

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* [Internet]. 2014;44(Issue 3). Available from: <https://search.ebscohost.com/login.aspx?direct=true&db=s3h&AN=94493191&authtype=sso&custid=s8993828&site=ehost-live>
2.

Reid JC, Greene R, Young JD, Hodgson DD, Blazeovich AJ, Behm DG. The effects of different durations of static stretching within a comprehensive warm-up on voluntary and evoked contractile properties. *European Journal of Applied Physiology*. 2018 Jul;118(7):1427-1445.
3.

Merchant J, Griffin BL, Charnock A. *Sport and physical activity: the role of health promotion*. Basingstoke: Palgrave Macmillan; 2007. Available from: <http://ebookcentral.proquest.com/lib/uea/detail.action?docID=4763437>
4.

Dorofieieva T, Riabchenko O. 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*. 2017 Jun 30;59(3):26-33.
5.

Engel FA, Ackermann A, Chtourou H, Sperlich B. High-Intensity Interval Training Performed by Young Athletes: A Systematic Review and Meta-Analysis. *Frontiers in Physiology*. 2018

Jul 27;9.

6.

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

7.

Bompa TO, Buzzichelli C. Periodization training for sports [Internet]. Third edition. Champaign, IL: Human Kinetics; 2015. Available from: <https://ebookcentral.proquest.com/lib/uea/detail.action?docID=3012038>

8.

Whitehead M. Physical literacy: throughout the lifecourse [Internet]. 1st ed. London: Routledge; 2010. Available from: <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) [Internet]. 2018; Available from: <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 ArbuthnottNicholas 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, [Internet]. 2017;(2017). Available from: <https://search.ebscohost.com/login.aspx?direct=true&db=edsdoj&AN=edsdoj.06b86c1c1e584bdc8d7a01f13ad7c3ae&authtype=sso&custid=s8993828&site=eds-live&scope=site>

11.

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

12.

Gallen IW, Hume C, Lumb A. Fuelling the athlete with type 1 diabetes. *Diabetes, Obesity and Metabolism*. 2011 Feb;13(2):130-136.

13.

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

14.

Lloyd M, Skelton DA, Mead GE, Williams B, van Wijck F. Physical fitness interventions for nonambulatory stroke survivors: A mixed-methods systematic review and meta-analysis. *Brain and Behavior*. 2018 Jul;8(7).

15.

Hassett L, Moseley AM, Harmer AR. Fitness training for cardiorespiratory conditioning after traumatic brain injury. *Cochrane Database of Systematic Reviews*. 2017 Dec 29;

16.

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

17.

Start active, stay active: report on physical activity in the UK - GOV.UK [Internet]. Available from:

<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 [Internet]. Available from:

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