

## Publications for Louisa Peralta

### 2017

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>

### 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 socio-economic 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.

## 2009

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>