A., Kann, L., Kinchen, S., Rass, J., Hawkin, L, & Lawry, R. (2004). Youth risk behavior surveillance-United States, 2003. MMWR Surveillance summary, 53(2), 1-96.
- Guay, F., Vallerand, R. J., & Blanchard, C. (2000). On the assessment of situational intrinsic and extrinsic motivation: The situational motivation scale (SIMS). *Motivation and Emotion*, 24(3), 175-213.
- Guinn, B., Semper, T., & Jorgensen, L. (1997). Mexicans American female adolescent self-esteem: The effect of body image, exercise behavior and body fatness. *Hispanic Journal of behavioral Science*, 19(4), 517-526.
- Hackett, G., & Betz, N. E. (1989). An exploration to the mathematic self-efficacy/ mathematics performance correspondence. *Journal for Research in Mathematic Education*, 20, 263-271.
- Hardy, L., Jones, G., & Gould, D. (1996). Understanding Psychological Preparation for Sport: Theory and Practice of Elite Performers. Chi Chester: Wiley.
- Hagger, M. S., Chatzisarantis, N., & Biddle, S. J. H. (2001). The influence of self-efficacy and past behaviour on the physical activity intentions of young people. *Journal of Sports Sciences*, 19(9), 711-725.

- Hakan, S., Surhal, M., & Nevin, G. (2005). The effect of physical education and sports teaching programs in turkey on motivation for physical activity. *Journal of the International Council for Health, Physical Education, Recreation, Sport & Dance, 41*(2), 11 15.
- Halpern, R. (1998). Physical (in) Activity Among Low-income Children and Youth. New York:

 The Robert Wood Johnson Foundation.
- Haralambos, T., Kanstantions, A., Panagiotis, Z., & George, G. (2006). Examining the relationship between recreational sport participation and intrinsic and extrinsic motivation and amotivation. *Perceptual and Motor Skills*, 103(2), 363-374.
- Hassandra, M., Goudas, M., & Chroni, S. (2003). Examining factors associated with intrinsic motivation in physical education: a qualitative approach. *Psychology of Sport and Exercise*, 4(3), 211-223.
- Henderson, K., Glancy, M., & Little, S. (1999). Putting the fun into physical activity. *Journal of Physical Education, Recreation and Dance*, 70(8), 43-47.
- Himberg, C., Hutchinson, G. E. & Roussell, J. M. (2003). Feaching Secondary Physical

 Education Preparing Adolescents to be Active for Life. Champaign 1L: Human Kinetics.
- Hos, A. T. (2005). The effect of guided systematic aerobic dance programme on the self-esteem of adults. *Kinesiology*, 37(2), 141-150.
- Hopkins, D. R., Murrah, B., Hoeger W. W., & Rhodes, R. C. (1990). Effect of low-impact aerobic dance on the functional fitness of elderly women. *The Gerontologist*, 30(2), 189-192.
- Hu, G., Tuomilehto, J., Silventoinen, K., Barengo, N. C., Peltonen, M., & Jousilahti, P. (2005).

 The effects of physical activity and body mass index on cardiovascular, cancer and all-cause motility among 212 middle-age Finnish men and women. *Journal of obesity*, 29, 894-902.
- Hu, L., Motl, R. W., McAuley, E., & Konopack, J. F. (2007). Effects of self-efficacy on physical activity enjoyment in college-aged women. *International Journal of Behavioral Medicine*, 14(2), 92-96.
- Huang, J. S., Normon, G.J., Zabinski, M.F., Calfas, K., & Patrick, K. (2007). Body image and self-esteem among adolescents undergoing and intervention targeting dietary and physical activity behaviors. *Journal Adolescent Health*, 40(3), 245-251.

- Hyland, M. E., Sodergren., S. C., & Singh, S. J. (1999). Variety of activity: Relationship with health status, demograptive variables and global quality of life. *Psychology, Health and Medicine*, 4(3), 241-254.
- Irwin, M. L., Smith, A. W., Mctiernan, A., Ballard-Barbash, R., Cronin, K., Gilliland, F. D., Baumgartner, R. N., Baumgartener, K. B., & Bernstein, L. (2008). Relationship of obesity and physical activity with c-peptide leptin, and insulin like growth factors in breast cancer survivors. *Journal of Clinical Oncology*, 26(24), 3958-3964.
- Jaakkola, T., Livkkonen, J., Laakso, T., & Ommundsen, Y. (2008). The relationship between situational and contextual self-determine motivation and physical activity intensity as measured by heart rates during ninth grade students' physical education class.

 European Physical Education Review, 14(1), 13-31.
- Jerome, G. J., Marquez, D. X., McAuley, E., Canaklisoval, S., Snook, E., & Vickers, M. (2002).

 Self-efficacy effects on feeling states in women. *International Journal of Behavioral Medicine*, 9, 139-154.
- Johns Hopkins Medicine. (2005, April). Retrieved October 4, 2008, from http://www.hopkins-medicine. org/ Press_release.html
 - Junkin, S. E. (2007). Yoga and Self-Esteem: Exploring Change in Middle-Aged Woman.

 Master's Thesis, College of Kinesiology University of Saskatchewan Saskatoon.
 - Kalogiannis, P. (2006). The role of sport and physical education in self-concept development adolescents. Sport and Physical Education, 4, 292-310.
 - Keays, J.J., & Allison, K. R. (1995). The effects of regular moderate to vigorous physical activity on student out comes. *Journal of Public Health*, 86, 62-66.
 - Kilpatrick, M., Hebert, E., & Bartholomew, J. (2005). College students' motivation for physical activity: differentiating men's and women's motive for sport participation and exercise. *Journal of American College Health*, 54(2), 87-94.
 - Kirchner, G., & Fishburne, G. K. (1995). *Physical Education for Elementary School Children* (9th ed.). Dubuque: Wm. C. Brown Communications.
 - Kleinginna, P., & Kleingnna, A. (1981). A categorized list of emotion definitions, with suggestions for a consensual definition. *Motivation and Emotion*, 5, 345-379.

- Koff, E., & Bauman, C. (1997). Effects of wellness, fitness and sport skill program on body image and lifestyle behaviors. *Perceptual Motor Skills*, 84, 55-62.
- Kwak, L., Kremers, S. P. J., Bergman, P., Ruiz, J. R., Rizzo, N. S., & Sjostrom, M. (2009).

 Associations between physical activity, fitness, and academic achievement.

 Retrieved July 14, 2009, from http://www.Jpeds.com
- Lee, L. L., Arthur, A., & Avis, M. (2008). Using self-efficacy theory to develop interventions that help older people overcome psychological barriers to physical activity: A discussion paper. *International Journal of Nursing Studies*, 45(11), 1690-1699.
- Lee, L. L., Avis, M., & Arthur, A. (2007). The role of self-efficacy in older people's decisions to initiate and maintain regular walking as exercise. *Preventive Medicine*, 45, 62-65.
- Liggett, G. R., Burwitz, L., & Grogan, S. (2003). The effectiveness of a 6 week aerobic dance intervention on body image dissatisfaction among female adolescents 13-14 years old.

 Paper presented at the annual conference of the British Psychological Society Division of Health Psychology, Staffordshire University.
- Lindvall, O., Kokaia, Z., Bengzon, J., Elmer, E., & Kokaia, M. (1994). Neurotrophins and brain insult. *Trends Neuroscience*, 17, 490-496.
 - Lindner, K. J., & Kerr, J. H. (1999). Sport participation and metamotivation orientation. In

 J. H. Kerr (Ed.), Experiencing Sport, Reversal theory (pp. 189-208). Chi Chester: Wiley.

 . (2000). Metamotivational orientations in sport participants and nonpaticipants.

 Psychology of Sport and Exercise, 1, 7-25.
 - Ling-Ling, L., Antony, A., & Mark, A. (2008). Using self-efficacy theory to develop interventions that help older people overcome psychological barriers to physical activity. *International Journal of nursing studies*, 45(11), 1690-1699.
 - Locke, E. A., Frederick, E., Lee, C., & Bobko, P. (1984). Effect of self-efficacy, goal and task strategies on task performance. *Journal of Applied Psychology*, 69(2), 241-251.
 - Lonsdale, C., Sabiston, C. M., Raedeke, T. D., Ha, A. S. C., & Sum, R. K. W. (2009).

 Self-determined motivation and students' physical activity during structured physical education lessons and free choice periods. *Preventive Medicine*, 48, 69-73.
 - Lowland, N. W. (1998). Body image and physical activity. A survey among Norwegian men and woman. *International Journal of Sport Psychology*, 29(4), 339-365.

- Lox, C. L., & Rudolph, D. L. (1994). The Subjective Exercise Experience Scale (SEES): Factorial validity and effects of acute exercise. *Journal of Social Behavior and Personality*, 9, 837-844.
- Loyd, B. (2005). The effect of reality therapy/choice theory principles on high school students' perception of need satisfaction and behavior change. *International Journal of Reality Therapy*, 25, 5-9.
- Maehr, M. L., & Anderman, E. M. (1993). Reinventing schools for early adolescents: Emphasizing task goals. *Elementary School Journal*, 93, 593-610.
- Maehr, M. L., & Midgley, C. (1991). Enhancing student motivation: A school wide approach. *Educational Psychologist*, 26(3), 399-427.
- Marcus, K., Edward, H., & John, B. (2005). College Students Motivation for Physical Activity.

 Differentiating Men's and Women's Motives for Sport Participation and Exercise.

 Journal of American College Health, 54(2), 87-94.
- Markland, D. (1999). Self-determination moderates the effects of perceived competence on intrinsic motivation in exercise setting. *Journal of Sport & Exercise Psychology*, 21, 351-361.
- Marquez, D. X., Jerome, G. J., McAuley, E., Snook, E. M., & Canaklisova, S. (2002).

 Self-efficacy manipulation and state anxiety responses to exercise. *Journal of Aging and Physical Activity*, 9, 91-114.
- Marsh, H. W. (1998). Age and gender effects in physical self-concepts for adolescent elite athletes and non-athletes: A multicohort-multioccasion design. *Journal of Sport and Exercise Psychology*, 20, 237-259.
- Marsh, H. W., Perry, C., Horsely, C., & Roche, L. (1995). Multidimensional self-concepts of elite athletes: How do they differ from the general population? *Journal of Sport and Exercise Psychology*, 17, 70-83.
- Masurier, G. L., & Corbin, C. B. (2006). Top 10 Reasons for Quality Physical Education. *Journal of Physical Education, Recreation & Dance, 77*(2), 41-51.
- McAuley, E., Mihalko, S. L., & Bane, S. M. (1997). Exercise and self-esteem in middle-aged adults: Multidimensional relationship and physical fitness and self-efficacy influences. *Journal of Behavioral medicine*, 20, 67-83.

- McAuley, E., & Blissmer, B. (2000). Self-efficacy determinants and consequences of physical activity. *Exercise and Sport Science Reviews*, 28, 85-88.
- McAuley, E., Blissmer, B., Katula, J., Duncan, T.E., Mihalko, S.L. (2000). Physical activity, self-esteem, and self-efficacy relationship in older adults: A randomized controlled trial 1, 2. *Annals of Behavioral Medicine*, 22(2), 131-139.
- McAuley, E., Elavsky, S., Motl, R. W., Konopack, J. F., Hu, L., & Marquez, D. X. (2005).

 Physical activity, self-efficacy and sclf-csteem: Longitudinal relationships in older adults. The Journals of Gerontology Series B: Psychological Sciences and Social Science, 60, 268-275.
- McAuley, E., Morris, K. S., Doerksen, S. E., Mote, R. W., Liang, H., White, S. M., Wojcicki, T. R., & Rosengren, K. (2007). Effects of change in physical activity on physical function limitation in older women: Mediating roles of physical function performance and self-efficacy. *Journal of the American Geriatrics Society*, 55, 1967-1973.
- McDonald, D.G., & Hodgdon, J. A. (1991). Psychological Effects of Aerobic Fitness Training.

 New York: Springer-Verlag.
- Mendelson, B. K., Mclaren, J., Gauvin, L., & Steiger, H. (2002). The relationship of self-esteem and body esteem in women with and without eating disorder. *International Journal of Eating Disorder*, 31, 630-636.
- Michael, W., & Smith, M.D. (2005, April 15). Variety of activities helps prevent alzheimer's.

 Retrieved October 4, 2008, from http://www.webmd.Com/alzheimers/news/

 20050415/activities-helps-prevent-alzheimers? Sre = rss-foxnews.
- Morgan, K., & Carpenter, P. (2002). Effects of manipulating the motivational climate in physical education lessons. *European Physical Education Review*, 8(3), 207-229.
- Morris, K. S., McAuley, E., & Motl, R. W. (2007). Self- efficacy and environmental correlates of physical activity among older woman and women with multiple sclerosis. *Health Education Research*, 23(4), 744-752.
- Morris, M., Steinberg, H., Sykes, E. A., & Salmon, P. (1990). Effect of temporary withdrawal from regular running. *Journal of Psychosomatic Research*, 33, 47-61.

- Mutrie, N. (2001). The relationship between physical activity and clinically defined depression.
 In S. J. H. Biddle, K. R. Fox, & S. H. Boutcher (Eds.), *Physical Activity and Psychological Well-being*. London: Routledge.
- Netz, Y., Wu, M. J., Becker, B. J., & Tenenbaum, G. (2005). Physical activity and psychological well-being in advanced age: a meta analyses of intervention studies. *Psychology and Aging*, 20, 272-284.
- Neumark-Sztainer, D., Gocden, C., Story, M., & Wall, M. (2004). Associations between body satisfaction and physical activity in adolescent. Implication for programs aimed at preventing a broad spectrum of weight disorders. Eating Disorder, 12, 125-138.
- Nicholls, J.G. (1989). Achievement goal theory. In T. Horn (Ed.), Advances in Sport Psychology (pp. 149-150). Champaign, IL: Human Kinetics.
- North, T. C., McCullagh, P., & Tran, Z. V. (1990). Effect of exercise on depression. Exercise and Sport Science Reviews, 18, 379-415.
- Numata, M. (1984). Lifting weights and spirits. Health, 16, 18 Supplement.
- Olafson, L. (2002). "I hate physical education." Adolescent girls talk about physical education.

 The Physical Educator, 59(2), 67-74.
 - Oxer, S. S., & Miller, B. K. (2001). Effects of choice in an art occupation with adolescents living in residential treatment facilities. *Occupation Therapy in Mental Health*, 17(1), 39-40.
 - Pangrazi, R. P. (2001). Dynamic Physical Education for Elementary School Children (13th ed.).

 Boston: Allyn and Bacon.
 - Papaioannou, A. (1997). Perceptions of motivational climate, perceived competence, and motivation of students of varying age and sport experience. *Perceptual and Motor Skills*, 85, 419-430.
 - Papaioannou, A., & Theodoraki, Y. (1996). The test of three models for the prediction in physical education lesson. *International Journal of Sport psychology*, 27, 389-399.
 - Papaioannou, A. G., Tsigilis, N., Kosmidou, E., & Milosis, D. (2007). Measuring perceived motivational climate in physical education. *Journal of Teaching in Physical Education*, 26(3), 236-259.

- Patall, E. A., Cooper, H., & Robinson, J. C. (2008). The effects of choice on intrinsic motivation and related outcomes: A meta analysis of research finding. *Psychological Bulletin*, 134(2), 270-300.
- Parfitt, G., & Gledhill, C. (2004). The effect of choice of exercise mode on psychological Responses. *Psychology of Sport and Exercise* 5, 111-117.
- Pate, R. R., Pratt, M., Blair, S. N., Haskell, W. L., Macera, C. A., Bouchard, C., Buchner, D.,
 Ettinger, N., Health, G. W., King, A. C., Kriska, A., Leon, A. S., Marcus, S. E.,
 Morris, J. Paffenberger, R. S., Patrick, K. Jr., Pollock, M. L., Rippe, J. M., Sallis, J. F.,
 & Wilmorc, J.H. (1995). A recommendation from the Center for Disease Control and
 Prevention and the America College of Sports Medicine. *Journal of the American Medical Association*, 273, 402-407.
- Pelclova, J., Fromel, K., Skalik, K., & Stratton, G. (2008). Dance and aerobic in physical education lessons: The influence of the student's role on physical activity in girls.

 Acta Universitatis Palackianae, Olomucensis, Gymnica, 38(2), 85-92.
- Perkin, J. M., Multhaup, K. S., Perkins, H. W., & Barton, C. (2008). Self-efficacy and participation in physical and social activity among older adults in Spain and the United States. *Gerontologist*, 48(1), 51-58.
 - Perry, A. C., Rosenblatt, E. S., Kempner, L., Feldman, B. B., Paolercio, M. A., & van Bemden, A.L. (2002). The effects of an exercise physiology program on physical fitness variables, body satisfaction, and physiology knowledge. *Journal of Strength and Conditioning Research*, 16, 219-226.
 - Peterson, A. V., Chang, C., & Collins, P. L. (1998). The effects of reality therapy and choice theory training on self concept among Taiwanese university students. *International Journal for the Advancement of Counseling*, 20(1), 79-83.
 - Peterson, J. J., Lowe, J. B., Peterson, N. A., Nothwehr, F. K., Janz, K. F., & Lobas, J. G. (2008).
 Path to leisure physical activity among adults with intellectual disability: Self-efficacy and social support. American Journal of Health Promotion, 23(1), 35-42.
 - Petipas, A., Cornelius, A., Van Raalte, J., & Jones, T. (2005). A framework for planning youth sport programs that foster psychosocial development. *The Sport Psychologist*, 19, 63-80.

- Petruzzello, S. J., Landers, D. M. Hatield, B. D., Kubitz, K. A., & Salazar, W. (1991). A metaanalysis on the anxiety-reducing effects of acute and chromic exercise. Sports Medicine, 11, 143-182.
- Physical Activity and Health. (1996). A Report of the Surgeon General. Atlanta, GA:

 U.S. Department of Health and Human Services, Centers of Disease Control and Prevention.
- Prusak, K. A., Treasure, D. C., Darst, P. W., Paul, W., & Pangrazi, R. P. (2004). The effect of choice on the motivation of adolescent girls in physical education. *Journal of Teaching in Physical Education*, 23(1), 19-29.
- Quin, E., Redding, E., & Frazer, L. (2007). The effects of an eight-week creative dance program on the physical and psychological status of 11-14 year old adolescents: An experimental study. Retrieved December 15, 2008, from http://www.hampshiredance.org.uk/documents/NRGDanceScienceRescarchReport.pdf
- Ransdell, L. B., Detling, N., Taylor, A., Reel, J., & Shultz, B. (2004). Daughters and mothers exercising together: Effects of home-and university-based programs on physical self-perception in mother and daughter. *Women and Health*, 39, 63-81.
- Ratelle, C. F., Baldwin, M. W., & Vallerand, R. J. (2005). On The cued activation of situational motivation. *Journal of Experimental Social Psychology*, 41, 482-487.
- Raustorp, A., Mattsson, E., Svensson, K., & Stahle, A. (2005). Physical activity, body composition and physical self- esteem: a 3-year follow-up study among adolescents in Sweden. Scandinavian Journal of Medicine & Science in Sports, 16(4), 258-266.
- Reeve, J., & Deci, E. L. (1996). Elements of the competitive situation that affect intrinsic motivation. *Personality and Social Psychology Bulletin*, 22, 24-33.
- Roberts, G. C. (1992). *Motivation in sport and exercise*. Champaign, IL: Human Kinetics.

 ______. (2001). *Advances in Motivation in Sport and Exercise*. Champaign, IL: Human Kinetics.
- Robins, R. W., Trzesniewski, K. H., Tracy, J. L., Gosling, S. D., & Potter, J. (2002). Global self-estcem across the life span. Psychology and Aging, 17(3), 423-434.
- Rockafellow, B. D., & Saules, K. K. (2006). Substance use by college students: The role of intrinsic versus extrinsic for athletic involvement. *Psychology of Addictive Behaviors*, 20(3), 279-287.

- Rodgers, W. M., & Brawley, L. R. (1996). The influence of outcome expectancy and self-efficacy on the behavioral intentions of novice exercisers. *Journal of Applied Social Psychology*, 26, 618-634.
- Rosenberg, M. (1965). Society and the Adolescent Self-Image. Princeton, NJ: Princeton University Press.
- Rowland, T. W., & Simons, J. P. (1994). Physical activity, fitness, and healthy in children.

 Pediatrics, 93, 669-672.
- Ryan, R. M., Fredrick, C. M., Lepes, D., Rubis, N., & Sheldon, K. M. (1997). Intrinsic motivation and exercise adherence. *Journal of Sport Psychology*, 28, 335-354.
- Ryan, R. M., & Deci, E. L. (2000). Intrinsic and extrinsic motivations: Classic definitions and new directions. *Contemporary Educational Psychology*, 25, 54-67.
- Rydwik, E., Frandin, K., & Akner, G. (2007). Effects of physical training in frail elderly people regarding habitual physical activity level and activities of daily living. Clinical Rehabilitation, 21(3), 258-65.
- Sallis, J. F., McKenzie, T. L., Alcaraz, J. E., Kology, B., Faucette, N., & Hovell, M. F. (1997).

 The effects of a 2 year physical education program (SPARK) on physical activity and fitness in elementary school students. Sport play and active recreation for kids.

 American Journal Public Health, 87(8), 1328-34.
 - Sallis, J. F., Mckenzie, T. L., Kolody, B., Lewes, M. Marshall, S., & Rosengrad, P. (1999).

 Effects of health related physical education on academic achievement. Research

 Quarterly for Exercise and Sport, 70, 127-134.
 - Salmon, P. (2001). Effects of physical exercise on anxiety, depression, and sentivity to stress:

 A unifying theory. *Clinical Psychology Review*, 21(1), 33-61.
 - Samuels, S. M., & Gibb, R. W. (2006). Self-efficacy assessment and generalization in physical education course. *Journal of Applied Social Psychology*, 32(16), 1314-1372.
 - Sats, Y., Nagosaki, M., Nakai, N., & Fushimi, T. (2003). Physical exercise improves glucose metabolism in lifestyle-Related diseases. Society for Experimental Biology and Medicine, 288, 1208-1212.
 - Scanlan, T. K., & Simon, J. P. (1992). The construct of sport enjoyment. In G.C. Roberts (Ed.)

 Motivation in Sport and Exercise (pp. 192-215). Champaign, IL: Human Kinetic.

- Schlough, K., Nawocsenski, D., Case, L. E., Nolan, K., & Wigglesworth, J. K. (2005).
 The effects of aerobic exercise on endurance, strength, function and self-perception in adolescents with spastic cerebral plays. *Pediatric Physical Therapy*, 17, 234-250.
- Schmalz, D. L., Deane, G. D., Birch, L. L., & Davison, K. K. (2007). A longitudinal assessment of the links between physical activity and self-esteem in early adolescent non-Hispanic females. *Journal Adolescent Health*, 41(6), 559-265.
- Schnohr, P., Gronback, M., Petersen, L., Hein, H.O., & Sorensen, T. L. (2005). Physical activity in leisurc-time and risk of cancer: 14 year follow up of 28,000 Damish men and women. Scandinavian Journal of Public Health, 33(4), 244-249.
- Science Daily. (2005, April). Exercise Variety Not Intensity Appears To Reduce Some

 Alzheimer's Disease Risk. Retrieved May 17, 2008, from http://www.Hopkins

 medicinc.Psychiatry/geriatric.html
- Scully, D. Kremer, J., Meade, M., Graham, R., & Dudgeon, K., (1998). Physical exercise and psychological well-being: A critical review. *British Journal of Sports Medicine*, 32(2), 111-120.
- Shaffer, D. R., & Wittes, E. (2006). Women's precollege sports participation, enjoyment of sports, and self-esteem. Sex Roles, 55, 225-232.
- Shields, C. A., Spink, K. S., Chad, K., Muhajarinc, N., Humbert, L. S., & Odnokon, P. (2008).

 Youth and adolescent physical activity lapsers. *Journal of Health Psychology*,

 13(1), 121-130.
- Sibley, B., & Etnier, J. (2003). The relationship between physical activity and cognition in children: a metaanalysis. *Pediatric Exercise Science*, 15, 243-253.
- Sidman, C. L., D'Abundo, M. L., & Hritz, N. (2009). Exercise self-efficacy and perceived wellness among college students in a basic studies course. *International Electronics Journal of Health Education*, 12, 162-174.
- Singh-Manoure, A., Hillsdon, M., Brunner, E., & Marmot, M. (2005). Effects of physical activity on cognitive functioning in middle age: Evidence from the Whitehall II prospective cohort study. *American Journal of Publish Health*, 95(12), 2252-2258.
- Solmon, M. A. (2006). Creating a motivational climate to foster engagement in physical education. *Journal of Physical Education, Recreation & Dance*, 77(8), 15-17.

- Solmon, M. A., & Lee, A. M. (1997). Development of an instrument to assess cognitive processes in physical education classes. *Research Quarterly for Exercise and Sport*, 68(2), 152-160.
- Sonstroem, R. J., Harlow, L. L., Gemma, L. M., & Osborne, S. (1991). Test of structural, relationships within a proposed exercise and self-esteem model. *Journal of Personality Assessment*, 56(2), 348-364.
- Sonstroem, R. J., Horlow, L. L., & Josephs, L. (1994). Exercise and self-esteem. Validity of model expansion and exercise associations. *Journal of Sport and Exercise Psychology*, 16, 29-42.
- Spray, C. (2002). Motivation climate and perceived strategies to sustain pupil & acute: Discipline in physical education. European Physical Education Review, 8(1), 5-20.
- Standage, M., Duda, J. L., & Ntoumanis, N. (2003). Predicting motivational regulation in physical education. The interplay between dispositional goal orientations, motivational elimate and perceived competence. *Journal Sport Science*, 21(8), 631-647.
- Strauss, R. S., Rodzilsky, D., Burack, G., & Colin, M. (2001). Psychosocial correlates of physical activity in healthy children. Archives of Pediatrics and Adolescent Medicine, 155(8), 897-902.
- Sullum, J., Clark, M., & King, T. (2000). Predictors of exercise relapse in a college population.

 Journal of American College Health, 48(4), 175-180.
- Suminskei, R., Petosa, R., Utter, A., & Zhang, J. (2002). Physical activity among ethnically diverse college students. *Journal of American College Health*, 51, 75-80.
- Swan, L., & Hillis, W. S. (2000). Exercise prescription in adults with congenital heart disease: a long way to go. *Heart and Education in Heart*, 83, 685-687.
- Taras, H. (2005). Physical activity and student performance at school. *Journal of School Health,* 75(6), 214-218.
- Thacker, S. B., Gilchrist, J., Stroup, D. F., & Kimsey, C. (2004). The impact of stretching on sport injury risk: A systematic review If the literature. *Medicine and Science in Sports* and Exercise, 36(9), 1567-1573.
- Thaulow, E., & Fredrikson, P. M. (2004). Exercise and training in adult with congenital heart disease. *International Journal of Cardiology*, 97, 35-38.

- Theodosiou, A., & Papaioannou, A. (2006). Motivation climate, achievement goals and metacognitive activity in physical education and exercise involvement in out-of-school settings. *Psychology of Sport and Exercise*, 7, 361-379.
- Thirlaway, K., & Benton, D. (1992). Participation in physical activity and cardiovascular fitness has different effects on mental health and mood. *Journal of Psychosomatic Research*, 36, 657-665.
- Tomporowski, P. (2003). Cognitive and behavioral responses to acute exercise in youths:

 A review. *Pediatric Exercise Science*, 15, 348-359.
- Treasure, D. C. (2001). Enhancing young people's motivation in youth sport: An achievement goal approach. In G. C. Roberts (Ed.) Advances in Motivation in Sport and Exercise (pp. 79-100). Champaign, IL: Human Kinetics.
- Trost, S. G., Pate, R. R., Douda, M., Saunders, R., Ward, D.S., & Felton, G. (1996). Gender differences in physical activity and determinants of physical activity in rural fifth grade children. *Journal of School Health*, 66(4), 145-50.
- Tucker, L. A., & Maxwell, K. (1992) Effects of weight training on the emotion well-being and body image of females: predictors of greatest benefit. *American Journal Health Promotion*, 6(5), 338-344.
- Turner, C. H. (2007). Molecular mechanisms of exercise in bone and muscle: The search for and exercise pill. Bone Loss During Spaceflight: Etiology, Countermeasures, and Implications for Bone Health on Earth. Retrieved May 20, 2009, from http://www.engr.iupui.edu/~turncrch/Exercisc%20paper.pdf
- U.S. Department of Health and Human Services. (1996). *Physical and Health: A Report of the Surgeon General*. Atlanta, GA: U. S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Diseases Prevention and Health Promotion.
- . (2000). *Healthy people 2010*. Retrieved June, 19, 2008, from http://www.health.Gov/healthypeopl/Document/HTMEL/uih/uih-4.htm.
- Van Nersch, A., Threw, K., & Turner, I. (1997). Post-primary school pupil interest in physical cducation, age and gender differences. *British Journal of Educational Psychology*, 62, 56-72.

- Vallerand, R. M., & Reid, G. (1990). On the relative effects of positive and negative verbal feedback on males' and females' intrinsic motivation. Canadian Journal of Behavioral Sciences, 20, 239-250.
- van de Laar, K. E., & van de Bijl, J. J. (2001). Strategies enhancing self-efficacy in diabetes education. Scholarly Inquiry for Nursing Practice, 15, 235-248.
- Vansteenkiste, M., Matos, L., Lens, W., & Soenens, B. (2007). Understanding the impact of intrinsic versus extrinsic goal framing on exercise performance. The conflicting role of task and ego involvement. *Psychology of Sport and Exercise*, 8(5), 771-794.
- van Prage, H., Christie, B. R., Sejnowski, T. J., & Gage, F. H. (1999). Running enhances neurogenesis, learning and long-term potentiation in mice. *Proceeding of the National Academy of Sciences of the United States of America*, 96, 13427-13431.
- Vilhjalmsson, R., & Kristjansdottir, G. (2003). Gender differences in physical activity in older children and adolescents: the central role of organized sport. Social science and medicine, 56(2), 363-374.
- Wang, J., & Wiese-Bjornstal, D. M. (1997). The relationship of school type and gender to motives for sport participation among youth in the people's republic of China.

 International Journal of Sport Psychology, 28(1), 13-24.
- Wang, C. K. J., & Biddle, S. J. H. (2003). Intrinsic motivation toward sports in Singaporean student: The role of sport ability beliefs. *Journal of Health Psychology*, 8, 515-523.
- Ward, J., Wilkinson, C., Graser, S. V., Prusak, K. A. (2008). Effect of choice on student motivation and physical activity behavior in physical education. *Journal of Teaching in Physical Education*, 27(3), 385-398.
- Ward, J. (2005). The Effects of Choice on Student Motivation and Physical Activity Behavior in Physical Education. Master's thesis, Department of Exercise Sciences, Brigham Young University.
- Weiss, M. R., & Chaumeton, N. (1992). Motivational orientations in sport. In T.S. Horn (Ed.),

 Advance in Sport Psychology (pp. 61-99). Champaign, IL: Human Kinetics.
- Weiss, M. R., & Ebbeck, V. (1996). Self-esteem and perception of competence in youth. Theory, research, and enhancement strategies. In O. Bar-Or (Ed.). The Encyclopedia of Sport Medicine, 4: The Child and Adolescent Athlete (pp. 364-382). Oxford: Blackwell Science.

- Weiss, M. R., MuAuley, E., Ebbeck, V., & Wiese, D. M. (1990). Self-esteem and causal attributions for children's physical and social competence in sport. *Journal of Sport* and Exercise Psychology, 12, 21-36.
- Williams, P. T., & Cash, T. F. (2001). Effects of a circuit weight training program on the body images of college student. International *Journal of Eating Disorder*, 30(1), 75-82.
- William, B. C. (2006). The impact of physical activity and sports on self-esteem in adolescent girls. Retrieved August 10, 2008, from http://drc.ohiolink.edu/handle/2374.0x/4205
- William, P. T. (2008). Effect of diet, physical activity and performance, and body weight on incident gout in ostensibly healthy, vigorously active men. American Journal of Clinical Nutrition, 87(5), 1480-1487.
- Willis, J. D., & Campbell, L. F. (1992). Exercise Psychology. Champaign, IL: Human Kinetics.
- White, K., Kendrik, T., & Yardley, L. (2009). Change in self-estccm, self-efficacy and the mood dimensions of depression as potential mediators of the physical activity and depression relationship: Exploring the temporal relation of change. Mental Health and Physical Activity, 2, 44-52.
- William, P. A., & Cash, T. (2001) Effects of a circuit weight training program on the body images of college students. *International Journal of Eating Disorder*, 30, 75-82.
- Wilson, D. K., Griffin, S., Saunders, R. P., Evans, A., Mixon, G., Wright, M., Beasley, A.,

 Umstattd, M. R., Lattimose, D., Watts, A., & Freelove, J. (2006). Formative evaluation

 of a motivational intervention for increasing physical activity in underserved youth.

 Evaluation and Program Planning, 29, 260-268.
- Wilson, P. M., & Rodgers, W. M. (2002). The relationship between exercise motives and physical self-esteem in female exercise participants: An application of self-determination theory. *Journal of Applied Biobehavioral Research*, 7(1), 30-43.
- Wilson, P. M., Rodgers, W. M., Fraser, S. N., & Murray, T. C. (2004). Relationship between exercise regulations and motivational consequences in university students. *Research Quarterly for Exercise and Sport*, 75, 81-91.
- Wolin, K. Y., Yan, Y., Colditz, G. A., & Lee, I. M. (2009). Physical activity and colon cancer prevention: a meta analysis. *British Journal of Cancer*, 100, 611-616.

- Wright, M. T., Patterson, D. L., & Cardinal, B. J. (2000). Increasing children's physical activity.

 Journal of Physical Education, Recreation & Dance, 71(1), 26-29.
- Xiang, P., McBridc, R., Guan, J., & Solmon, M. A. (2003). Children's motivation in elementary physical education: An expectancy-value model of achievement choice. *Research Quarterly for Sport and Exercise*, 74, 25-35.
- Yoo, J. (1999). Motivational-behavioral correlates of goal orientation and perceived motivational climate in physical education contexts. *Perceptual and Motor Skill*, 89(1), 262-274.
- Zimmerman, B. J., & Kitsantas, A. (1999). Acquiring writing revision skill: Shifting from process to outcome self-regulatory goals. *Journal of Educational Psychology*, 91, 1-10.
- Zoller, R. F. (2007). Physical activity, depression, anxiety, physical activity, and cardiovascular disease: What's the connection? *American Journal of Lifestyle Medicine*, 1(3), 175-180.