



## DEPARTMENT OF FOOD AND NUTRITION, AND SPORT SCIENCE

**IKA307 Intervention Strategies in Health and Performance, 15 credits**  
Interventionsstrategier i hälsa och prestation, 15 högskolepoäng  
*Second Cycle*

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**Reading list for IKA307, to be valid from autumn semester of 2018**

Reading list was confirmed by Department of Food and Nutrition, and Sport Science  
on 2018-01-14 to be valid from 2018-01-14.

See appendix.



INSTITUTIONEN FÖR KOST-  
OCH IDROTTSVETENSKAP

## LITTERATURLISTA

### **IKA307, Interventionsstrategier i hälsa och prestation, 15 högskolepoäng**

Intervention Strategies in Health and Performance, 15 higher  
education credits

Grundnivå/First Cycle

Gäller fr o m vt 2018

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#### **Obligatorisk litteratur**

Adams, K., Hean, S., Sturgis, P., & Clark, J. M. (2006). Investigating the factors influencing professional identity of first-year health and social care students. *Learning in Health and Social Care*, 5(2), 55-68.

Aragon, A. A., Schoenfeld, B. J., Wildman, R., Kleiner, S., VanDusseldorp, T., Taylor, L., ... & Stout, J. R. (2017). International society of sports nutrition position stand: diets and body composition. *Journal of the International Society of Sports Nutrition*, 14(1), 16.

Barker, D., Barker-Ruchti, N., Rynne, S. & Lee, J. (2014). 'Just do a little more': Examining expertise in high performance sport from a sociocultural learning perspective. *Reflective Practice*. 15(1), 92-105.

Barker-Ruchti, N. & Schubring, A. (2016). Moving into and out of high-performance sport: the cultural learning of an artistic gymnast. *Physical Education and Sport Pedagogy*, 21(1), 69-80. <http://dx.doi.org/10.1080/17408989.2014.990371>

Barker-Ruchti, N., Rynne, S., Lee, J. & Barker, D. (2014). Athlete learning in Olympic sport. *Sports Coaching Review*. 3(2), 162-178.

Cairns, G., Angus, K., Hastings, G., & Caraher, M. (2013). Systematic reviews of the evidence on the nature, extent and effects of food marketing to children. A retrospective summary. *Appetite*, 62(0), 209-215. doi: <http://dx.doi.org/10.1016/j.appet.2012.04.017>

Folkvord, F., Anschutz, D. J., Boyland, E., Kelly, B., & Buijzen, M. (2016). Food advertising and eating behavior in children. *Current Opinion in Behavioral Sciences*, 9(Supplement C),

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Fortier, M. S., Duda, J. L., Guérin, E., & Teixeira, P. J. (2012). Promoting physical activity: development and testing of self-determination theory-based interventions. *International Journal of Behavioral Nutrition and Physical Activity*, 9(20). doi:10.1186/1479-5868-9-20

Henriksen, K. (2015). Developing a high-performance culture: A sport psychology intervention from an ecological perspective in elite orienteering. *Journal of Sport Psychology in Action*, 6:3, 141-153, DOI: 10.1080/21520704.2015.1084961

Henriksen, K., Stambulova, N., & Roessler, K. K. (2010). Holistic approach to athletic talent development environments: A successful sailing milieu. *Psychology of Sport & Exercise*, 11(3), 212-222.

Henry, B. & Malu, K. (2011). Coaching, mentoring and supervision for workplace learning. In J.P. Hafler (ed.), *Extraordinary Learning in the Workplace, Innovation and Change in Professional Education* (pp. 63-85)., DOI 10.1007/978-94-007-0271-4\_4

Jacobs, F., Claringbould, I. & Knoppers, A. (2016) Becoming a 'good coach'. *Sport, Education and Society*, 21:3, 411-430, DOI: 10.1080/13573322.2014.927756

Kenney, L., Wilmore, J., & Costill, D. (2015). *Physiology of Sport and Exercise*. 6th Ed. Human Kinetics: Champaign, IL.

Knoblauch, H. (2005). Focused Ethnography. *Forum Qualitative Sozialforschung / Forum: Qualitative Social Research*, 6(3). doi:<http://dx.doi.org/10.17169/fqs-6.3.20>

Lakeman, R. (2011). [Becoming a psychiatric/mental health nurse in the UK: A Qualitative study exploring processes of identity formation](#). *Issues in Mental Health Nursing*, 32(12), 745-751.

McLeroy, K., Bibeau, D., Steckler, A., & Glanz, K. (1988). An ecological perspective on health promotion programs. *Health Education & Behavior*, 15(4), 351-377.

Ng, J. Y. Y., Ntoumanis, N., Thogersen-Ntoumani, C., Deci, E. L., Ryan, R. M., Duda, J. L., & Williams, G. C. (2012). Self-Determination theory applied to health contexts: A meta-analysis. *Perspectives on Psychological Science*, 7(4), 325-340. doi:10.1177/1745691612447309

Prell, H., Palmblad, E., Lissner, L., & Berg, C. (2011). Health discourse in Swedish television food advertising during children's peak viewing times. *Appetite*, 56, 607-616. doi: 10.1016/j.appet.2011.01.033

Ryan, R. M., & Deci E. L. (2000). Self-determination theory and the facilitation of intrinsic motivation, social development, and well-being. *American Psychologist*, 55, 68-78. doi: 10.1037/110003-066X.55.1.68

Slack, T. & Parent, M. (2005). *Understanding sport organizations: The application of organization theory* (chap. 1 &14). Champaign, IL.: Human Kinetics.

Thomas, D. T., Erdman, K. A., & Burke, L. M. (2016). Position of the academy of nutrition and dietetics, dietitians of Canada, and the American college of sports medicine: Nutrition and

athletic performance. *Journal of the Academy of Nutrition and Dietetics*, 116(3), 501-528.

Van den Berghe, L., Vansteenkiste, M., Cardon, G., Kirk, D., & Haerens, L. (2014). Research on self-determination in physical education: key findings and proposals for future research. *Physical Education and Sport Pedagogy*, 19(1), 97-121. doi: 10.1080/17408989.2012.732563

Artiklar och/eller utdrag tillkommer om cirka 150 sidor.