

## Publications for Louisa Peralta

### 2018

Peralta, L., Rowling, L. (2018). Implementation of school health literacy in Australia: A systematic review. *Health Education Journal*, 77(3), 363-376. <a href="http://dx.doi.org/10.1177/0017896917746431">[More Information]</a>

Kennedy, S., Smith, J., Morgan, P., Peralta, L., Hilland, T., Eather, N., Lonsdale, C., Okely, A., Plotnikoff, R., Salmon, J., et al (2018). Implementing resistance training in secondary schools: A cluster randomized controlled trial. *Medicine and Science in Sports and Exercise*, 50(1), 62-72. <a href="http://dx.doi.org/10.1249/MSS.0000000000001410">[More Information]</a>

Peralta, L., Cinelli, R., Bennie, A. (2018). Mentoring as a tool to engage Aboriginal youth in remote Australian communities: A qualitative investigation of community members, mentees, teachers, and mentors' perspectives. *Mentoring & Tutoring: partnership in learning*, 26(1), 30-49. <a href="http://dx.doi.org/10.1080/13611267.2018.1445436">[More Information]</a>

Dudley, D., Telford, A., Stonehouse, C., Peralta, L., Winslade, M. (2018). *Teaching quality health and physical education*. Melbourne: Cengage Learning Australia.

### 2017

Lonsdale, C., Lester, A., Owen, K., White, R., Peralta, L., Kirwan, M., Diallo, T., Maeder, A., Bennie, A., MacMillan, F., et al (2017). An internet-supported school physical activity intervention in low socioeconomic status communities: Results from the Activity and Motivation in Physical Education (AMPED) cluster randomised controlled trial. *British Journal of Sports Medicine*, Online first.

Peralta, L., Rowling, L., Samdal, O., Hipkins, R., Dudley, D. (2017). Conceptualising a new approach to adolescent health literacy. *Health Education Journal*, 76(7), 787-801. <a href="http://dx.doi.org/10.1177/0017896917714812">[More Information]</a>

Bennie, A., Peralta, L., Gibbons, S., Lubans, D., Rosenkranz, R. (2017). Physical education teachers' perceptions about the effectiveness and acceptability of strategies used to increase relevance and choice for students in physical education classes. *Asia-Pacific Journal of Teacher Education*, 45(3), 302-319. <a href="http://dx.doi.org/10.1080/1359866X.2016.1207059">[More Information]</a>

Okely, A., Lubans, D., Morgan, P., Cotton, W., Peralta, L., Miller, J., Batterham, M., Janssen, X. (2017). Promoting physical activity among adolescent girls: The Girls in Sport group randomized trial. *International Journal of Behavioral Nutrition and Physical Activity*, 14(1), 1-13. <a href="http://dx.doi.org/10.1186/s12966-017-0535-6">[More Information]</a>

Lubans, D., Smith, J., Peralta, L., Plotnikoff, R., Okely, A., Salmon, J., Eather, N., Kennedy, S., Lonsdale, C., Morgan, P. (2017). Rationale, study protocol and baseline findings from the NEAT and ATLAS 2.0 cluster randomised controlled trial and dissemination study. *Journal of Science and Medicine in Sport*, 20(Suppl 1). <a href="http://dx.doi.org/10.1016/j.jsams.2017.01.110">[More Information]</a>

### 2016

Lubans, D., Smith, J., Peralta, L., Plotnikoff, R., Okely, A., Salmon, J., Eather, N., Dewar, D., Kennedy, S., Lonsdale, C., et al (2016). A school-based intervention incorporating smartphone technology to improve health-related fitness among adolescents: Rationale and study protocol for the NEAT and ATLAS 2.0 cluster randomised controlled trial and dissemination study. *BMJ Open*, 6(6), 1-15. <a href="http://dx.doi.org/10.1136/bmjopen-2015-010448">[More Information]</a>

Peralta, L., Cinelli, R. (2016). An evaluation of an Australian Aboriginal controlled-community organization's remote sports-based programme: A qualitative investigation. *Sport in Society*, 19(7), 973-989. <a href="http://dx.doi.org/10.1080/17430437.2015.1096247">[More Information]</a>

Lonsdale, C., Lester, A., Owen, K., White, R., Moyes, I., Peralta, L., Kirwan, M., Maeder, A., Bennie, A., MacMillan, F., et al (2016). An internet-supported physical activity intervention delivered in secondary schools located in low socioeconomic status communities: Study protocol for the Activity and Motivation in Physical Education (AMPED) cluster randomized controlled trial. *BMC Public Health*, 16(1), 1-15. <a href="http://dx.doi.org/10.1186/s12889-015-2583-7">[More Information]</a>

Peralta, L., O'Connor, D., Cotton, W., Bennie, A. (2016). Pre-service physical education teachers' Indigenous knowledge, cultural competency and pedagogy: a service learning intervention. *Teaching Education*, 27(3), 248-266. <a href="http://dx.doi.org/10.1080/10476210.2015.1113248">[More Information]</a>

Lonsdale, C., Sanders, T., Cohen, K., Parker, P., Noetel, M., Hartwig, T., Vasoncellos, D., Kirwan, M., Morgan, P., Salmon, J., Peralta, L., et al (2016). Scaling-up an efficacious school-based physical activity intervention: Study protocol for the 'Internet-based Professional Learning to help teachers support Activity in Youth' (iPLAY) cluster randomized controlled trial and scale-up implementation evaluation. *BMC Public Health*, 16(1), 1-16. <a href="http://dx.doi.org/10.1186/s12889-016-3243-2">[More Information]</a>

Peralta, L., Dudley, D., Cotton, W. (2016). Teaching Healthy Eating to Elementary School Students: A Scoping Review of Nutrition Education Resources. *Journal of School Health*, 86(5), 334-345. <a href="http://dx.doi.org/10.1111/josh.12382">[More Information]</a>

### 2015

Cinelli, R., Peralta, L. (2015). 'Achievement, pride and inspiration': Outcomes for volunteer role models in a community outreach program in remote Aboriginal communities. *Rural and Remote Health*, 15(4), 1-8.

Dudley, D., Cotton, W., Peralta, L. (2015). Teaching approaches and strategies that promote healthy eating in primary school children: A systematic review and meta-analysis. *International Journal of Behavioral Nutrition and Physical Activity*, 12, 1-26. <a href="http://dx.doi.org/10.1186/s12966-015-0182-8">[More Information]</a>

Dudley, D., Peralta, L., Cotton, W., Baxter, D. (2015). *Teaching healthy eating to primary school students: A review of evidence and best practice*, January 2015, (pp. 3 - 40). Sydney, Australia: NSW Department of Education and Communities. <a href="http://www.schools.nsw.edu.au/media/downloads/schoolsweb/studentsupport/studenthealth/conditions/childoverwtobes/Healthy\_Eating\_Review\_Report.pdf">[More Information]</a>

## 2014

O'Dea, J., Chiang, H., Peralta, L. (2014). Socioeconomic patterns of overweight, obesity but not thinness persist from childhood to adolescence in a 6-year longitudinal cohort of Australian schoolchildren from 2007 to 2012. *BMC Public Health*, 14, 1-9. <a href="http://dx.doi.org/10.1186/1471-2458-14-222">[More Information]</a>

Peralta, L., O'Connor, D., Cotton, W., Bennie, A. (2014). The effects of a community and school sport-based program on urban Indigenous adolescents' life skills and physical activity levels: The SCP case study. *Health*, 6, 2469-2480. <a href="http://dx.doi.org/10.4236/health.2014.618284">[More Information]</a>

## 2013

Lonsdale, C., Rosenkranz, R., Sanders, T., Peralta, L., Bennie, A., Jackson, B., Taylor, I., Lubans, D. (2013). A cluster randomized controlled trial of strategies to increase adolescents' physical activity and motivation in physical education: Results of the Motivating Active Learning in Physical Education (MALP) trial. *Preventive Medicine*, 57(5), 696-702. <a href="http://dx.doi.org/10.1016/j.ypmed.2013.09.003">[More Information]</a>

Lonsdale, C., Rosenkranz, R., Peralta, L., Bennie, A., Fahey, P., Lubans, D. (2013). A systematic review and meta-analysis of interventions designed to increase moderate-to-vigorous physical activity in school Physical Education lessons. *Preventive Medicine*, 56(2), 152-161. <a href="http://dx.doi.org/10.1016/j.ypmed.2012.12.004">[More Information]</a>

Peralta, L., Cinelli, R. (2013). *Evaluation of NASCA's Athlete and Role Models tour (ARMTour): A case study of one remote community (Yuelamu)*, Australia: .

## 2012

Rosenkranz, R., Lubans, D., Peralta, L., Bennie, A., Sanders, T., Lonsdale, C. (2012). A cluster-randomised trial of strategies to increase adolescents' physical activity and motivation during physical education lessons: the Motivating Active Learning in Physical Education (MALP) trial. *BMC Public Health*, 12(1), 1-9. <a href="http://dx.doi.org/10.1186/1471-2458-12-834">[More Information]</a>

Kapellos, N., Peralta, L. (2012). A cross-sectional study of physical activity, time spent in small screen recreation and sleep behaviours among adolescent girls from high socioeconomic backgrounds. *University of Sydney Papers in Human Movement, Health and Coach Education*, 1, 45-60.

Peralta, L. (2012). Enhancing Educational, Health and Physical Activity Goals among Children and Adolescents: The Development of School Curriculum Areas. In Jennifer A. ODea (Eds.), *Current Issues and Controversies in School and Community Health, Sport and Physical Education*, (pp. 211-221). New York, USA: Nova Science Publishers.

Peralta, L., Cotton, W., O'Connor, D., Bennie, A. (2012). *Evaluation of the National Aboriginal Sporting Chance Academy's (NASCA) Sporting Chance Program: Tempe, Marrickville and Alexandria Park Community High Schools,*

*Term 4, 2011*, Australia: .

Peralta, L., Burns, K. (2012). First off the blocks: professional experience and learning for first-year preservice Physical and Health Education teachers. *Asia-Pacific Journal of Teacher Education*, 40(2), 127-141. <a href="http://dx.doi.org/10.1080/1359866X.2012.669827">[More Information]</a>

Edwards, K., Peralta, L. (2012). The fundamental movement skills of adolescent girls attending a Performing Arts High School compared with those in the NSW Schools Physical Activity and Nutrition Survey (NSW SPANS 2004): A cross-sectional study. *University of Sydney Papers in Human Movement, Health and Coach Education*, 1, 29-43.

## 2011

Okely, A., Cotton, W., Lubans, D., Morgan, P., Puglisi, L., Miller, J., Wright, J., Batterham, M., Peralta, L., Perry, J. (2011). A school-based intervention to promote physical activity among adolescent girls: Rationale, design, and baseline data from the Girls in Sport group randomised controlled trial. *BMC Public Health*, 11, 658-668. <a href="http://dx.doi.org/10.1186/1471-2458-11-658">[More Information]</a>

Peralta, L. (2011). Are schools responsible for engaging youth in sport and physical activity? In S. Georgakis and K. Russell (Eds.), *Youth Sport in Australia*, (pp. 179-192). Sydney, Australia: Sydney University Press.

O'Dea, J., Peralta, L. (2011). Perceptions of the teaching practicum among Human Movement and Health Education pre-service teachers in Australia: The role of university coursework, university-school partnerships and e-learning. *Waikato Journal of Education*, 16(1), 79-94.

## 2010

Peralta, L., Callow, J., Freebody, K., Zhang, H. (2010). Planning for student engagement in lecture contexts. *Synergy*, 30, 41-47.

Peralta, L., Jones, R., Okely, A. (2010). Preventing obesity among adolescent boys: The fitness improvement and lifestyle awareness (FILA Program) randomised controlled trial. *Journal of Science and Medicine in Sport*, 12(Supplement 2), e85-e85.

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Peralta, L., Jones, R., Okely, A. (2009). Promoting healthy lifestyles among adolescent boys: The Fitness Improvement and Lifestyle Awareness Program RCT. *Preventive Medicine*, 48(6), 537-542. <a href="http://dx.doi.org/10.1016/j.ypmed.2009.04.007">[More Information]</a>