

Principles of Fitness and Training

View Online



[1]

Neiva, HenriqueMarques, MárioBarbosa, TiagoIzquierdo, Mikel1mikel.izquierdo@gmail.comMarinho, Daniel, 'Warm-Up and Performance in Competitive Swimming.', *Sports Medicine*, vol. 44, no. Issue 3, 2014 [Online]. Available: <https://search.ebscohost.com/login.aspx?direct=true&db=s3h&AN=94493191&authtype=sso&custid=s8993828&site=ehost-live>

[2]

J. C. Reid, R. Greene, J. D. Young, D. D. Hodgson, A. J. Blazeovich, and D. G. Behm, 'The effects of different durations of static stretching within a comprehensive warm-up on voluntary and evoked contractile properties', *European Journal of Applied Physiology*, vol. 118, no. 7, pp. 1427–1445, Jul. 2018, doi: 10.1007/s00421-018-3874-3.

[3]

J. Merchant, B. L. Griffin, and A. Charnock, 'Sport and physical activity: the role of health promotion', Basingstoke: Palgrave Macmillan, 2007 [Online]. Available: <http://ebookcentral.proquest.com/lib/uea/detail.action?docID=4763437>

[4]

T. Dorofieieva and O. Riabchenko, 'Definition of means and methods for physical training of 3–6 years old children taking into account their individual development and physical fitness', *Слобожанський науково-спортивний вісник*, vol. 59, no. 3, pp. 26–33, Jun. 2017, doi: 10.15391/sns.v.2017-3.005.

[5]

F. A. Engel, A. Ackermann, H. Chtourou, and B. Sperlich, 'High-Intensity Interval Training

Performed by Young Athletes: A Systematic Review and Meta-Analysis', *Frontiers in Physiology*, vol. 9, Jul. 2018, doi: 10.3389/fphys.2018.01012.

[6]

'Visual Design Tips to Develop an Inviting Poster for Poster Presentations.', *TechTrends: Linking Research & Practice to Improve Learning*, 2017 [Online]. Available: <https://search.ebscohost.com/login.aspx?direct=true&db=a9h&AN=123733000&authtype=sso&custid=s8993828&site=eds-live&scope=site>

[7]

T. O. Bompa and C. Buzzichelli, *Periodization training for sports*, Third edition. Champaign, IL: Human Kinetics, 2015 [Online]. Available: <https://ebookcentral.proquest.com/lib/uea/detail.action?docID=3012038>

[8]

M. Whitehead, *Physical literacy: throughout the lifecourse*, 1st ed. London: Routledge, 2010 [Online]. Available: <https://uea.idm.oclc.org/login?url=https://www.taylorfrancis.com/books/e/9780203881903>

[9]

'Utilising active play interventions to promote physical activity and improv...', *BMC Public Health*, Vol 18, Iss 1, Pp 1-12 (2018), 2018 [Online]. Available: <https://search.ebscohost.com/login.aspx?direct=true&db=edsdoj&AN=edsdoj.834773052884d1ead2596c3816d19b2&authtype=sso&custid=s8993828&site=eds-live&scope=site>

[10]

Helen KillaspyMichael KingFrank HollowayThomas J CraigSarah CookTim MundyGerard LeaveyPaul McCroneLeonardo KoeserRumana OmarLouise MarstonMaurice ArbutnottNicholas GreenIsobel HarrisonMelanie LeanMelanie GeeSadiq Bhanbhro, 'The Rehabilitation Effectiveness for Activities for Life (REAL) study: a national programme of research into NHS inpatient mental health rehabilitation services across England', *Programme Grants for Applied Research*, no. 2017, 2017, doi: 10.3310/pgfar05070. [Online]. Available: <https://search.ebscohost.com/login.aspx?direct=true&db=edsdoj&AN=edsdoj.06b86c1c1e584bdc8d7a01f13ad7c3ae&authtype=sso&custid=s8993828&site>

e=eds-live&scope=site

[11]

'EIS Performance Lifestyle support during injury and rehabilitation - English Institute of Sport'. [Online]. Available: <https://www.eis2win.co.uk/resources/eis-performance-lifestyle-support-during-injury-and-rehabilitation/>

[12]

I. W. Gallen, C. Hume, and A. Lumb, 'Fuelling the athlete with type 1 diabetes', *Diabetes, Obesity and Metabolism*, vol. 13, no. 2, pp. 130–136, Feb. 2011, doi: 10.1111/j.1463-1326.2010.01319.x.

[13]

P. Kenyon, *Physical development: seasonal activities*. Leamington Spa: Scholastic, 2001.

[14]

M. Lloyd, D. A. Skelton, G. E. Mead, B. Williams, and F. van Wijck, 'Physical fitness interventions for nonambulatory stroke survivors: A mixed-methods systematic review and meta-analysis', *Brain and Behavior*, vol. 8, no. 7, Jul. 2018, doi: 10.1002/brb3.1000.

[15]

L. Hassett, A. M. Moseley, and A. R. Harmer, 'Fitness training for cardiorespiratory conditioning after traumatic brain injury', *Cochrane Database of Systematic Reviews*, Dec. 2017, doi: 10.1002/14651858.CD006123.pub3.

[16]

Physical Best (Program) and SHAPE America (Organization), *Physical Best: physical education for lifelong fitness and health, Fourth Edition*. Champaign, Illinois: Human Kinetics, 2020.

[17]

'Start active, stay active: report on physical activity in the UK - GOV.UK'. [Online].

Available:

<https://www.gov.uk/government/publications/start-active-stay-active-a-report-on-physical-activity-from-the-four-home-countries-chief-medical-officers>

[18]

'Early years foundation stage statutory framework (EYFS) - GOV.UK'. [Online]. Available:

<https://www.gov.uk/government/publications/early-years-foundation-stage-framework--2>