

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. 44, (2014).

2.

Reid, J.C., Greene, R., Young, J.D., Hodgson, D.D., Blazeovich, A.J., Behm, D.G.: The effects of different durations of static stretching within a comprehensive warm-up on voluntary and evoked contractile properties. European Journal of Applied Physiology. 118, 1427–1445 (2018). <https://doi.org/10.1007/s00421-018-3874-3>.

3.

Merchant, J., Griffin, B.L., Charnock, A.: Sport and physical activity: the role of health promotion. Presented at the (2007).

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. 59, 26–33 (2017). <https://doi.org/10.15391/sns.v.2017-3.005>.

5.

Engel, F.A., Ackermann, A., Chtourou, H., Sperlich, B.: High-Intensity Interval Training Performed by Young Athletes: A Systematic Review and Meta-Analysis. Frontiers in Physiology. 9, (2018). <https://doi.org/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).

7.

Bompa, T.O., Buzzichelli, C.: Periodization training for sports. Human Kinetics, Champaign, IL (2015).

8.

Whitehead, M.: Physical literacy: throughout the lifecourse. Routledge, London (2010).

9.

Utilising active play interventions to promote physical activity and improv... BMC Public Health, Vol 18, Iss 1, Pp 1-12 (2018). (2018).

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,. (2017). <https://doi.org/10.3310/pgfar05070>.

11.

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

12.

Gallen, I.W., Hume, C., Lumb, A.: Fuelling the athlete with type 1 diabetes. Diabetes,

Obesity and Metabolism. 13, 130–136 (2011).
<https://doi.org/10.1111/j.1463-1326.2010.01319.x>.

13.

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

14.

Lloyd, M., Skelton, D.A., Mead, G.E., Williams, B., van Wijck, F.: Physical fitness interventions for nonambulatory stroke survivors: A mixed-methods systematic review and meta-analysis. Brain and Behavior. 8, (2018). <https://doi.org/10.1002/brb3.1000>.

15.

Hassett, L., Moseley, A.M., Harmer, A.R.: Fitness training for cardiorespiratory conditioning after traumatic brain injury. Cochrane Database of Systematic Reviews. (2017).
<https://doi.org/10.1002/14651858.CD006123.pub3>.

16.

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

17.

Start active, stay active: report on physical activity in the UK - GOV.UK,
<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,
<https://www.gov.uk/government/publications/early-years-foundation-stage-framework--2>.