

References

- Atchley, R.C. (1993). Continuity theory and the evolution of activity in later adulthood. In J. Kelly (Ed.), Activity and aging (pp. 5-16). Newbury Park, CA: Sage.
- Atchley, R.C. (1997). Activities and lifestyles. In R.C. Atchley (Ed.), Social forces and aging: An introduction to social gerontology (8th ed.), (pp. 120-287). New York: Wadsworth.
- Alessio, H., Freysinger, V.J., & Mehdizadeh, S. (1993). Re-examining the morale-physical health-activity relationship: A longitudinal study of time changes and gender differences. Activities, Adaptation & Aging, 17, 25-41.
- Bandura, A. (1977). Self-efficacy: Toward a unifying theory of behavioral change. Psychological Review, 84, 191-215.
- Bee, H.L. (1996). The journey of adulthood (3rd ed.). Upper Saddle River, NJ: Prentice Hall.
- Bengtson, V.L., & Allen, K.R. (1993). The life course perspective applied to families over time. In P.G. Boss, W.J. Douherty, R. LaRossa, W.R. Schumm, & S.K. Steinmetz (Eds.), Sourcebook of family theories and methods: A contextual approach (pp. 469-499). New York: Plenum Press.
- Bertaux, D., & Bertaux-Wiame, I. (1981). Life stories in the bakers' trade. In D. Bertaux (Ed.), Biography and society: The life history approach in the social sciences (pp. 169-189). Beverly Hills, CA: Sage.
- Birrer, R.B. (1989). Prescribing physical activity for the elderly. In R. Harris & S. Harris (Eds.), Physical activity, aging and sports (pp. 75-93). Albany, New York: Center for the Study of Aging.
- Bogdan, R.C., & Bilken, S.K. (1992). Qualitative research for education (2nd ed.). Boston: Allyn & Bacon.
- Bogdan, R.C., & Bilken, S.K. (1998). Qualitative research in education: An introduction to theory and methods (3rd ed.). Boston: Allyn & Bacon.
- Bokovoy, J.L., & Blair, S.N. (1994). Aging and exercise: A health perspective. Journal of Aging and Physical Activity, 2, 243-260.
- Bosscher, R.J., Van Der, H., Van Dasler, M., Deeg, D.J.H., & Smit, J.H. (1995). Physical performance and physical self-efficacy in the elderly. Journal of Aging and Health, 7, 459-475.

Burch, W.R. (1969). The social circles of leisure: Competing explanations. Journal of Leisure Research, 1, 125-147.

Burdman, G.M. (1986). Healthful aging. Englewood Cliffs, NJ: Prentice-Hall.

Butler, R.N., Oberlink, M.R., & Schechter, M. (1990). The promise of productive aging: From biology to social policy. New York: Springer Publishing Company.

Caspersen, C.J., Powell, K.E., & Christenson, G.M. (1985). Physical activity, exercise, and physical fitness. Public Health Report, 100, 125-131.

Danner, R., & Edwards, D. (1992). Life is movement: Exercise for the older adults. Activities, Adaptation & Aging, 17, 15-26.

Denney, N.W. (1996). Aging and cognitive changes. In H.L. Bee (Ed.), The journey of adulthood (3rd ed.), (pp.111-112). Upper Saddle River, NJ: Prentice Hall.

Dishman, R.K. (1994). Motivating older adults to exercise. Southern Medical Journal, 87, S79-S82.

Duncan, H.H., McAuley, W.J., & Travis, S.S. (1995). An emergent theoretical model for interventions encouraging physical activity (mall walking) among older adults. The Journal of Applied Gerontology, 14, 64-77.

Dzewaltowski, D.A. (1986, April). Physical self-efficacy and well being in older adult exercisers. Paper presented at the Annual meetings of the American Alliance for Health, Physical Education, Recreation and Dance, Cincinnati, Ohio.

Elder, G.H. (1978). Family history and the life course. In T.K. Hareven (Ed.), Transitions: The family and the life course in historical perspective (pp. 17-64). New York: Academic Press.

Elder, G.H. (1991). Life course. In E.F. Borgatta & M.L. Borgatta (Eds.), The encyclopedia of sociology (pp. 1120-1130). New York: MacMillan.

Fardy, P.S., & Yanowitz, F.G. (1995). Cardiac rehabilitation, adult fitness, and exercise testing. Baltimore, MD: Williams & Wilkins.

Fitzgerald, J.T., Singleton, S.P., Neale, A.V., Prasad, A.S., & Hess, J.W. (1994). Activity levels, fitness status, exercise knowledge, and exercise beliefs among healthy, older African American and white women. Journal of Aging and Health, 6, 296-313.

Fontane, P.E. (1996). Exercise, fitness, and feeling well. American Behavioral Scientist, 39, 288-306.

Fournier, S., & Fine, G. (1990). Jumping grannies: Exercise as a buffer against becoming “old.” Play and Culture, 3, 337-342.

Freysinger, V.J., & Stanley, D. (1995). The impact of age, health and sex on the frequency of older adults’ leisure activity participation: A longitudinal study. Activities, Adaptation & Aging, 19, 31-42.

Fry, C.L. (1992). Age and the life course. In C. Ikels (Ed.), Perceptions of the adult life course: A cross-cultural analysis (pp.144-147). Thousand Oaks, CA: Sage.

George, L.K. (1996). Missing links: The case for a social psychology of the life course. The Gerontologist, 36, 248-255.

Gillett, P.A., & Caserta, M.S. (1996). Changes in aerobic power, body composition, and exercise adherence in obese, postmenopausal women six months after exercise training. Menopause, 3, 126-132.

Greendorfer, S. (1983). Shaping the female athlete: The impact of the family. In M.A. Boutilier and L. SanGiovanni (Eds.), The sporting woman (pp. 135-155). Champaign, IL: Human Kinetics.

Harada, M. (1994). Early and later life sport participation patterns among the active elderly in Japan. Journal of Aging and Physical Activity, 2, 105-114.

Hareven, T.K. (1987). Historical analysis of the family. In M.B. Sussman & S.K. Steinmetz (Eds.), Handbook of marriage and the family (pp. 37-57). New York: Plenum.

Hogan, P.I., & Santomier, J.P. (1984). Effect of mastery swim skills on older adult’s self-efficacy. Research Quarterly for Exercise and Sport, 55, 294-296.

Hollman, K. (1964). Exercise training. In S.W. Sussman (Ed.), The encyclopedia of aging (pp. 351-352). New York: Springer Publishing Company.

Hooyman, N., & Kiyak, H.A. (1996). Social theories on aging. In social gerontology (pp. 66-89). Boston: Allyn & Bacon.

Howell, F.M., & McKenzie, J.A. (1987). High school and adult sport-leisure activity: Gender variations across the life cycle. Sociology of Sport Journal, 4, 329-346.

- Kastenbaum, R. (1995). Life course. In S.W. Sussman (Ed.), The encyclopedia of aging (pp. 351-352). New York: Springer Publishing Company.
- Kaufman, S.R. (1994). In-depth interviewing. In J.F. Gubrium & A. Sankar (Eds.), Qualitative methods in aging research (pp. 123-136). Thousand Oaks, CA: Sage.
- Keller, J.M., & Woolley, S.M. (1991). Designing exercise programs with older adults: Theory and practice. Activities, Adaptation & Aging, 16, 1-17.
- Kelly, J.R. (1974). Socialization toward leisure: A developmental approach. Journal of Leisure Research, 6, 181-193.
- Kelly, J.R. (1975). Life styles and leisure choices. Family Coordinator, 24, 185-190.
- Lampman, R.M. (1987). Evaluating and prescribing exercise for elderly patients. Geriatrics, 42, 63-76.
- Langley, D.J., & Knight, S.M. (1999). Continuity in sport participation. Journal of Aging and Physical Activity, 7, 32-54.
- Langlie, J.K. (1977). Social network, health benefits, and preventive health behavior. Journal of Health and Social Behavior, 18, 244-260.
- Larson, E.B., & Bruce, R.A. (1989). Exercise in an aging society. In R. Harris and S. Harris (Eds.), Physical activity, aging and sports (pp. 1-6). Albany, New York: Center for the Study of Aging.
- Levinson, D.J. (1978). The seasons of a man's life. New York: Knopf.
- Levinson, D.J. (1980). Toward a conception of the adult life course. In N.J. Smelser & E.H. Erikson (Eds.), Themes of work and love in adulthood (pp. 265-90). Cambridge, MA: Harvard University Press.
- Levinson, D.J. (1986). A conception of adult development. American Psychologist, 41, 3-13.
- Levinson, D.J. (1990). A theory of life structure development in adulthood. In C.N. Alexander & E.J. Langer (Eds.), Higher stages of human development (pp. 35-54). New York: Oxford University Press.
- Maehr, M.L., & Braskamp, L.A. (1986). The motivation factor: A theory of personal investment. Lexington, MA: Lexington Press.

McAuley, E., Courneya, K.S., & Lettunich, J. (1991). Effects of acute and long-term exercise on self-efficacy responses in sedentary, middle-aged males and females. The Gerontologist, 31, 534-542.

McAuley, E., & Rudolph, D. (1995). Physical activity, aging, and psychological well-being. Journal of Aging and Physical Activity, 3, 67-96.

McPherson, B.D. (1978). Sport and social systems: A guide to analysis, problems, and literature. Reading, MA: Addison-Wesley.

McPherson, B.D. (1984). Sport participation across the life cycle: A review of the literature and suggestions for future research. Sociology of Sport Journal, 1, 213-230.

Morris, H.H. (1991). The role of school physical education in public health. Research Quarterly for Exercise and Sport, 62, 143-147.

National Institute on Aging (1985). Don't take it easy—exercise! Age Pages. Washington, DC: Government Printing Offices.

O'Brien Cousins, S. (1995). Social support for exercise among elderly women in Canada. Health Promotion International, 10, 273-282.

O'Brien Cousins, S. (1997). Elderly tomboys? Sources of self-efficacy for physical activity in late life. Journal of Aging and Physical Activity, 5, 229-243.

O'Brien Cousins, S., & Keating, N. (1995). Life cycle patterns of physical activity among sedentary and active older women. Journal of Aging and Physical Activity, 3, 340-359.

O'Brien Cousins, S., & Vertinsky, P.A. (1991). Unfit survivors: Exercise as a resource for aging women. The Gerontologist, 31, 347-357.

O'Brien Cousins, S., & Vertinsky, P.A. (1995). Recapturing the physical activity experiences of the old: A study of three women. Journal of Physical Activity and Aging, 3, 146-162.

Palmore, E.B. (1989). Exercise and longevity: A review of the epidemiological evidence. In R. Harris & S. Harris (Eds.), Physical activity, aging and sports (pp.1-6). Albany, New York: Center for the Study of Aging.

Richards, T., & Richards, L. (1994). Using computers in qualitative research (pp. 445-462). Thousand Oaks, CA: Sage.

- Roberts, G.C. (1992). Motivation in sport and exercise. Champaign, IL: Human Kinetics.
- Rowe, J.W., & Kahn, R.L. (1998). Successful aging. New York: Pantheon Books.
- Schulz-Aellen, M.F. (1997). Aging and human longevity. Boston, MA: Birkhauser.
- Segal, D.D., Crespo, C.J., & Smit, E. (1998). Active seniors: protect them, don't neglect them. Public Health Reports, 113, 137-140.
- Snyder, E.E., & Spreitzer, E. (1979). Lifelong involvement in sport as a leisure pursuit: Aspects of role construction. Quest, 31, 57-70.
- Sofranko, A.J., & Nolan, M.F. (1971). Early life experiences and adult sports participation. Journal of Leisure Research, 4, 6-18.
- Spiriduso, W.W. (1994). Physical activity and aging: Retrospections and visions for the future. Journal of Aging and Physical Activity, 2, 233-242.
- Stanovik, R.T. (1990). The caregiver's handbook. San Diego, CA: The Caregiver Education & Support Services.
- Strauss, A., & Corbin, J. (1998). Basic of qualitative research: Techniques and procedures for developing grounded theory (2nd ed.). Thousand Oaks, CA: Sage.
- Vertinsky, P.A. (1995). Stereotypes of aging women and exercise: A historical perspective. Journal of Aging and Physical Activity, 3, 223-237.
- Wallace, J.B., (1994). Life stories. In J.F. Gubrium & A. Sankar (Eds.), Qualitative methods in aging research (pp. 137-154). Thousand Oaks, CA: Sage.
- Whaley, D.E., & Ebbeck, V. (1997). Older adults' constraints to participation in structured exercise classes. Journal of Aging and Physical Activity, 5, 190-212.