# References

- Abercromby, A.F.J., Amonette, W.E., Layne, C.S., McFarlin, B.K., Hinman, M.R., and Paloski, W.H. 2007. Vibration exposure and biodynamic responses during whole-body vibration training. *Medicine & Science in Sports & Exercise* 39: 1794-180.
- Abraham, W.M. 1977. Factors in delayed muscle soreness. *Medicine and Science* in *Sports* 9: 11-20.
- Adams, J., Mottola, M., Bagnall, K.M., and McFadden, K.D. 1982. Total body fat content in a group of professional football players. *Canadian Journal of Applied Sport Sciences* 7: 36-44.
- Ahlback, S.O., and Lindahl, O. 1964. Sagittal mobility of the hip-joint. *Acta Orthopaedica* Scandinavica 34: 310-313.
- Ainsworth, B.E., Haskell, W.L., Whitt, M.C., Irwin, M.L., Swartz, A.M., Strath, S.J., O'Brien, W.L., Bassett, D.R. Jr., Schmitz, K.H., Emplaincourt, P.O., Jacobs, D.R., and Leon, A.S. 2000. Compendium of physical activities: An update of activity codes and MET intensities. *Medicine & Science in Sports & Exercise* 32(Supp1.): S498-S516.
- Albert, W.J., Bonneau, J., Stevenson, J.M., and Gledhill, N. 2001. Back fitness and back health assessment considerations for the Canadian Physical Activity, Fitness and Lifestyle Appraisal. *Canadian Journal of Applied* Physiology 26: 291-317.
- Alter, M.J., 2004. Science of flexibility. 3rd ed. Champaign, IL: Human Kinetics.
- Altunkan, S., and Altunkan, E. 2006. Validation of the Omron 6371T wrist blood pressure device with a position sensor according to the International Protocol in the elderly. *Blood Pressure Monitoring* 11: 97-102.
- Altunkan, S, Ilman, N., Kayaturk, N., and Altunkan, E. 2007. Validation of the Omron M6 (HEM-7001-E) upper-arm blood pressure measuring device according to the International Protocol in adults and obese adults. *Blood Pressure Monitoring* 12(4): 219-225.
- Altunkan, S., Oztas, K., and Aliunkan. E. 2006. Validation of the Omron 637IT wrist blood pressure measuring device with a position sensor according to the International Protocol in adults and obese adults. *Blood Pressure Monitoring* 11: 79-85.
- Alway, S.E., Grumbt, W.H., Gonyea, W.J., and Stray-Gundersen, J. 1989. Contrasts in muscle and myfibers of elite male and female bodybuilders. *Journal of Applied Physiology* 67: 24-31.

- American Cancer Society. 2006. At-a-glance-nutrition and physical activity. www.cancer.org/docroot/PED/content/PED\_3\_2X\_Recommendations. sp7sitearea=PED.
- American Alliance for Health, Physical Education, Recreation and Dance. 1988. *The AAHPERD physical best program.* Reston, VA: Author.
- American College of Sports Medicine. 1996. Position stand on exercise and fluid replacement. *Medicine & Science in Sports & Exercise* 28(1): i-vii.
- American College of Sports Medicine. 2004. NCCA accreditation. *ACSM's* Certified News 14(3): 1.
- American College of Sports Medicine. 2006. *ACSM's guidelines for exercise testing* and *prescription*, 7th ed. Philadelphia: Lippincott Williams & Wilkins.
- American College of Sports Medicine. 2009a. Appropriate physical activity intervention strategies for weight loss and prevention of weight regain for adults. *Medicine & Science in Sports & Exercise* 41: 459-471.
- American College of Sports Medicine. 2009b. *Balance training: tools for older adults*. www.acsm.org.
- American College of Sports Medicine. 2010. ACSM's guidelines for exercise testing, and prescription, 8th ed. Philadelphia: Lippincott Williams & Wilkins.
- American College of Sports Medicine. 2010. ACSM's resource manual for guidelines for exercise testing and prescription, 6th ed. Philadelphia: Wolters Kluwer/Lippincott Williams & Wilkins.
- American College of Sports Medicine and American Diabetes Association. 1997. Joint position statement on diabetes mellitus and exercise. *Medicine & Science in Sports & Exercise* 27(12): i-vi.
- American College of Sports Medicine, American Dietetic Association, and Dietitians of Canada. 2009. Nutrition and athletic performance: Joint position statement. *Medicine & Science in Sports & Exercise* 41: 709-731.
- American Council on Exercise. 1997. Absolute certainty: Do abdominal trainers work any better than the average crunch? *ACE Fitness Matters* 3(2): 1-2.
- American Dietetic Association 2000. Position of the American Dietetic Association, Dietitians of Canada, and the American College of Sports Medicine: Nutrition and athletic performance. *Journal of American Dietetic Association* 100: 1543-1556.
- American Dietetic Association. 2003. Let the evidence speak: Indirect calorimetry and weight management guides. Chicago: Author.
- American Fitness Professionals and Associates. 2004. AFPA news flash: What is the National Board of Fitness Examiners (NBFE) and how does it work? www.afpafitness.com.
- American Heart Association. 1999. 2000 heart and stroke statistical update. Dallas: Author.
- American Heart Association. 2001. *International cardiovascular disease statistics*. Dallas: Author.

- American Heart Association. 2004. *Heart disease and stroke statistics–2004 update*. Dallas: Author.
- American Heart Association. 2008a. Diabetes mellitus-statistics. Statistical fact sheet-risk factors 2008 update. www.Americanheart.org.
- American Heart Association. 2008b. High blood cholesterol and other lipids-statistics. Statistical fact sheet-risk factors 2008 update. www.Americanheart.org.
- American Heart Association. 2008c. High blood pressure-statistics. Statistical fact sheet'-risk factors 2008 update. www.Americanheart.org.
- American Heart Association. 2008d. International cardiovascular disease statistics. Statistical fact sheet–populations 2008 update. www.Americanheart.org.
- American Heart Association. 2008e. Metabolic syndrome-statistics. Statistical fact sheet-risk factors 2008 update. www.Americanheart.org.
- American Heart Association. 2008f. Overweight and obesity-statistics. Statistical fact sheetrisk factors 2008 update. www.Americanheart.org.
- American Heart Association. 2008g. Physical inactivity. Statistical fact sheet-risk factors 2008 update. www. Americanhean.org.
- American Heart Association. 2008h. Tobacco-statistics. Statistical fact sheet-risk factors 2008 update. www. Americanheart.org.
- American Heart Association. 2009. Heart disease and stroke statistics 2009 update. A report from the American Heart Association Statistics Committee and Stroke Statistics Subcommittee. *Circulation* 119: e21-e181.
- American Medical Association. 1988. *Guides to the evaluation of permanent impairment*, 3rd ed. Chicago, IL: Author.
- American Society of Exercise Physiologists. 2004. Standards of professional practice. www.css.edu/ASEP/Standardsof-ProfessionalPractice.
- Anderson, B., and Burke, E.R. 1991. Scientific, medical, and practical aspects of stretching. *Clinics in Sports Medicine* 10: 63-86.
- Anderson, G.S. 1992. The 1600-m and multistage 20-m shuttle run as predictive tests of aerobic capacity in children. *Pediatric Exercise Science* 4: 312-318.
- Anderson, R. 1980. Stretching. Fullerton, CA: Shelter.
- Andrews, A.W., Thomas, M.W., and Bohannon, R.W. 1996. Normative values for isometric muscle force measurements obtained with hand-held dynamometers. *Physical Therapy* 76: 248-259.
- Antonio, J., and Gonyea, W.J. 1993. Skeletal muscle fiber hyperplasia. Medicine & Science in Sports & Exercise 25: 1333-1345.
- Ardern, C.I., Katzmarzyk, P.T., and Ross, R. 2003. Discrimination of health risk by combined body mass index and waist circumference. *Obesity Research* 11: 135-142.
- Armsey, T.D., and Grime, T.E. 2002. Protein and amino acid supplementation in athletes.

Current Sports Medicine Reports 4: 253-256.

- Armstrong, R.B. 1984. Mechanisms of exercise-induced delayed onset muscular soreness: A brief review. *Medicine & Science in Sports & Exercise* 16: 529-538.
- Ashwell, M., and Hsieh, S.D. 2005. Six reasons why the waist-to-height ratio is a rapid and effective global indicator for health risks of obesity and how its use could simplify the international public health message on obesity. *International Journal of Food Sciences and Nutrition* 56: 303-307.
- Ashwell, M., McCall, S.A., Cole, T.J., and Dixon, A.K. 1985. Fat distribution and its metabolic complications: Interpretations. In *Human body composition and fat distribution*, ed. N.G. Norgan, 227-242. Wageningen, Netherlands: Euronut.
- Åstrand, I. 1960. Aerobic capacity in men and women with special reference to age. *Acta Physiologica Scandinavica* 49(Suppl. 169): 1-92.
- Åstrand, P.O. 1956. Human physical fitness with special reference to age and sex. *Physiological Reviews* 36: 307-335.
- Åstrand, P.O. 1965. *Work tests with the bicycle ergometer*. Varberg, Sweden: AB Cykelfabriken Monark.
- Åstrand, P.O., and Rodahl, K. 1977. Textbook of work physiology. New York: McGraw-Hill.
- Åstrand, P.O., and Ryhming, I. 1954. A nomogram for calculation of aerobic capacity (physical fitness) from pulse rate during submaximal work. *Journal of Applied Physiology* 7: 218-221.
- Atterhog, J.H., Jonsson, B., and Samuelsson, R. 1979. Exercise testing: A prospective study of complication rates. *American Heart Journal* 98: 572-580.
- Australian Bureau of Statistics. 2008. Australian statistics on overweight and obesity in adults 2004-05. www.ausstats.abs.gov. au/ausstats.
- Axler, C.T., and McGill, S.M. 1997. Low back loads over a variety of abdominal exercises: Searching for the safest abdominal challenge. *Medicine & Science in Sports & Exercise* 29: 804-810.
- Baechle, T.R. 1994. *Essentials of strength training and conditioning*. Champaign, IL: Human Kinetics.
- Baechle, T.R., Earle, R.W., and Wathen, D. 2000. Resistance training. In *Essentials of strength training and conditioning*, eds. T.R. Baechle and R.W. Earle. Champaign, IL: Human Kinetics.
- Bahr, R., Ingnes, I., Vaage, O., Sjersted, O.M., and Newsholme, E.A. 1987. Effect of duration of exercise on excess post-exercise O<sub>2</sub> consumption. *Journal of Applied Physiology* 62: 485-490.
- Baker, D., Wilson, G., and Carlyon, R. 1994. Periodization: The effect on strength of manipulating volume and intensity. *Journal of Strength and Conditioning Research* 8: 235-242.hkjhhkj

- Bakhtiary, A.H., Safavi-Farokhi, Z., and Aminian-Far, A. 2007. Influence of vibration on delayed onset of muscle soreness following eccentric exercise. *British Journal of Sports Medicine* 41: 145-148.
- Balke, B. 1963. A simple field test for the assessment of physical fitness. *Civil Aeromedical Research Institute Report*, 63-18. Oklahoma City: Federal Aviation Agency.
- Balke, B., and Ware, R. 1959. An experimental study of physical fitness of Air Force personnel. US Armed Forces Medical Journal 10: 675-688.
- Ball, T.E., and Rose, K.S. 1991. A field test for predicting maximum bench press lift of college women. *Journal of Applied Sport Science Research* 5: 169-170.
- Ballor, D.L., and Keesey, R.E. 1991. A meta-analysis of the factors affecting exerciseinduced changes in body mass, fat mass, and fat-free mass in males and females. *International Journal of Obesity* 15: 717-726.
- Bandura, A. 1982. Self-efficacy mechanism in human agency. *American Psychologist* 37: 122-147.
- Bandy, W.D., and Irion, J.M. 1994. The effect of time on static stretch on the flexibility of the hamstring muscles. *Physical Therapy* 74: 845-851.
- Barreira, T., Kang, M., Caputo, J., Farley, S., and Renfrow, M. 2009. Validation of the Actiheart monitor for the measurement of physical activity. *International Journal of Exercise Science* 2(1): article 7. http://digitalcommons.wku.edu/ijes/vol2/iss 1/7.
- Baumgartner, R.N., Heymsfield, S.B., and Roche, A.F. 1995. Human body composition and the epidemiology of chronic disease. *Obesity Research* 3: 73-95.
- Baumgartner, R.N., Heymsfield, S.B., Lichtman, S., Wang, J., and Pierson, R.N. 1991. Body composition in elderly people: Effect of criterion estimates on predictive equations. *American Journal of Clinical Nutrition* 53: 1-9.
- Baumgartner, T.A. 1978. Modified pull-up test. Research Quarterly 49: 80-84.
- Baumgartner, T.A., and Jackson, A.S. 1975. *Measurement for evaluation in physical education*. Boston: Houghton Mifflin.
- Baumgartner, T.A., East, W.B., Frye, P.A., Hensley, L.D., Knox, D.F., and Norton, C.J. 1984. Equipment improvements and additional norms for the modified pull-up test. *Research Quarterly for Exercise and Sport* 55: 64-68.
- Baun, W.B., and Baun, M.R. 1981. A nomogram for the estimate of percent body fat from generalized equations. *Research Quarterly for Exercise and Sport* 52: 380-384.
- Beaulieu, J.E. 1980. Stretching for all sports. Pasadena, CA: Athletic Press.
- Beenakker, E.A.C., van der Hoeven, J.H., Fock, J.M., and Maurits, N.M. 2001. Reference values of maximum isometric muscle force obtained in 270 children aged 4-16 years by hand-held dynamometry. *Neuromuscular Disorders* 11: 441-446.
- Beevers, G., Lip, G.Y.H., and O'Brien, E. 200la. ABC of hypertension. Blood pressure measurement. Part I-Sphygmomanometry: Factors common to all techniques. *British*

Medical Journal 322: 981-985.

- Beevers, G., Lip, G.Y.H., and O'Brien, E. 200lb. ABC of hypertension. Blood pressure measurement. Part II–Conventional sphygmomanometry: Technique of auscultatory blood pressure measurement. *British Medical Journal* 322: 1043-1047.
- Behm, D.G., Faigenbaum, A.D., Falk, B., and Klentrou, P. 2008. Canadian Society for Exercise Physiology position paper: Resistance training in children and adolescents. *Applied Physiology, Nutrition, and Metabolism* 33: 547-561.
- Behnke, A.R. 1961. Quantitative assessment of body build. *Journal of Applied Physiology* 16: 960-968.
- Behnke, A.R., and Wilmore, J.H. 1974. *Evaluation and regulation of body build and composition*. Englewood Cliffs, NJ. Prentice Hall.
- Bellew, J.W., Fenter, P.C., Chelette, B., Moore, R., and Loreno, D. 2005. Effects of a shortterm dynamic balance training program in healthy older women. *Journal of Geriatric Physical Therapy* 28: 4-8, 27.
- Benardot, D., Clarkson, P., Coleman, E., and Manore, M. 2001. Can vitamin supplements improve sport performance? *Gatorade Sports Science Exchange Roundtable* 12(3): 1-4.
- Bentzur, K.M., Kravitz, L., and Lockner, D.W. 2008. Evaluation of the Bod Pod for estimating percent body fat in collegiate track and field female athletes: A comparison of four methods. *Journal of Strength and Conditioning Research* 22: 1985-1991.
- Berg, K.O., Wood-Dauphinee, S.L., Williams, J.I., and Maki, B. 1992. Measuring balance in the elderly: Validation of an instrument. *Canadian Journal of Public Health* 83(2): 57-511.
- Bergsma-Kadijk, J.A., Baumeister, B., and Deurenberg, P. 1996. Measurement of body fat in young and elderly women: Comparison between a four-compartment model and widely used reference methods. *British Journal of Nutrition* 75: 649-657.
- Berlin, J.A., and Colditz, G.A. 1990. A meta-analysis of physical activity in the prevention of coronary heart disease. *American Journal of Epidemiology* 132: 612-628.
- Berry, M.J., Cline, C.C., Berry, C.B., and Davis, M. 1992. A comparison between two forms of aerobic dance and treadmill running. *Medicine & Science in Sports & Exercise* 24: 946-951.
- Bielinski, R., Schultz, Y., and Jequier, E. 1985. Energy metabolism during the postexercise recovery in man. *American Journal of Clinical Nutrition* 42: 69-82.
- Billinger, S.A., Loudon, J.K., and Gajewski, B.J. 2008. Validity of a total body recumbent stepper exercise test to assess cardiorespiratory fitness. *Journal of Strength and Conditioning Research* 22: 1556-1562.
- Birk, T.J., and Birk, C.A. 1987. Use of ratings of perceived exertion for exercise prescription. *Sports Medicine* 4: 1-8.
- Bjorntorp, P. 1988. Abdominal obesity and the development of non-insulin diabetes mellitus.

Diabetes and Metabolism Reviews 4: 615-622.

- Blair, D., Habricht, J.P., Sims, E.A., Sylwester, D., and Abraham, S. 1984. Evidence of an increased risk for hypertension with centrally located body fat, and the effect of race and sex on this risk. *American Journal of Epidemiology* 119: 526-540.
- Blair, S.N. 2009. Physical inactivity: The biggest public health problem of the 21st century. *British Journal of Sports* Medicine 43: 1-2.
- Blair, S.N., LaMonte, M.J., and Nichaman, M.Z. 2004. The evolution of physical activity recommendations: How much is enough? *American Journal of Clinical Nutrition* 79 (Suppl.): 9135-9205.
- Bland, J.M., and Altman, D.G. 1986. Statistical methods for assessing agreement between two methods of clinical measurement. *The Lancet* 12: 307-310.
- Blessing, D.L, Wilson, D.G., Puckett, J.R., and Ford, H.T. 1987. The physiological effects of 8 weeks of aerobic dance with and without hand-held weights. *American Journal of Sports Medicine* 15: 508-510.
- Blum, V., Carriere, E.G.J., Kolsters, W., Mosterd, W.L., Schiereck, P., and Wesseling, K.H. 1997. Aortic and peripheral blood pressure during isometric and dynamic exercise. *International Journal of Sports Medicine* 18: 30-34.
- Bohannon, R.W. 1997. Reference values for extremity muscle strength obtained by hand-held dynamometry from adults aged 20 to 79 years. *Archives of Physical Medicine and Rehabilitation* 78: 26-32.
- Bohannon, R.W. 2006a. Reference values for the timed up and go test: A descriptive metaanalysis. *Journal of Geriatric Physical Therapy* 29(2): 64-68.
- Bohannon, R.W. 2006b. Single leg stance times. A descriptive meta-analysis of data from individuals at least 60 years of age. *Topics in Geriatric Rehabilitation* 22: 70-77.
- Bohe, J., Low, A., Wolfe, R.R., and Rennie, M.J. 2003. Human muscle protein synthesis is modulated by extracellular, not intramuscular amino acid availability: A dose-response study. Journal of Physiology 552: 315-324.
- Bompa, T.O., DiPasquale, M.D., and Cornacchia, L.J. 2003. *Serious strength training*. 2nd ed. Champaign, IL: Human Kinetics.
- Bonci, L. 2009. Sport nutrition for coaches. Champaign, IL: Human Kinetics.
- Bonge, D., and Donnelly, J.E. 1989. Trials to criteria for hydrostatic weighing at residual volume. *Research Quarterly for Exercise and Sport* 60: 176-179.
- Borg, G. 1998. Borg's perceived exertion and pain scales. Champaign, IL: Human Kinetics.
- Borg, G.V., and Linderholm, H. 1967. Perceived exertion and pulse rate during graded exercise in various age groups. *Acta Medica Scandinavica* 472(Suppl.): 194-206.
- Borms, J., Van Roy, P., Santens, J.P., and Haentjens, A. 1987. Optimal duration of static stretching exercises for improvement of coxo-femoral flexibility. *Journal of Sports Science* 5: 39-47.

- Bosco, C.M., Colli, R., Introini, E., Cardinale, M., Tsarpela, O., Madella, A., Tihanyi, J., and Viru, A. 1999. Adaptive responses of human skeletal muscle to vibration exposure. *Clinical Physiology* 19: 183-187.
- Bouchard, C. 2001. Physical activity and health: Introduction to the dose-response symposium. *Medicine & Science in Sports & Exercise* 33 (Suppl.): S347-S350.
- Bouchard, C., Perusse, L., Leblanc, C., Tremblay, A., and Theriault, G. 1988. Inheritance of the amount and distribution of human body fat. *International Journal of Obesity* 12:205-215.
- Bouchard, C., Shephard, R.J., and Stephens, T., eds. 1994. *Physical activity, fitness, and health. International proceedings and conference statement.* Champaign, IL: Human Kinetics.
- Bouchard, C., Tremblay, A., Despres, J.P., Nadeau, A., Lupien, P.J., Theriault, G., Dussault, J., Moorjani, S., Pinault, S., and Fournier, G. 1990. The response of long-term overfeeding in identical twins. *New England Journal of Medicine* 322: 1477-1482.
- Bracko, M.R. 2002. Can stretching prior to exercise and sports improve performance and prevent injury. *ACSM's Health & Fitness Journal* 6(5): 17-22.
- Bracko, M.R. 2004. Can we prevent back injuries? *ACSM's Health & Fitness Journal* 8(4): 5-11.
- Brahler, C.J., and Blank, S.E. 1995. Versa Climbing elicits higher V.O<sub>2</sub>max than does treadmill running or rowing ergometry. *Medicine & Science in Sports & Exercise* 27: 249-254.
- Braith, R.W., Graves, J.E., Leggett, S.H., and Pollock, M.L. 1993. Effect of training on the relationship between maximal and submaximal strength. *Medicine & Science in Sports & Exercise* 25: 132-138.
- Branch, J.D. 2003. Effect of creatine supplementation on body composition and performance: A meta-analysis. *International Journal of Sport Nutrition and Exercise Metabolism* 13: 198-226.
- Brandenburg, J.P. 2006. Duration of stretch does not influence the degree of force loss following static stretching. *Journal of Sports Medicine and Physical Fitness* 46: 526-534.
- Bravata, D.M., Sanders, L., Huang, J., Krumholz, H.M., Olkin, I., Gardner, C.D., Bravata, D.M. 2003. Efficacy and safety of low-carbohydrate diets: A systematic review. *Journal* of the American Medical Association 289: 1837-1850.
- Bravata, D.M., Smith-Spangler, C., Sundaram, V., Gienger, A.L., Lin, N., Lewis, R., Stave, C.D., Olkin, I., and Sirard, J.R. 2007. Using pedometers to increase physical activity and improve health: A systematic review. *Journal of the American Medical Association* 298: 2296-2304.
- Bray, G.A. 1978. Definitions, measurements and classifications of the syndromes of obesity. *International Journal of Obesity* 2: 99-113.

- Bray, G.A., and Gray, D.S. 1988a. Anthropometric measurements in the obese. In Anthropometric standardization reference manual, ed. T.G. Lohman, A.F. Roche, and R. Martorell, 131-136. Champaign, IL: Human Kinetics.
- Bray, G.A., and Gray, D.S. 1988b. Obesity. Part I–Pathogenesis. *Western Journal of Medicine* 149: 429-441.
- Brehm, B.A. 1988. Elevation of metabolic rate following exercise–implications for weight loss. *Sports Medicine* 6: 72-78.
- British Heart Foundation. 2004. Statistics database. www.heartstats.org/temp/ bloodsppressures2004.pdf.
- British Heart Foundation. 2006. Diet, physical activity, and obesity statistics, 2006 edition. www.bhf.org.
- British Heart Foundation. 2008. Coronary heart disease statistics, 2007 edition. www.bhf.org.
- British Heart Foundation Health Promotion Research Group. 2005. European cardiovascular disease statistics, 2005 edition. www.bhf.org.
- Brooks, G.A., Butte: N.F., Rand, W.M., Flatt, J.P., and Caballero, B. 2004. Chronicle of the Institute of Medicine physical activity recommendation: How a physical activity recommendation came to be among dietary recommendations. *American Journal of Clinical Nutrition* 79 (Suppl.): 921S-930S.
- Brose, A., Parise, G., and Tarnopolsky, M.A. 2003. Creatine supplementation enhances isometric strength and body composition improvements following strength exercise training in older adults. *Journals of Gerontology Series A: Biological Sciences and Medical Sciences* 58: 11-19.
- Brown, D.A., and Miller, W.C. 1998. Normative data for strength and flexibility of women throughout life. *European Journal of Applied Physiology* 78: 77-82.
- Brozek, J., Grande, F., Anderson, J.T., and Keys, A. 1963. Densiometric analysis of body composition: Revision of some quantitative assumptions. *Annals of the New York Academy of Sciences* 110: 113-140.
- Bruce, R.A., Kusumi, F., and Hosmer, D. 1973. Maximal oxygen intake and nomographic assessment of functional aerobic impairment in cardiovascular disease. *American Heart Journal* 85: 546-562.
- Bryner, R.W., Ullrich, I.H., Sauers, J., Donley, D., Hornsby, G., Kolar, M., and Yeater, R. 1999. Effects of resistance vs. aerobic training combined with an 800 calorie liquid diet on lean body mass and resting metabolic rate. *Journal of the American College of Nutrition* 18(2): 115-121.
- Brzycki, M. 1993. Strength testing–predicting a one-rep max from reps-to-fatigue. *Journal of Physical Education, Recreation and Dance* 64 (1): 88-90.
- Brzycki, M. 2000. Assessing strength. Fitness Management 16(7): 34-37.
- Buchholz, A.C., and Schoeller, D.A. 2004. Is a calorie a calorie? American Journal of Clinical Nutrition 79 (Suppl.): 899S-906S.

- Bunt, J.C., Lohman, T.G., and Boileau, R.A. 1989. Impact of total body water fluctuations on estimation of body fat from body density. *Medicine & Science in Spans & Exercise* 21: 96-100.
- Buresh, R., and Berg, K. 2002. Scaling oxygen uptake to body size and several practical applications. *Journal of Strength and Conditioning Research* 16: 461-465.
- Burke, D.G, Culligan, C.J., and Holt, L.E. 2000. The theoretical basis of proprioceptive neuromuscular facilitation. *Journal of Strength and Conditioning Research* 14: 496-500.
- Burke, L.M., Kiens, B., and Ivy, J.L. 2004. Carbohydrates and fat for training and recovery. *Journal of Sports Science* 22: 15-30.
- Byrnes, W.C., Clarkson; P.M., and Katch, F.I. 1985. Muscle soreness following resistive exercise with and without eccentric contraction. *Research Quarterly for Exercise and Sport* 56: 283-285.
- Cable, A., Nieman, D.C., Austin, M., Hogen, E., and Utter, A.C. 2001. Validity of leg-to-leg bioelectrical impedance measurement in males. *Journal of Sports Medicine and Physical Fitness* 41: 411-414.
- Callaway, C.W., Chumlea, W.C., Bouchard, C., Himes, J.H., Lohman, T.G., Martin, A.D., Mitchell, C.D., Mueller, W.H., Roche, A.F., and Seefeldt, V.D. 1988. Circumferences. In *Anthropometric standardization reference manual*, ed. T.G. Lohman, A.F. Roche, and R. Martorell, 39-54. Champaign, IL: Human Kinetics.
- Campbell, W.W., and Geik, R.A. 2004. Nutritional considerations for the older athlete. *Nutrition* 20: 603-608.
- Campbell, W.W., Johnson, C.A., McCabe, G.P., and Carnell, N.S. 2008. Dietary protein requirements of younger and older adults. *American Journal of Clinical Nutrition* 88: 1322-1329.
- Canadian Society for Exercise Physiology. 2003. *The Canadian physical activity, fitness and lifestyle approach: CSEP-Health & Fitness Program's Health-Related Appraisal and Counselling Strategy.* 3rd ed. Ottawa, ON: Author.
- Canning, P.M., Courage, M.L., and Frizzell, L.M. 2004. Prevalence of overweight and obesity in a provincial population of Canadian preschool children. *Canadian Medical Association Journal* 171: 240-242.
- Carns, M.L., Schade, M.L., Liba, M.R., Hellebrandt, F.A., and Harris, C.W. 1960. Segmental volume reduction by localized and generalized exercise. *Human Biology* 32: 370-376.
- Carpenter, D.M., and Nelson, E.W. 1999. Low back strengthening for the prevention and treatment of low back pain. *Medicine & Science in Sports & Exercise* 31: 18-24.
- Carter, N.D., Kannus, P., and Khan, K.M. 2001. Exercise in the prevention of falls in older people. A systematic literature review examining the rationale and the evidence. *Sports* Medicine 31: 427-438.
- Casa, D.L., Armstrong, L.E., Hillman, S.K., Montain, S.J., Reiff, R.V., Rich, B.S.E., Roberts,

W.O., and Stone, J.A. 2002. National Athletic Trainers' Association position statement: Fluid replacement for athletes. *Journal of Athletic Training* 35(2) 21-224.

- Cassady, S.L., Nielsen, D.H., Janz, KF., Wu, Y., Cook, J.S., and Hansen, J.R. 1993. Validity of near infrared body composition analysis in children and adolescents. *Medicine & Science in Sports & Exercise* 25: 1185-1191.
- Cataldo, D., and Heyward, V. 2000. Pinch an inch: A comparison of several high-quality and plastic skinfold calipers. *ACSM's Health & Fitness Journal* 4(3): 12-16.
- Caton. J.R., Mole, P.A., Adams, W.C., and Heustis, D.S. 1988. Body composition analysis by bioelectrical impedance: Effect of skin temperature. *Medicine & Science in Sports & Exercise* 20: 489-491.
- Cavill, N., Kahlmeier, S., and Racioppi, F., eds. 2006. Physical activity and health in Europe: Evidence for action. World Health Organization. www.who.int/moveforhealth.
- Centers for Disease Control. 2003. Prevalence of physical activity, including lifestyle activities among adults–United States, 2000-2001. *Morbidity and Mortality Weekly* 52(32): 764-769.
- Centers for Disease Control and Prevention. 2005. Adult participation in recommended levels of physical activity: United States, 2001 and 2003. *Morbidity and Mortality Weekly Report* 54: 1208-1212.
- Centers for Disease Control and Prevention. 2005. NHANES 2001-2002 data documentation MEC examination. Balance examination (BAX\_B). http://www.cdc.gov/nchs/data/ nhanes/nhanes 01 02/ bax b doc.pdf.
- Centers for Disease Control and Prevention. 2007. Cigarette smoking among adults–United States, 2006. *Morbidity and Mortality Weekly Report* [serial online] 56(44): 1157-1161.
- Centers for Disease Control and Prevention. 2009. Falls among older adults: An overview. http://www.cdc.gov/Homean-dRecreational Safety/Falls/adultfalls.html.
- Chalmers, G. 2004. Re-examination of the possible role of Golgi tendon organ and muscle spindle reflexes in proprioceptive neuromuscular facilitation muscle stretching. *Sports Biomechanics* 3: 159-183.
- Chamberlin, B., and Gallagher, R. (May 7, 2008). Exergames: Using video games to promote physical activity. Paper presented at Children, Youth and Families at Risk (CYFAR) Conference, San Antonio, TX.
- Chapman, E.A., deVries, H.A., and Swezey, R. 1972. Joint stiffness: Effects of exercise on young and old men. *Journal of Gerontology* 27: 218-221.
- Charette, S.L., McEvoy, L., Pyka, G., Snow-Harter, C., Guido, D., Wiswell, R.A., and Marcus, R. 1991. Muscle hypertrophy response to resistance training in older women. *Journal of Applied Physiology* 70: 1912-1916.
- Cherkas, L.F., Hunkin, J.L., Kato, B.S., Richards, J.B., Gardner, J.P., Surdulescu, G.L., Kimura, M., Lu, X., Spector, T.D., and Aviv, A. 2008. The association between physical

activity in leisure time and leukocyte telomere length. *Archives of Internal Medicine* 168(2): 154-158.

- Chewning, B., Yu, T., and Johnson, J. 2000. T'ai chi (part 2): Effects on health. ACSM's Health & Fitness Journal 4(3): 17-19, 28, 30.
- Chobanian, A.V., Bakris, G.L., Black, H.R., Cushman, W.C., Green, L.A., Izzo, J.L., Jones, D.W., Materson, B.J., Oparil, S., Wright, J.T. Jr., Roccella, E.J., and the National High Blood Pressure Education Coordinating Committee. 2003.
- The seventh report of the Joint National Committee on prevention, detection, evaluation, and treatment of high blood pressure. *Hypertension* 42: 1206-1252. Also available in *Journal of the American Medical Association* 289 (2003): 2560-2572.
- Chung, I., and Lip, G.Y.H. 2003. White coat hypertension: Not so benign after all? *Journal of Human Hypertension* 17: 807-809.
- Cipriani, D., Abel, B., and Pirrwitz, D. 2003. A comparison of two stretching protocols on hip range of motion: Implications for total daily stretch duration. *Journal of Strength and Conditioning Research* 17: 274-278.
- Clark, B.C., and Manini, T.M. 2008. Sarcopenia # dynapenia. *Journal of Gerontology* 63A: 829-834.
- Clark, N. 2008. *Nancy Clark's sport nutrition guidebook*, 4th ed. Champaign, IL: Human Kinetics.
- Clark, S., Iltis, P.W., Anthony, C.J., and Toews, A. 2005. Comparison of older adult performance during the functional-reach and limits-of-stability tests. *Journal of Aging and Physical Activity* 13: 266-275.
- Clark, S., Rose, D.J., and Fujimoto, K. 1997. Generalizability of the limits of stability test in the evaluation of dynamic balance among older adults. *Archives of Physical Medicine and Rehabilitation* 78: 1078-1084.
- Clarke, D.H. 1975. Exercise physiology. Englewood Cliffs, NJ: Prentice Hall.
- Clarke, H.H. 1966. *Muscular strength and endurance in man*. Englewood Cliffs, NJ: Prentice Hall.
- Clarke, H.H., and Monroe, R.A. 1970. *Test manual: Oregon cable-tension strength test batteries for boys and girls from fourth grade through college.* Eugene, OR: University of Oregon.
- Clarkson, P.M. 1990. Tired blood: Iron deficiency in athletes and effects of iron supplementation. *Sports Science Exchange* 3(28). Gatorade Sports Science Institute, Quaker Oats Co.
- Clarkson, P.M., and Haymes, E.M. 1994. Trace mineral requirements for athletes. *International Journal of Sport Nutrition* 4: 104-119.
- Clarkson, P.M., Byrnes, W.C., McCormick, K.M., Turcotte, L.P., and White, J.S. 1986. Muscle soreness and serum creatine kinase activity following isometric, eccentric and

concentric exercise. International Journal of Sports Medicine 7: 152-155.

- Clarys, J.P., Martin, A.D., Drinkwater, D.T., and Marfell-Jones, M.J. 1987. The skinfold: Myth and reality. *Journal of Sports Sciences* 5: 3-33.
- Clemons, J.M., Duncan, C.A., Blanchard, O.E., Gatch, W.H., Hollander, D.B., and Doucer, J.L. 2004. Relationships between the flexed-arm hang and select measures of muscular fitness. *Journal of Strength and Conditioning Research* 18: 630-636.
- Cohen, A. 2004. It's getting personal. Athletic Business, July, 52-54, 56, 58, 60.
- Colberg, S.R. 2001. The diabetic athlete. Champaign, IL: Human Kinetics.
- Cole, T.J., Bellizzi, M.C., Flegal, K.M., and Dietz, W.H. 2000. Establishing a standard definition for child overweight and obesity worldwide: International survey. *British Medical Journal* 320 1240-1245.
- Collins, M., Millard-Stafford, M., Sparling, P., Snow, T., Rosskopf, L., Webb, S., and Omer, J. 1999. Evaluation of the Bod Pod for assessing body fat in collegiate football players. *Medicine & Science in Sports & Exercise* 31: 1350-1356.
- Conley, D., Cureton, K., Dengel, D., and Weyand, P. 1991. Validation of the 12-min swim as a field test of peak aerobic power in young men. *Medicine & Science in Sports & Exercise* 23: 766-773.
- Conley, D., Cureton, K., Hinson, B., Higbie, E., and Weyand, P. 1992. Validation of the 12minute swim as a field test of peak aerobic power in young women. *Research Quarterly for Exercise and Sport* 63: 153-161.
- Cooper Institute for Aerobics Research. 1992. *The Prudential FITNESSGRAM test administration manual*. Dallas: Author.
- Cooper Institute for Aerobics Research. 1994. Fitnessgram user's manual. Dallas: Author.
- Cooper Institute for Aerobics Research. 2005. *The fitness specialist certification manual*. Dallas: Author.
- Cooper, K.H. 1968. A means of assessing maximal oxygen intake. *Journal of the American Medical Association* 203: 201-204.
- Cooper, K.H. 1977. The aerobics way. New York: Evans.
- Corbin, C.B., Dowell, L.J., Lindsey, R., and Tolson, H. 1978. *Concepts in physical education.*, Dubuque, IA: Brown.
- Costill, D.L., Coyle, E.F., Fink, W.F., Lesmes, G.R., and Witzmann, F.A. 1979. Adaptations in skeletal muscle following strength training. *Journal of Applied Physiology* 46: 96-99.
- Costill, D.L., and Fox, E.L 1969. Energetics of marathon running. Medicine and Science in Sports 1: 81-86.
- Costill, D.L., Thomason, H., and Roberts, E. 1973. Fractional utilization of the aerobic capacity during distance running. *Medicine and Science in Sports* 5: 248-252.
- Cote, C., Simoneau, J.A., Lagasse, P., Bouley, M., Thibault, M.C., Marcotte, M., and Bouchard, C. 1988. Isokinetic strength training protocols: Do they induce skeletal muscle

fiber hypertrophy? Archives of Physical Medicine and Rehabilitation 69: 281-285.

- Cote, D.K., and Adams, W.C. 1993. Effect of bone density on body composition estimates in young adult black and white women. *Medicine & Science in Sports & Exercise* 25: 290-296.
- Cotte, U.V., Faltenbacher, V.H., von Willich, W., and Bogner, J.R. 2008. Trial of validation of two devices for self-measurement of blood pressure according to the European Society of Hypertension International Protocol: The Citizen CH-432B and the Citizen CH-656C. *Blood Pressure Monitoring* 13: 55-62.
- Cotten, D.J. 1972. A comparison of selected trunk flexibility tests. *American Corrective Therapy Journal* 26: 24.
- Coyle, E.F. 1995. Fat metabolism during exercise. *Sports Science Exchange* 8(6). Gatorade Sports Science Institute, Quaker Oats Co.
- Coyle, E.F., Firing, D.C., Rotkis, T.C., Cote, R.W. III, Roby, F.B., Lee, W., and Wilmore, J.H. 1981. Specificity of power improvements through slow and fast isokinetic training. *Journal of Applied Physiology* 51: 1437-1442.
- Cribb, P.J., Williams, A.D., and Hayes, A. 2007. A creatine-carbohydrate supplement enhances responses to resistance training. *Medicine & Science in Sports & Exercise* 39: 1960-1968.
- Cribb, P.J., Williams, A.D., Hayes, A., and Carey, M.F. 2006. The effect of whey isolate on strength, body composition, and plasma glutamine. *International Journal of Sports Nutrition and Exercise Metabolism* 16: 494-509.
- Cribb, P.J., Williams, A.D., Stathis, C.G., Carey, M.F., and Hayes, A. 2007. Effect of whey isolate, creatine, and resistance training on muscle hypertrophy. *Medicine & Science in Sports & Exercise* 39: 298-307.
- Crommett, A., Kravitz, L., Wongsathikun, J., and Kemerly, T. 1999. Comparison of metabolic and subjective response of three modalities in college-age subjects. *Medicine & Science in Sports & Exercise* 31(Suppl.): SI58 [abstract].
- Crouter, S.E., Churilla, J.R., and Bassett, D.R. 2008. Accuracy of the Actiheart for the assessment of energy expenditure in adults. *European Journal of Clinical Nutrition* 62: 704-711.
- Cullinen, K., and Caldwell, M. 1998. Weight training increases fat-free mass and strength in untrained young women. *Journal of the American Dietetic Association* 98(4): 414-418.
- Curb, J.D., Ceria-Ulep, C.D., Rodriquez, B.L., Grove, J., Guralnik, J., Willcox, B.J., Donlon, T.A., Masaki, K.H., and Chen, R. 2006. Performance-based measures of physical function for high-function populations. *Journal of the American Geriatrics Society* 54: 737-742.
- Cureton, K.J., Collins, M.A., Hill, D.W., and McElhannon, F.M. Jr. 1988. Muscle hypertrophy in men and women. *Medicine & Science in Sports & Exercise* 20: 338-344.
- Cureton, K.J., Sloniger, M., O'Bannon, J., Black, D., and McCormack, W. 1995. A

generalized equation for prediction of VO<sub>2</sub>peak from I-mile run/walk performance. *Medicine & Science in Sports & Exercise* 27: 445-451.

- Cureton, K.J., Sparling, P.B., Evans, B.W., Johnson, S.M., Kong, U.D., and Purvis, J.W. 1978. Effect of experimental alterations in excess weight on aerobic capacity and distance running performance. *Medicine and Science in Sports* 10: 194-199.
- Cureton, T.K., and Sterling, L.F. 1964. Interpretation of the cardiovascular component resulting from the factor analysis of 104 test variables measured in 100 normal young men. *Journal of Sports Medicine and Physical Fitness* 4: 1-24.
- Curioni, C.C., and Lourenco, P.M. 2005. Long-term weight loss after diet and exercise: A systematic review. *International Journal of Obesity* 29: 1168-1174.
- Davis, D.S., Quinn, R.O., Whiteman, C.T, Williams, J.D., and Young, C.R. 2008. Concurrent validity of four clinical tests to measure hamstring flexibility. *Journal of Strength and Conditioning Research* 22: 583-588.
- Davis, J.A., Dorado, S., Keays, K.A., Reigel, R.A., Valencia, K.S., and Pham, P.H. 2007. Reliability and validity of the lung volume measurement made by the Bod Pod body composition system. Clinical *Physiology and* Functional *Imaging* 27: 42-46.
- Day, J.R., Rossiter, H.B., Coats, E.M., Skasick, A., and Whipp, B.J. 2003. The maximally attainable V.O<sub>2</sub> during exercise in humans: The peak vs. maximum issue. *Journal of Applied Physiology* 95: 1901-1907.
- de Bruin, E.D., Swanenburg, J., Betschon, E., and Murer, K. 2009. A randomized controlled trial investigating motor skill training as a function of attentional focus in old age. *BMC Geriatrics* 9: 15-24.
- Deci, E.L., and Ryan, R.M. 2000. The "what" and "why" of goal pursuits: Human needs and the self-determination of behavior. *Psychological Inquiry* 11(4): 227-268.
- del Rio-Navarro, B.E., Velazquez-Monroy, O., Sanchez-Castillo, C.P., Lara-Esqueda, A., Berber, A., Fanghanel, G., Violante, R., Tapia-Conyer, R., and James, W.P.T. 2004. The high prevalence of overweight and obesity in Mexican children. *Obesity Research* 12: 215-223.
- Delecluse, C., Roelants, M., and Verschueren, S. 2003. Strength increase after whole-body vibration compared with resistance training. *Medicine & Science in Sports & Exercise* 35: 1033-1041.
- Demerath, E.W., Guo, S.S., Chumlea, W.C., Towne, B., Roche, A.F., and Siervogel, R.M. 2002. Comparison of percent body fat estimates using air displacement plethysmography and hydrodensitometry in adults and children. *International Journal of Obesity and Related Metabolic Disorders* 26: 389-397.
- Demont, R.G., Lephart, S.M., Giraldo, J.L., Giannantonio, F.P., Yuktanandana, P., and Fu, F.H. 1999. Comparison of two abdominal training devices with an abdominal crunch using strength and EMG measurements. *Journal of Sports Medicine and Physical Fitness* 39: 253-258.

- Dempster, P., and Aitkens, S. 1995. A new air displacement method for the determination of human body composition. *Medicine & Science in Sports & Exercise* 27: 1692-1697.
- Demura, S., Yamaji, S., Goshi, F., Kobayashi, H., Sato, S., and Nagasawa, Y. 2002. The validity and reliability of relative body fat estimates and the construction of new prediction equations for young Japanese adult males. *Journal of Sports Sciences* 20: 153-164.
- Deschenes, M.R., and Kraemer, W.J. 2002. Performance and physiologic adaptations to resistance training. *American Journal of Physical Medicine and Rehabilitation* 8 (Suppl.): S3-S16. de Souza, R.J., Swain, J.F., Appel, L.J., and Sacks, F.M. 2008. Alternatives for macronutrient intake and chronic disease: A comparison of the OmniHeart diets with popular diets and with dietary recommendations. *American Journal of Clinical Nutrition* 88: 1-11.
- Despres, J.P., and Lamarche, B. 1994. Low-intensity endurance training, plasma lipoproteins, and the risk of coronary heart disease. *Journal of Internal Medicine* 236: 7-22.
- Despres, J.P., Bouchard, C., Tremblay, A., Savard, R., and Marcotte, M. 1985. Effects of aerobic training on fat distribution in male subjects. *Medicine & Science in Sports & Exercise* 17: 113-118.
- Deurenberg, P. 2001. Universal cut-off BMI points for obesity are not appropriate. *British* Journal of Nutrition 85: 135-136.
- Deurenberg, P., and Deurenberg-Yap, M. 2001. Differences in body-composition assumptions across ethnic groups: Practical consequences. *Current Opinion in Clinical Nutrition and Metabolic Care* 4: 377-383.
- Deurenberg, P., and Deurenberg-Yap, M. 2002. Validation of skinfold thickness and handheld impedance measurements for estimation of body fat percentage among Singaporean Chinese, Malay and Indian subjects. *Asia Pacific Journal of Clinical Nutrition* 11: 1-7.
- Deurenberg, P., van der Kooy, K., Evers, P., and Hulshof, T. 1990. Assessment of body composition by bioelectrical impedance in a population aged >60 y. *American Journal of Clinical Nutrition* 51: 3-6.
- Deurenberg, P., van der Kooy, K., and Leenan, R. 1989. Differences in body impedance when measured with different instruments. *European Journal of Clinical Nutrition* 43: 885-886.
- Deurenberg, P., Weststrate, J.A., Paymans, I., and van der Kooy, K. 1988. Factors affecting bioelectrical impedance measurements in humans. *European Journal of Clinical Nutrition* 42: 1017-1022.
- Deurenberg. P., Weststrate, J.A., and Seidell, J.C. 1991. Body mass index as a measure of body fatness: Age- and sex-specific prediction formulas. *British Journal of Nutrition* 65: 105-114.
- Deurenberg, P., Yap, M., and van Staveren, W.A. 1998. Body mass index and percent body fat: A meta analysis among different ethnic groups. *International Journal of Obesity* 22: 1164-1171.

- Deurenberg-Yap, M., Schmidt, G., van Staveren, W.A., Hautvast, J.G.A.J., and Deurenberg, P. 2001. Body fat measurement among Singaporean Chinese, Malays and Indians: A comparative study using a four-compartment model and different two-compartment models. *British Journal of Nutrition* 85: 491-498.
- deVries, H.A. 1961. Prevention of muscular distress after exercise. *Research Quarterly* 32: 177-185.
- deVries, H.A. 1962. Evaluation of static stretching procedures for improvement of flexibility. *Research Quarterly* 33: 222-229.
- deVries, H.A., and Klafs, C.E. 1965. Prediction of maximal oxygen intake from submaximal tests. *Journal of Sports Medicine and Physical Fitness* 5: 207-214.
- deWeijer, V.C., Gorniak, G.C., and Shamus, E. 2003. The effect of static stretch and warm-up exercise on hamstring length over the course of 24 hours. *Journal of Orthopaedic and Sports Physical Therapy* 33: 727-733.
- Dewit, O., Fuller, N.J., Fewtrell, M.S., Elia, M., and Wells, J.C.K. 2000. Whole body air displacement plethysmography compared with hydrodensitometry for body composition analysis. *Archives of Disease in Childhood* 82: 159-164.
- Dickinson, R.V. 1968. The specificity of flexibility. Research Quarterly 39: 792-793.
- Disch, J., Frankiewicz, R., and Jackson, A. 1975. Construct validation of distance run tests. *Research Quarterly* 46: 169-176.
- Dishman, R.K. 1994. Prescribing exercise intensity for healthy adults using perceived exertion. *Medicine & Science in Sports & Exercise* 26: 1087-1094.
- Dolezal, B.A., and Potteiger, J.A. 1998. Concurrent resistance and endurance training influence basal metabolic rate in nondieting individuals. *Journal of Applied Physiology* 85: 695-700.
- Donahue, B., Turner, D., and Worrell, T. 1994. The use of functional reach as a measurement of balance in boys and girls without disabilities ages 5 to 15 years. *Pediatric Physical Therapy* 6: 189-193.
- Donahue, C.P., Lin, D.H., Kirschenbaum, D.S., and Keesey, R.E. 1984. Metabolic consequence of dieting and exercise in the treatment of obesity. *Journal of Counseling* and Clinical Psychology 52: 827-836.
- Donnelly, J.R., Brown, T.E., Israel, R.G., Smith-Sintek, S., O'Brien, K.F., and Caslavka, B.
  1988. Hydrostatic weighing without head submersion: Description of a method. *Medicine* & Science in Sports & Exercise 20: 66-69.
- Dons, B., Bollerup, K., Bonde-Petersen, F., and Hancke, S. 1979. The effect of weight-lifting exercise related to muscle fiber composition and muscle cross-sectional area in humans. *European Journal of Applied Physiology* 40: 95-106.
- Dorigatti, F., Bonzo, E., Zanier, A., and Palatini, P. 2007. Validation of Heine Gamma G7 (G5) and XXL-LF aneroid devices for blood pressure measurement. *Blood Pressure Monitoring* 12(1): 29-33.

Downs, D.S. 2006. Understanding exercise intention in an ethnically diverse sample of postpartum women. *Journal of Sport and Exercise Psychology* 28: 159-180.

Dubin, D. 2000. Rapid interpretation of EKGs: An interactive course, 6th ed. Tampa: Cover.

- Ducimetier, P., Richard, J., and Cambien, F. 1989. The pattern of subcutaneous fat distribution in middle-aged men and the risk of coronary heart disease: The Paris prospective study. *International Journal of Obesity* 10: 229-240.
- Dudley, G.A., and Fleck, S.J. 1987. Strength and endurance training: Are they mutually exclusive? *Sports Medicine* 4: 79-85.
- Dunbar, C., and Saul, B. 2009. *ECG interpretation for the clinical exercise physiologist*. Philadelphia: Lippincott, Williams, and Wilkins.
- Dunbar, C.C., Robertson, R.J., Baun, R., Blandin, M.F., Metz, K., Burdett, R., and Goss, F.L. 1992. The validity of regulating exercise intensity by ratings of perceived exertion. *Medicine & Science in Sports & Exercise* 24: 94-99.
- Duncan, P.W., Studenski, S., Chandler, J., and Prescott, B. 1992. Functional reach: Predictive validity in a sample of elderly male veterans. *Journal of Gerontology* 47(3): M93-M98.
- Duncan, P.W., Weiner, D.K., Chandler, J., and Studenski, S. 1990. Functional reach: A new clinical measure of balance. *Journal of Gerontology* 45: MI92-MI97.
- Dunn, A.L., Marcus, B.H., Kampert, J.B., Garcia, M.E., Kohl, H.W. III, and Blair, S.N. 1999. Project Active–A 24-month randomized trial to compare lifestyle and structured physical activity interventions. *Journal of the American Medical Association* 281: 327-334.
- Durstine J.L., Grandjean, P.W., Cox, C.A., and Thompson, P.D. 2002. Lipids, lipoproteins, and exercise. *Journal of Cardiopulmonary Rehabilitation* 22: 385-398.
- Ebbeling, C., Ward, A., Puleo, E., Widrick, J., and Rippe, J. 1991. Development of a singlestage submaximal treadmill walking test. *Medicine & Science in Sports & Exercise* 23: 966-973.
- Eckert, S., and Horstkotte, D. 2002. Comparison of Portapres non-invasive blood pressure measurement in the finger with intra-aortic pressure measurement during incremental bicycle exercise. *Blood Pressure Monitoring* 7: 179-183.
- Edgerton, V.R. 1970. Morphology and histochemistry of the soleus muscle from normal and exercised rats. *American Journal of Anatomy* 127: 81-88.
- Edgerton, V.R. 1973. Exercise and the growth and development of muscle tissue. In *Physical activity, human growth and development,* ed. G.L. Rarick, 1-31. New York: Academic Press.
- Edwards, D.A., Hammond, W.H., Healy, M.J., Tanner, J.M., and Whitehouse, R.H. 1955. Design and accuracy of calipers for measuring subcutaneous tissue thickness. *British Journal of Nutrition* 9: 133-143.
- Eickhoff-Shemek, J., and Herbert, D.L. 2007. Is licensure in your future?: Issues to considerpart 1. ACSM's Health & Fitness Journal 11(5): 35-37.

- Eickhoff-Shemek, J., and Herbert, D.L. 2008a. Is licensure in your future?: Issues to consider-part 2. *ACSM's Health & Fitness Journal* 12 (1): 36-38.
- Eickhoff-Shemek, J., and Herbert, D.L. 2008b. Is licensure in your future?: Issues to consider-part 3. *ACSM's Health & Fitness Journal* 12(3): 36-38.
- El Feghali, R.N., Topouchian, J.A., Pannier, B.M., El Assaad, H.A., and Asmar, R.G. 2007. Validation of the OMRON M7 (HEM-780-E) blood pressure measuring device in a population requiring large cuff use according to the International Protocol of the European Society of Hypertension. *Blood Pressure Monitoring* 12(3): 173-178.
- Elia, M., Parkinson, S.A., and Diaz, E. 1990. Evaluation of near infra-red interactance as a method for predicting body composition. *European Journal of Clinical Nutrition* 44: 113-121.
- Elliott, W.J., Young, P.E., DeVivo, L., Feldstein, J., and Black, H.R. 2007. A comparison of two sphymomanometers that may replace the traditional mercury column in the healthcare workplace. *Blood Pressure Monitoring* 12(1): 23-28.
- Ellis, K.J., Bell, S.J., Chertow, G.M., Chumlea, W.C., Knox, T.A., Kotler, D.P., Lukaski, H.C., and Schoeller, D.A. 1999. Bioelectrical impedance methods in clinical research: A follow-up to the NIH technology assessment conference. *Nutrition* 15: 874-880.
- Elsen, R., Siu, M.L., Pineda, O., and Solomons, N.W. 1987. Sources of variability in bioelectrical impedance determinations in adults. In *In vivo body composition studies*, ed.
  K.J. Ellis, S. Yasamura, and W.D. Morgan, 184-188. London: Institute of Physical Sciences in Medicine.
- Emery, C.A. 2003. Is there a clinical standing balance measurement appropriate for use in sports medicine? A review of the literature. *Journal of Science and Medicine in Sport* 6: 492-504.
- Emery, C.A., Cassidy, J.D., Klassen, T.P., Rosychuk, R.J., and Rowe, B.H. 2005. Development of a clinical static and dynamic standing balance measurement tool appropriate for use in adolescents *Physical Therapy* 85(6): 502-514.
- Enwemeka, C.S. 1986. Radiographic verification of knee goniometry. *Scandinavian Journal* of *Rehabilitation Medicine* 18: 47-49.
- Epstein, L.H., Beecher, M.D., Graf, J.L., and Roemmich, J.L. 2007. Choice of interactive dance and bicycle games in overweight and non-overweight youth. *Annals of Behavioral Medicine* 33: 124-131.
- Esmark, B., Andersen, J.L., Olsen, S., Richter, E.A., Mizuno, M., and Kjaer, M. 2001. Timing of postexercise protein intake is important for muscle hypertrophy with resistance training in elderly humans. *Journal of Physiology*, 535:301-311.
- Etnyre, B.R., and Abraham, L.D. 1986. H-reflex changes during static stretching and two variations of proprioceptive neuromuscular facilitation techniques. *Electroencephalography and Clinical Neurophysiology* 63: 174-179.

- Ettinger, B., Genault, H.K., and Cann, C.E. 1987. Postmenopausal bone loss is prevented by treatment with low-dosage estrogen with calcium. *Annals of Internal Medicine* 106: 40-45.
- Evans, E.M., Rowe, D.A., Misic, M.M., Prior, B.M., and Arngrimsson, S.A. 2005. Skinfold prediction equation for athletes developed using a four-component model. *Medicine & Science in Sports & Exercise* 37: 2006-2011.
- Evans, W., and Rosenberg, I. 1992. Biomarkers. New York: Simon &: Schuster.
- Fagard, R.H. 1999. Physical activity in the prevention and treatment of hypertension in the obese. *Medicine & Science in Sports & Exercise* 31(Suppl.): S624-S630.
- Fahey, T.D., Rolph, R., Moungmee, P., Nagel, J., and Mortara, S. 1976. Serum testosterone, body composition, and strength of young adults. *Medicine and Science in Sports* 8: 31-34.
- Faigenbaum, A.D. 2003. Youth resistance training. President's Council on Physical Fitness and Sports Research Digest, September: 1-8.
- Faigenbaum, A.D., Milliken, L.A., and Westcott, W.L. 2003. Maximal strength testing in healthy children. *Journal of Strength and Conditioning Research* 17: 162-166.
- Faigenbaum, A.D., Westcott, W.L., Loud, R.L., and Long, C. 1999. The effects of different resistance training protocols on muscular strength and endurance development in children. *Pediatrics* 104(1): e5.
- Feigenbaum, M.S., and Pollock, M.L. 1999. Prescription of resistance training for health and disease. *Medicine & Science in Sports & Exercise* 31: 38-45.
- Feland, J.B., Myrer, J.W., Schulthies, S.S., Fellingham, G.W., and Measom, G.W. 2001. The effect of duration of stretching of the hamstring muscle group for increasing range of motion in people aged 65 years or older. *Physical Therapy* 81: 1110-1117.
- Fenstermaker, K., Plowman, S., and Looney, M. 1992. Validation of the Rockport walking test in females 65 years and older. *Research Quarterly for Exercise and Sport* 63: 322-327.
- Ferber, R., Osternig, L., and Gravelle, D. 2002. Effect of PNF stretch techniques on knee flexor muscle EMG activity in older adults. Journal of Electromyography and Kinesiology 12: 391-397.
- Ferland, M., Despres, J.P., Tremblay, A., Pinault, S., Nadeau, A., Moorjani, S., Lupien, P.J., Theriault, G., and Bouchard, C. 1989. Assessment of adipose distribution by computed axial tomography in obese women: Association with body density and anthropometric measurements. *British Journal of Nutrition* 61: 139-148.
- Fess, E.E. 1992. Grip Strength. In *Clinical assessment recommendations,* American Society of Hand Therapists, 41-45, Chicago, IL: American Society of Hand Therapists.
- Fiatarone, M.A., Marks, E.C., Ryan, N.D., Meredith, C.N., Lipstiz, L.A., and Evans, W.J. 1991. High-intensity strength training in nonagenarians. Effects on skeletal muscle. *Journal of the American Medical Association* 263: 3029-3034.

- Fields, D.A., and Goran, M.I. 2000. Body composition techniques and the four-compartment model in children. *Journal of Applied Physiology* 89: 6113-620.
- Fields, D.A., Goran, M.I., and McCrory, M.A. 2002. Body-composition assessment via airdisplacement plethysmography in adults and children: A review. *American Journal of* Clinical Nutrition 75: 453-467.
- Fields, D.A., Hunter, G.R., and Goran, M.I. 2000. Validation of the Bod Pod with hydrostatic weighing: Influence of body clothing. *International Journal of Obesity* 24: 200-205.
- Fields, D.A., Wilson, G.D., Gladden, L.B., Hunter, G.R., Pascoe, D.D., and Goran, M.I. 2001. Comparison of the Bod Pod with the four-compartment model in adult females. *Medicine* & Science in Sports & Exercise 33: 1605-1610.
- Fitness Canada. 1986. *Canadian standardized test of fitness (CSTF) operations manual*, 3rd ed., Ottawa, ON: Fitness and Amateur Sport Canada.
- Fleck, S.J. 1999. Periodized strength training: A critical review. *Journal of Strength and Conditioning Research* 13(1): 82-89.
- Fleck, S.J., and Falkel, J.E. 1986. Value of resistance training for the reduction of sports injuries. *Sports Medicine* 3: 61-68.
- Fleck, S.J., and Kraemer, W.J. 2004. *Designing resistance training programs*. 3rd ed. Champaign, IL: Human Kinetics.
- Flegal, K.M., Carroll, M.D., Ogden, C.L., and Johnson, C.L. 2002. Prevalence and trends in obesity among U.S. adults, 1999-2000. *Journal of the American Medical Association* 288(14): 1723-1727.
- Flegal, K.M., Shepherd, J.A., Looker, A.C., Graubard, B.I., Borrud, L.G., Ogden, C.L., Harris, T.B., Everhart, J.E., and Schenker, N. 2009. Comparisons of percentage body fat, body mass index, waist circumference, and waist-stature ratio in adults. *American Journal* of Clinical Nutrition 89: 500-508.
- FMpulse. 2004. Standards sought for personal trainers. Fitness Management 20(6): 16.
- Fogelholm, G.M., Sievanan, H.T., Kukkonen-Harjula, K. Oja, P. and Vuori, I. 1993. Effects of a meal and its electrolytes on bioelectrical impedance. In *Human body composition: In vivo methods, models and assessment,* ed. K.J. Ellis and J.D. Eastman, 331-332. New York: Plenum Press.
- Fogg, B.J. 2003. *Persuasive technology: Using computers to change what we think and do.* New York: Morgan Kaufmann.
- Fogg, B.J., and Eckles, D., eds. 2007. Mobile persuasion: 20 perspectives on the future of behavior change. Palo Alto, CA: Stanford University.
- Fohlin, L. 1977. Body composition, cardiovascular and renal function in adolescent patients with anorexia nervosa. *Acta Paediatrica Scandinavica* 268(Suppl.): 7-20.

Forbes, G.B. 1976. Adult decline in the lean body mass. Human Biology 48: 151-173.

Fornetti, W.C., Pivarnik, J.M., Foley, J.M., and Fiechtner, J.J. 1999. Reliability and validity

of body composition measures in female athletes. *Journal of Applied Physiology* 87: 1114-1122.

- Foster, C., Jackson, A.S., Pollock, M.L., Taylor, M.M., Hare, J., Sennett, S.M., Rod, J.L., Sarwar, M., and Schmidt, D.H. 1984. Generalized equations for predicting functional capacity from treadmill performance. *American Heart Journal* 107: 1229-1234.
- Foster, C., Pollock, M.L., Rod, J.L., Dymond, D.S., Wible, G., and Schmidt, D.H. 1983. Evaluation of functional capacity during exercise radionuclide angiography. *Cardiology* 70: 85-93.
- Foster, G.D., Wyatt, H.R., Hill, J.O., McGuckin, B.G., Brill, C., Selma Mohammed, B., Szapary, P.O., Rader, D.J., Edman, J.S., and Klien, S. 2003. A randomized trial of a lowcarbohydrate diet for obesity. *New England Journal of Medicine* 348: 2082-2090.
- Foster-Powell, K., and Miller, J. 1995. International tables of glycemic index. American Journal of Clinical Nutrition 62: 871S-893S.
- Fowles, J.R., Sale, D.G., and MacDougall, J.D. 2000. Reduced strength after passive stretch of the human plantar flexors. *Journal of Applied Physiology* 89: 1179-1188.
- Fox, E.L. 1973. A simple, accurate technique for predicting maximal aerobic power. *Journal of Applied Physiology* 35: 914-916.
- Franchignoni, F., Tesio, L., Martino, M.T., and Ricupero, C. 1998. Reliability of four simple, quantitative tests of balance and mobility in healthy elderly females. *Aging* 10(1): 26-31.
- Francis, P.R., Kolkhorst, F.W., Pennuci, M., Pozos, R.S., and Buono, M.J. 2001. An electromyographic approach to the evaluation of abdominal exercises. ACSM's Health & Fitness Journal 5(4): 8-14.
- Friden, J. 2002. Delayed onset muscle soreness. Scandinavian Journal of Medicine and Science in Sports 12: 327-328.
- Friden, J., Sjostrom, M., and Ekblom, B. 1983. Myofibrillar damage following intense eccentric exercise in man. *International Journal of Sports Medicine* 4: 170-176.
- Friedl, K.E., Deluca, J.P., Marchitelli, L.J., and Vogel, J.A. 1992. Reliability of body-fat estimations from a four-compartment model by using density, body water, and bone mineral measurements. *American Journal of Clinical Nutrition* 55: 764-770.
- Frisancho, A.R. 1984. New standard of weight and body composition by frame size and height for assessment of nutritional status of adults and the elderly. *American Journal of Clinical Nutrition* 40: 808-819.
- Frontera, W.R., Meredith, C.N., O'Reilly, K.P., Knuttgen, H.G., and Evans, W.J. 1988. Strength conditioning in older men: Skeletal muscle hypertrophy and improved function. *Journal of Applied Physiology* 64: 1038-1044.
- Fuller, N.J., Sawyer, M.B., and Elia, M. 1994. Comparative evaluation of body composition methods and predictions, and calculation of density and hydration fraction of fat-free mass, in obese women. *International Journal of Obesity* 18: 503-512.

- Gajdosik, R.L., Vander Linden, D.W., and Williams, A.K. 1999. Influence of age on length and passive elastic stiffness characteristics of the calf muscle-tendon unit of women. *Physical Therapy* 79: 827-838.
- Gallagher, D., Visser, M., Sepulveda, D., Pierson, R.N., Harris, T., and Heymsfield, S.B. 1996. How useful is body mass index for comparison of body fatness across age, sex, and ethnic groups? *American Journal of Epidemiology* 143: 228-239.
- Gallagher, M.R., Walker, K.Z., and O'Dea, K. 1998. The influence of a breakfast meal on the assessment of body composition using bioelectrical impedance. *European Journal of Clinical Nutrition* 52: 94-97.
- Gellish, R.L., Goslin, B.R., Olson, R.E., McDonald, A., Russi, G.D., and Moudgil, V.K. 2007. Longitudinal modeling of the relationship between age and maximal heart rate. *Medicine & Science in Sports & Exercise* 39: 822-829.
- Genton, L., Hans, D., Kyle, U.G., and Pichard, C. 2002. Dual-energy X-ray absorptiometry and body composition: Differences between devices and comparison with reference methods. *Nutrition* 18: 66-70.
- Genton, L., Karsegard, V.L., Kyle, U.G., Hans, D.B., Michel, J.P., and Pichard, C. 2001. Comparison of four bioelectrical impedance analysis formulas in healthy elderly subjects. *Gerontology* 47: 315-323.
- George, J., Vehrs, P., Allsen, P., Fellingham, G., and Fisher, G. 1993. VO<sub>2</sub>max estimation from a submaximal 1-mile track jog for fit college-age individuals. *Medicine & Science in Sports & Exercise* 25: 401-406.
- Gettman, L.R., Ayres. J.J., Pollock, M.L., and Jackson, A. 1978. The effect of circuit weight training on strength, cardiorespiratory function, and body composition of adult men. *Medicine and Science in Sports* 10: 171-176.
- Gettman, L.R., and Pollock, M.L. 1981. Circuit weight training: A critical review of its physiological benefits. *The Physician and Sportsmedicine* 9: 44-60.
- Gibbons, R.J., Balady, G.J., Bricker, J.T., Chaitman, B.R., Fletcher, G.F., Froelicher, V.F., Mark, D.B., McCallister, B.D., Mooss, A.N., O'Reilly, M.G., and Winters, W.L. Jr. 2002. ACC/AHA 2002 guideline update for exercise testing: A report of the American College of Cardiology/American Heart Association Task Force on Practice Guidelines (Committee on Exercise Testing). www.acc.org/clinical/guidelines/exercise/dirIndex.htm.
- Gibson, A., Heyward, V., and Mermier, C. 2000. Predictive accuracy of Omron Body Logic Analyzer in estimating relative body fat of adults. *International Journal of Sport Nutrition and Exercise Metabolism* 10: 216-227.
- Gibson, A.L., Holmes, J.C., Desautels, R.L., Edmonds, L.B., and Nuudi, L. 2008. Ability of new octapolar bioimpedance spectroscopy analyzers to predict 4-component-model percentage body fat in Hispanic, black, and white adults. *American Journal of Clinical Nutrition* 87: 332-338.

- Gillman, M.W. 2008. The first months of life: A critical period for development of obesity. *American Journal of Clinical Nutrition* 87: 1587-1589.
- Girouard, C.K., and Hurley, B.F. 1995. Does strength training inhibit gains in range of motion from flexibility training in older adults? *Medicine & Science in Sports & Exercise* 27:1444-1449.
- Gledhill, N., and Jamnik, R. 1995. Determining power outputs for cycle ergometers with different sized flywheels. *Medicine & Science in Sports & Exercise* 27: 134-135.
- Gleichauf, C.N., and Rose, D.A. 1989. The menstrual cycle's effect on the reliability of bioimpedance measurements for assessing body composition. *American Journal of Clinical Nutrition* 50: 903-907.
- Goldberg, A., Etlinger, J., Goldspink, D., and Jablecki, C. 1975. Mechanism of work-induced hypertrophy of skeletal muscle. *Medicine and Science in Sports* 7: 185-198.
- Goldenberg, L., and Twist, P. 2007. Strength ball training. Champaign, IL: Human Kinetics.
- Golding, L. 2000 The Y's way to physical fitness. Champaign, IL: Human Kinetics.
- Gonyea, W.J., Ericson, G.C., and Bonde-Petersen, F. 1977. Skeletal muscle fiber splitting induced by weight-lifting exercise in cats. *Acta Physiologica Scandinavica* 99: 105-109.
- Goran, M.I., Allison, D.B., and Poehlman, E.T. 1995. Issues relating to normalization of body fat content in men and women. *International Journal of Obesity* 19: 638-643.
- Goran, M.I., Toth, M.J., and Poehlman, E.T. 1998. Assessment of research-based body composition techniques in healthy elderly men and women using the 4-component model as a criterion method. *International Journal of Obesity* 22: 135-142.
- Gordon, D.J., Probstfield, J.L., Garrison, R.J., Neaton, J.D., Castelli, W.P., Knoke, J.D., Jacobs, D.R., Bangdiwala, S., and Tyroler, H.A. 1989 High-density lipoprotein cholesterol and cardiovascular disease: Four prospective American studies. *Circulation* 79: 8-15.
- Gordon-Larsen, P., Hou, N., Sidney, S., Sternfeld, B., Lewis, C., Jacobs Jr., D., and Popkin, B. 2009. Fifteen-year longitudinal trends in walking patterns and their impact on weight change. *American Journal of Clinical Nutrition* 89: 19-26.
- Gormley, S.E., Swain, D.P., High, R., Spina, R.J., Dowling, E.A., Kotipalli, U.S., and Gandrakota, R. 2008. Effect of intensity of aerobic training on VO<sub>2</sub>max. *Medicine & Science in Sports & Exercise* 40: 1336-1343.
- Goto, K., Ishii, N., Sugihara, S., Yoshioka, T., and Takamatsu, K. 2007. Effects of resistance exercise on lipolysis during subsequent submaximal exercise. *Medicine & Science in Sports & Exercise* 39: 308-315.
- Graves, J.D., Webb, M., Pollock, M.L., Matkozich, J., Leggett, S.H., Carpenter, D.M., Foster, D.N., and Cirulli, J. 1994. Pelvic stabilization during resistance training: Its effect on the development of lumbar extension strength. *Archives of Physical Medicine and Rehabilitation* 75: 211-215.

- Graves, J.E., Pollock, M.L., Colvin, A.B., Van Loan, M., and Lohman, T.G. 1989. Comparison of different bioelectrical impedance analyzers in the prediction of body composition. *American Journal of Human Biology* 1: 603-611.
- Graves, L., Stratton, G., Ridgers, N.D., and Cable, N.T. 2007. Comparison of energy expenditure in adolescents when playing new generation and sedentary computer games: Cross-sectional study. *British Medical Journal* 335: 1282-1284.
- Graves, L.E.F., Ridgers, N.D., and Stratton, G. 2008. The contribution of upper limb and total body movement to adolescents' energy expenditure whilst playing Nintendo Wii. *European Journal of Applied Physiology* 104: 617-623.
- Gray, D.S., Bray, G.A., Gemayel, N., and Kaplan, K. 1989. Effect of obesity on bioelectrical impedance. *American Journal of Clinical Nutrition* 50: 255-260.
- Greene, W.B., and Heckman, J.D. 1994. *The clinical measurement of joint motion*. Rosemont, IL: American Academy of Orthopaedic Surgeons.
- Grembowski, D., Patrick, D., Diehr, P., Durham, M., Beresford, S., Kay, E., and Hecht, J. 1993. Self-efficacy and health behavior among older adults. *Journal of Health and Social Behavior* 34(6): 89-104.
- Grenier, S.G., Russell, C., and McGill, S.M. 2003. Relationships between lumbar flexibility, sit-and-reach test, and a previous history of low back discomfort in industrial workers. *Canadian Journal of Applied Physiology* 28: 165-177.
- Gribble, P.A., and Hertel, J. 2003. Considerations for normalizing measures of the star excursion balance test. *Measurement in Physical Education and Exercise Science* 7: 89-100.
- Grier, T.D., Lloyd, L.K., Walker, J.L., and Murray, T.D. 2002. Metabolic cost of aerobic dance bench stepping at varying cadences and bench heights. *Journal of Strength and Conditioning Research* 16: 242-249.
- Griffin, S., Robergs. R., and Heyward, V. 1997. Assessment of exercise blood pressure: A review. *Medicine & Science in Sports & Exercise* 29: 149-159.
- Gruber, J.J., Pollock, M.L., Graves, J.E., Colvin, A.B., and Braith, R.W. 1990. Comparison of Harpenden and Lange calipers in predicting body composition. *Research Quarterly for Exercise and Sport* 61: 184-190.
- Gudivaka, R., Schoeller, D., and Kushner, R.F. 1996. Effect of skin temperature on multifrequency bioelectrical impedance analysis. *Journal of Applied Physiology* 81: 838-845.
- Guskiewicz, K.M., and Perrin, D.H. 1996. Research and clinical applications of assessing balance. *Journal of Sport Rehabilitation* 5: 45-63.
- Gustavsen, P.H., Hoegholm, A., Bang, L.E., and Kristensen, K.S. 2003. White coat hypertension is a cardiovascular risk factor. A 10-year follow-up study. *Journal of Human Hypertension* 17: 811-817.

- Guy, J.A., and Micheli, L.J. 2001. Strength training for children and adolescents. *Journal of the American Academy of Orthopaedic Surgeons* 9: 29-36.
- Habash, D. 2002. Tactile and interpersonal techniques for fatfold anthropometry. School of Medicine. Ohio State University. Unpublished paper.
- Habib, Z., and Westcott, S. 1998. Assessment of anthropometric factors on balance tests in children. *Pediatric Physical Therapy* 10: 101-109.
- Hagerman, F. 1993. Concept II rowing ergometer nomogram for prediction of maximal oxygen consumption [abstract]. Morrisville, VT: Concept II.
- Han, K., Ricard, M.D., and Fellingham, G.W. 2009. Effects of a 4-week exercise program on balance using elastic tubing as a perturbation force for individuals with a history of ankle sprains. *Journal of Orthopaedic & Sports Physical Therapy* 39: 246-255.
- Harris, J.A., and Benedict, F.G. 1919. *A biometric study of basal metabolism* in *man* (publication no. 279). Washington, D.C.: Carnegie Institute.
- Harris, M.L. 1969. A factor analytic study of flexibility. Research Quarterly 40: 62-70.
- Harrison, G.G., Buskirk, E.R., Carter, L.J.E., Johnston, F.E., Lohman, T.G., Pollock, M.L., Roche, A.F., and Wilmore, J.H. 1988. Skinfold thicknesses and measurement technique. In *Anthropometric standardization reference manual*, ed. T.G. Lohman, A.F. Roche, and R. Martorell, 55-70. Champaign, IL: Human Kinetics.
- Hartley, L.H. 1975. Growth hormone and catecholamine response to exercise in relation to physical training. *Medicine and Science in Sports* 7: 34-36.
- Hartley, L.H., Mason, J.W., Hogan, R.P., Jones, L.G., Ketchen. T.A., Mougey, E.H., Wherry, R., Pennington, L., and Ricketts, P. 1972. Multiple hormonal responses to graded exercise in relation to physical conditioning. *Journal of Applied Physiology* 33: 602-606.
- Hartley-O'Brien, S.J. 1980. Six mobilization exercises for active range of hip flexion. *Research Quarterly for Exercise and Sport* 51: 625-635.
- Harvard School of Public Health. 2004. *Food Pyramids*.www.hsph.harvard.edu/ nutritionsource/pyramids.html.
- Haskell, W.L., Lee, I.M., Pate, R.R., Powell, K.E., Blair, S.N., Franklin, B.A., Macera, C.A., Heath, G.W., Thompson, P.D., and Bauman, A. 2007. Physical activity and public health: Updated recommendation for adults from the American College of Sports Medicine and the American Heart Association. *Medicine & Science* in *Sports & Exercise* 39(8): 1423-1434.
- Hass, C.J., Garzarella, L., De Hoyas, D., and Pollock, M. 2000. Single versus multiple sets in long-term recreational weightlifters. *Medicine & Science in Sports & Exercise* 32: 235-242.
- Hasson, R.E., Haller, J., Pober, D.M., Staudenmayer, J., and Freedson, P.S. 2009. Validity of the Omron HJ-112 pedometer during treadmill walking. *Medicine & Science in Sports & Exercise* 41: 805-809.

- Hather, B.M., Tesch, P.A., Buchanan, P., and Dudley, G.A. 1991. Influence of eccentric actions on skeletal muscle adaptations to resistance training. *Acta Physiologica Scandinavica* 143: 177-185.
- Hawk, C., Hyland, J.K., Rupert, R., Colonvega, M., and Hall, S. 2006. Assessment of balance and risk for falls in a sample of community-dwelling adults aged 65 and older. *Chiropractic & Osteology* 14: 3-10.
- Hawkins, M.N., Raven, P.B., Snell, P.G., Stray-Gundersen, J., and Levine, B.D. 2007. Maximal oxygen uptake as a parametric measure of cardiorespiratory capacity. *Medicine & Science in Sports & Exercise* 39: 103-107.
- Hayes, A., and Cribb, P.J. 2008. Effect of whey protein isolate on strength, body composition, and muscle hypertrophy during resistance training. *Current Opinion in Clinical Nutrition* and Metabolic Care 11: 40-44.
- Hayes, P.A., Sowood, P.J., Belyavin, A., Cohen. J.B., and Smith, F.W. 1988. Sub-cutaneous fat thickness measured by magnetic resonance imaging, ultrasound, and calipers. *Medicine & Science in Sports & Exercise* 20: 303-309.
- Health Canada. 2003. *Canada's physical activity guide to healthy active living*. Version 9. www.hc-sc.ca/english/lifestyles/index.html.
- Hedley, A.A., Ogden, C.L., Johnson, C.L., Carroll, M.D., Curtin, L.R., and Flegal, K.M. 2004. Prevalence of overweight and obesity among U.S. children, adolescents, and adults, 1999-2002. *Journal of the American Medical Association* 291(23): 2847-2850.
- Heil, D.P. 1997. Body mass scaling of peak oxygen uptake in 20- to 79-year-old adults. *Medicine & Science in Sports & Exercise* 29: 1602-1608.
- Heitmann, B.L., Kondrup, J., Engelhart, M., Kristensen, J.H., Podenphant, J., Hoie, L.H., and Andersen, V. 1994. Changes in fat free mass in overweight patients with rheumatoid arthritis on a weight reducing regimen. A comparison of eight different body composition methods. *International Journal of Obesity* 18: 812-819.
- Helgerud, J., Hoydal, K., Wang, E., Karlsen, T., Berg, P., Bjerkaas, M., Simonsen, T., Helgesen, C., Hjorth, N., Bach R., and Hoff, j. 2007. Aerobic high-intensity intervals improve VO<sub>2</sub>max more than moderate training. *Medicine & Science in Sports & Exercise* 39 665-671.
- Henwood, T.R., and Taaffe, D.R. 2003. Beneficial effects of high-velocity resistance training in older adults. *Medicine & Science in Sports & Exercise* 35 (Suppl.): S292 [abstract].
- Herbert, D.L. 1995. First state licenses exercise physiologists. *Fitness Management*, October, 26-27.
- Herbert, D.L. 2004. New law to regulate personal trainers proposed in Oregon. *The Exercise Standards and Malpractice Reporter* 18(2): 17, 20-24.
- Herbert, R.D., and de Noronha, M. 2007. Stretching to prevent or reduce muscle soreness after exercise. *Cochrane Database of Systematic* Reviews, Issue 4, CD004577. DOI: 10.1002/14651858. CD004577.pub2.

- Herbert, R.D., and Gabriel, M. 2002. Effects of stretching on muscle soreness and risk of injury: A meta-analysis. British *Medical Journal* 325: 468-471.
- Hermansen, L., and Saltin, B. 1969. Oxygen uptake during maximal treadmill and bicycle exercise. *Journal of Applied Physiology* 26: 31-37.
- Hertel, J., Braham, R.A., Hale, S.A., and Olmsted-Kramer, L.C. 2006. Simplifying the star excursion balance test: Analyses of subjects with and without chronic ankle instability. *Journal of Orthopaedic & Sports Physical Therapy* 36: 131-137.
- Hertel, J., Miller, S.J., and Denegar, C.R. 2000. Intratester and intertester reliability during the star excursion balance tests. *Journal of Sport Rehabilitation* 9: 104-116.
- Hess, J.A., and Woollacott, M. 2005. Effect of high-intensity strength-training on functional measures of balance ability in balance-impaired older adults. *Journal of Manipulative and Physiological Therapeutics* 28: 582-590.
- Hettinger, T., and Muller, E.A. 1953. Muskelleistung und muskeltraining. *European Journal* of Applied Physiology 15: 111-126.
- Heymsfield, S.B., Wang, J., Lichtman, S., Kamen, Y., Kehayias, J., and Pierson, R.N. 1989. Body composition in elderly subjects: A critical appraisal of clinical methodology. *American Journal of Clinical Nutrition* 50: 1167-1175.
- Heyward, V.H., Cook, K.L., Hicks, V.L., Jenkins, K.A., Quatrochi, J.A., and Wilson, W. 1992. Predictive accuracy of three field methods for estimating relative body fatness of nonobese and obese women. *International Journal of Sport Nutrition* 2. 75-86.
- Heyward, V.H., and Wagner, D.R. 2004. *Applied body* composition *assessment*, 2nd ed. Champaign, IL: Human Kinetics.
- Hickson, R.C. and Rosenkoetter, M.A. 1981. Reduced training frequencies and maintenance of increased aerobic power. *Medicine & Science in Sports & Exercise* 13: 13-16.
- Higgins, P.B., Fields, D.A., Hunter. G.R., and Gower, B.A. 2001. Effect of scalp and facial hair on air displacement plethysmography estimates of percentage of body fat. *Obesity Research* 9: 326-330.
- Hill. J.O., and Melanson, E.L. 1999. Overview of the determinants of overweight and obesity: Current evidence and research issues. *Medicine & Science in Sports & Exercise* 31(Suppl.): S515-S521.
- Hill, K., Smith. R., Fearn, M., Rydberg, M., and Oliphant, R. 2007. Physical and psychological outcomes of a supported physical activity program for older carers. *Journal* of Aging and Physical Activity 15: 257-271.
- Himes, J.H., and Frisancho, R.A. 1988. Estimating frame size. In Anthropometric standardization reference manual, ed. T.G. Lohman, A.F. Roche, and R. Martorell, 121-124. Champaign, IL: Human Kinetics.
- Hirsh, J. 1971. Adipose cellularity in relation to human obesity. Advances in Internal Medicine 17: 289-300.

Hoeger, W.W.K. 1989. Lifetime physical fitness and wellness. Englewood Cliffs, NJ: Morton.

- Hoeger, W.W.K., and Hopkins, D.R. 1992. A comparison of the sit-and-reach and the modified sit-and-reach in the measurement of flexibility in women. *Research Quarterly for Exercise and Sport* 63: 191-195.
- Hoeger, W.W.K., Hopkins, D.R., Button, S., and Palmer, T.A. 1990. Comparing the sit and reach with the modified sit and reach in measuring flexibility in adolescents. *Pediatric Exercise Science* 2: 156-162.
- Hoffman, M., and Payne, V.G. 1995. The effects of proprioceptive ankle disk training on healthy subjects. *Journal of Orthopaedic & Sports Physical Therapy* 21: 90-93.
- Holbrook, E.A., Barreira, T.V., and Kang, M. 2009. Validity and reliability of Omron pedometers for prescribed and self-paced walking. *Medicine & Science in Sports & Exercise* 41: 670-674.
- Holt, L.E., Travis, T.M., and Okita, T. 1970. Comparative study of three stretching techniques. *Perceptual and Motor Skills* 31: 611-616.
- Houtkooper, L.B., Going, S.G., Lohman, T.G., Roche, A.F., and VanLoan, M. 1992. Bioelectrical impedance estimation of fat-free body mass in children and youth: A crossvalidation study. *Journal of Applied Physiology* 72: 366-373.
- Houtkooper, L.B., Going, S.B., Westfall, C.H., Lohman, T.G. 1989. Prediction of fat-free body corrected for bone mass from impedance and anthropometry in adult females. *Medicine & Science in Sports & Exercise* 21: 539 [abstract].
- Howatson, G., and van Someren, K.A. 2008. The prevention and treatment of exerciseinduced muscle damage. *Sports Medicine* 38: 483-503.
- Howe, T.E., Rochester, L., Jackson, A., and Blair, V.A. 2007. Exercise for improving balance in older people (review). *Cochrane Database Systematic Reviews*, Issue 4, CD004963.
- Howley, E.T. 2007. VO<sub>2</sub>max and the plateau–needed or not? *Medicine & Science in Sports & Exercise* 39: 101-102.
- Howley, E. 2008. Physical activity guidelines for Americans. *President's Council on Physical Fitness and Sports Research Digest Series* 9(4). December.
- Howley. E.T., Colacino, D.L., and Swensen, T.C. 1992. Factors affecting the oxygen cost of stepping on an electronic stepping ergometer. *Medicine & Science in Spans & Exercise* 24: 1055-1058.
- Hsieh, S.D., Yoshinaga, H., and Muto, T. 2003. Waist-to-height ratio, a simple and practical index for assessing central fat distribution and metabolic risk in Japanese men and women. *International Journal of Obesity* 27: 610-616.
- Hubley-Kozey, C.L. 1991. Testing flexibility. In *Physiological testing of the high-performance athlete*, ed. J.D. MacDougall, H.A. Wenger, and H.J. Green, 309-359. Champaign, IL: Human Kinetics.
- Hudson, J., Hiripi, E., Pope, H., and Kessler, R. 2007. The prevalence and correlates of eating

disorders in the National Comorbidity Survey Replication. *Biological Psychiatry* 61(3): 348-358.

- Hui, S.C., and Yuen, P.Y. 2000. Validity of the modified back-saver sit-and-reach test: A comparison with other protocols. *Medicine & Science in Sports & Exercise* 32: 1655-1659.
- Hui, S.C., Yuen, P.Y., Morrow, J.R., and Jackson, A.W. 1999. Comparison of the criterionrelated validity of sit-and-reach tests with and without limb length adjustment in Asian adults. *Research Quarterly for Exercise and Sport* 70: 401-406.
- Hultborn, H., Illert, M., and Santini, M. 1974. Disynaptic inhibition of the interneurons mediating the reciprocal la inhibition of motor neurones. *Acta Physiologica Scandinavica* 91: 14A-16A.
- Human Kinetics. 1995. Practical body composition hit. Champaign, IL: Author.
- Human Kinetics. 1999. Assessing body composition. Champaign, IL: Author.
- Hunter, G.R., Wetzstein, C.J., McLafferty, C.L., Zuckerman, P.A., Landers, K.A., and Bamman, M.M. 2001. High-resistance versus variable-resistance training in older adults. *Medicine & Science in Sports & Exercise* 33: 1759-1764.
- Idema, R.N., van den Meiracker, A.H., and Imholz, B.P.M. 1989. Comparison of Finapres non-invasive beat-to-beat finger blood pressure with intrabrachial artery pressure during and after bicycle ergometry. *Journal of Hypertension* 7 (Suppl. 6): S58-S59.
- Ikai, M., and Fukunaga, T. 1968. Calculation of muscle strength per unit cross-sectional area of human muscle by means of ultrasonic measurement. *European Journal of Applied Physiology* 26: 26-32.
- Institute of Medicine. 2002. *Dietary reference intakes for energy, carbohydrates, fiber, fat, fatty acids, cholesterol, protein, and amino acids.* Washington, D.C.: National Academies Press.
- International Association for the Study of Obesity. 2007. Adult overweight and obesity in the European Union (EU25). www.iaso.org.
- International Association for the Study of Obesity. 2007. Overweight in children in the European Union. www.iaso.org.
- International Dance and Exercise Association. 2004. Personal fitness trainer certification. *IDEA Health & Fitness Source*, March: 15.
- International Osteoporosis Foundation. 2009a. Epidemiology. www.iofbonehealth.org/healthprofessionals/about-osteoporosis/ epidemiology.
- International Osteoporosis Foundation. 2009b. FRAX® tool now available for use in 12 countries.
- www.iofbonehealth.org/news/news-detail.html?newsID=254.
- Invergo, J.J., Ball, T.E., arid Looney, M. 1991. Relationship of pushups and absolute muscular endurance to bench press strength. *Journal of Applied Sport Science Research* 5: 121-125.

- Irving, B.A., Davis, C.K., Brock, D.W., Weltman, J.Y., Swift, D., Barrett, E.J., Gaesser, G.A., and Weltman, A. 2008. Effect of exercise training intensity on abdominal visceral fat and body composition. *Medicine & Science in Sports & Exercise* 40: 1863-1872.
- Isacowitz, R. 2006. Pilates. Champaign, IL: Human Kinetics.
- Jackson, A. 1984. Research design and analysis of data procedures for predicting body density. *Medicine & Science in Sports & Exercise* 16: 616-620.
- Jackson, A.S., Ellis, K.J., McFarlin, B.K., Sailors, M.H., and Bray, M.S. 2009. Crossvalidation of generalized body composition equations with diverse young men and women: The Training Intervention and Genetics of Exercise Response (TIGER) Study. *British Journal of Nutrition* 101 871-878
- Jackson, A.S., and Pollock, M.L. 1976. Factor analysis and multivariate scaling of anthropometric variables for the assessment of body composition. *Medicine & Science in Sports & Exercise* 8: 196-203.
- Jackson, A.S., and Pollock, M.L. 1978. Generalized equations for predicting body density of men. *British Journal of Nutrition* 40: 497-504.
- Jackson, A.S., and Pollock, M.L. 1985. Practical assessment of body composition. The Physician and Sportsmedicine 13: 76-90.
- Jackson, A.S., Pollock, M.L., Graves, J.E., and Mahar, M.T. 1988. Reliability and validity of bioelectrical impedance in determining body composition. *Journal of Applied Physiology* 64: 529-534.
- Jackson, A.S., Pollock, M.L., and Ward, A. 1980. Generalized equations for predicting body density of women. *Medicine & Science in Sports & Exercise* 12: 175-182.
- Jackson, A.W., and Langford, N.J. 1989. The criterion-related validity of the sit-and-reach test: Replication and extension of previous findings. *Research Quarterly for Exercise and Sport* 60: 384-387.
- Jackson, A.W., Morrow, J.R., Brill, P.A., Kohl, H.W., Gordon, N.F., and Blair, S.N. 1998. Relations of sit-up and sit-and-reach tests to low back pain in adults. *Journal of Orthopaedic and Sports Physical Therapy* 27: 22-26.
- Janssen, I., Heymsfield, S.B., Allison, D.B., Kotler, D.P., and Ross, R. 2002. Body mass index and waist circumference independently contribute to the prediction of nonabdominal, abdominal subcutaneous, and visceral fat. *American Journal of Clinical Nutrition* 75: 683-688.
- Janssen, I., Katzmarzyk, P.T., and Ross, R. 2004. Waist circumference and not body mass index explain obesity-related health risk. *American Journal of Clinical Nutrition* 79: 379-384.
- Jenkins, W.L., Thackaberry, M., and Killian, C. 1984. Speed-specific isokinetic training. Journal of Orthopaedic and Sports Physical Therapy 6: 181-183.
- Johns, R.J., and Wright, V. 1962. Relative importance of various tissues in joint stiffness. *Journal of Applied Physiology* 17: 824-828.

- Johnson, B.L., and Nelson, J.K., eds. 1986. *Practical measurements for evaluation in physical education*. Minneapolis: Burgess.
- Jones, B.H., and Knapik, J.J. 1999. Physical training and exercise-related injuries. *Sports Medicine* 27: 111-125.
- Jones, C.J., Rikli, R.E., Max, J., and Noffal, G. 1998. The reliability and validity of a chair sit-and-reach test as a measure of hamstring flexibility in older adults. *Research Quarterly for Exercise and Sport* 69: 338-343.
- Jones, D.W., Frohlich, E.D., Grim, C.M., Grim, C.E., and Taubert, K.A. 2001. Mercury sphygmomanometers should not be abandoned: An advisory statement from the Council for High Blood Pressure Research, American Heart Association. *Hypertension* 37: 185-186.
- Juker, D., McGill, S., Kropf, P., and Steffen, T. 1998. Quantitative intramuscular myoelectric activity of lumbar portions of psoas and the abdominal wall during a wide variety of tasks. *Medicine & Science in Sports & Exercise* 30: 301-310.
- Kaminsky, L.A., and Whaley, M.H. 1998. Evaluation of a new standardized ramp protocol: The BSU/Bruce ramp protocol. *Journal of Cardiopulmonary Rehabilitation* 18: 438-444.
- Kanis. J.A., Borgstrom, F., De Laet, C., Johansson, H., Johnell, O., Jonsson, B., Oden, A., Zethraeus, N., Pfleger, B., and Khaltaev, N. 2005. Assessment of fracture risk. *Osteoporosis International* 16: 581-589.
- Katch F.I., Clarkson, P.M., Kroll, W., McBride, T., and Wilcox, A. 1984. Effects of sit-up exercise training on adipose cell size and adiposity. *Research Quarterly for Exercise and Sport* 55: 242-247.
- Katch, F.I., McArdle, W.D., Czula, R., and Pechar, G.S. 1973. Maximal oxygen intake, endurance running performance, and body composition in college women. *Research Quarterly* 44: 301-312.
- Kattus, A.A., Hanafee, W.N., Longmire, W.P., MacAlpin, R.N., and Rivin, A.U. 1968. Diagnosis, medical and surgical management of coronary insufficiency. *Annals of Internal Medicine* 69: 115-136.
- Kay, A.D., and Blazevich, A.J. 2008. Reductions in active plantarflexor moment are significantly correlated with static stretch duration. *European Journal of Sport Science* 8: 41-46.
- Keim, N.L., Blanton, C.A., and Kretsch, M.J. 2004. America's obesity epidemic: Measuring physical activity to promote an active lifestyle. *Journal of the American Dietetic Association* 104: 1398-1409.
- Kelley, D.E., and Goodpaster, B.H. 1999. Effects of physical activity on insulin action and glucose tolerance in obesity. *Medicine & Science* in *Sports & Exercise* 31(Suppl.): S619-S623.
- Kelley, G.A., and Kelley, K.S. 2006. Aerobic exercise and lipids and lipoproteins in men: A

meta-analysis of randomized controlled trials. *Journal of Men's Health &* Gender 3(1): 61-70.

- Kesaniemi, Y.K., Danforth, E., Jensen, M.D., Kopelman, P.G., Lefebvre, P., and Reeder, B.A. 2001. Dose-response issues concerning physical activity and health: An evidenced-based symposium. *Medicine & Science* in *Sports & Exercise* 33 (Suppl.): S351-S358.
- Keys, A., and Brozek, J. 1953. Body fat in adult man. Physiological Reviews 33: 245-325.
- Khaled, M.A., McCutcheon, M.J., Reddy, S., Pearman, P.L., Hunter, G.R., and Weinsier, R.L. 1988. Electrical impedance in assessing human body composition: The BIA method. *American Journal of Clinical Nutrition* 47: 789-792.
- Kim, P.S., Mayhew, J.L., and Peterson, D.F. 2002. A modified bench press test as a predictor of 1 repetition maximum bench press strength. *Journal of Strength and Conditioning Research* 16: 440-445.
- Kimball, S.R., and Jefferson, L.S. 2002. Control of protein synthesis by amino acid availability. *Current Opinions in Clinical Nutrition and Metabolic Care* 5: 63-67.
- Kinser, A.M., Ramsey, M.W., O'Bryant, H.S., Ayres, C.A., Sands, W.A., and Stone, M.H. 2008. Vibration and stretching effects on flexibility and explosive strength in young gymnasts. *Medicine & Science in Sports & Exercise* 40: 133-140.
- Kirby, R.L., Simms, F.C., Symington, V.J., and Garner, J.B. 1981. Flexibility. and musculoskeletal symptomatology in female gymnasts and age-matched controls. *American Journal of Sports Medicine* 9: 160-164.
- Klein, S., Allison, D.B., Heymsfield, S.B., Kelley, D.E., Leibel, R.L., Nanas, C., and Kahn, R. 2007. Waist circumference and cardiometabolic risk: A consensus statement from Shaping America's Health: Association for Weight Management and Obesity Prevention; NAASO, The Obesity Society; the American Society for Nutrition; and the American Diabetes Association. *American Journal of Clinical Nutrition* 85: 1197-1202.
- Klein-Geltink, J.E., Choi, B.C.K., and Fry, R. 2006. Multiple exposures to smoking, alcohol, physical inactivity, and overweight: Prevalences according to the Canadian Community Health Survey Cycle 1.1. *Chronic Diseases in Canada* 27(1): 25-33.
- Kline, G.M., Porcari. J.P., Hintermeister, R., Freedson, P.S., Ward, A., McCarron, R.F., Ross, J. and Rippe, J.M. 1987. Estimation of VO<sub>2</sub>max from a one-mile track walk, gender, age, and body weight. *Medicine & Science in Sports & Exercise* 19: 253-259.
- Knowler, W.C., Barrett-Conner, E., Fowler, S.E., Hamman, R.F., Lachin, J.M., Walker, E.A., and Nathan, D.M. 2002. Reduction in incidence of type 2 diabetes with lifestyle intervention or metaformin. Diabetes Prevention Program Research Group. *New England Journal of Medicine* 346: 393-403.
- Knudson, D. 2001. The validity of recent curl-up tests in young adults. *Journal of Strength and Conditioning Research* 15: 81-85.
- Knudson, D., and Johnston, D. 1995. Validity and reliability of a bench trunk-curl test of

abdominal endurance. Journal of Strength and Conditioning Research 9: 165-169.

- Knudson, D., and Johnston, D. 1998. Analysis of three test durations of the bench trunk-curl. Journal of Strength and Conditioning Research 12: 150-151.
- Knudson, D., and Noffal, G. 2005. Time course of stretch-induced isometric strength deficits. *European Journal of Applied Physiology* 94: 348-351.
- Knudson, D.V. 1999. Issues in abdominal fitness: Testing and technique. *Journal of Physical Education, Recreation & Dance* 70(3): 49-55.
- Knudson, D.V., Magnusson, P., and McHugh, M. 2000. Current issues in flexibility fitness. President's Council on Physical Fitness and Sports Research Digest 3(10): 1-8.
- Knuttgen, H.G., and Kraemer, W.J. 1987. Terminology and measurement in exercise performance. *Journal of Applied Sport Science Research* 1: 1-10.
- Knutzen, K.M., Brilla, L.R., and Caine, D. 1999. Validity of IRM prediction equations for older adults. *Journal of Strength and Conditioning Research* 13: 242-246.
- Kohrt, W.M. 1998. Preliminary evidence that DEXA provides an accurate assessment of body composition. *Journal of Applied Physiology* 84: 372-377.
- Kohrt, W.M., Bloomfield, S.A., Little, K.D., Nelson, M.E., and Yingling, V.R. 2004. American College of Sports Medicine position stand: Physical activity and bone health. *Medicine & Science in Sports & Exercise* 36: 1985-1996.
- Kohrt, W.M., Spina, R.J., Holloszy, J.O., and Ehsani, A.A. 1998. Prescribing exercise intensity for older women. *Journal of the American Geriatric Society* 46: 129-133.
- Kokkinos, P.F., and Fernhall, B. 1999. Physical activity and high density lipoprotein cholesterol levels: What is the relationship? *Sports Medicine* 28: 307-314.
- Kokkinos, P.F., Hurley, B.F., Smutok, M.A., Farmer, C., Reece, C., Shulman, R., Charabogos, C., Patterson, J., Will, S., Devane-Bell, J., and Goldberg, A.P. 1991. Strength training does not improve lipoprotein-lipid profiles in men at risk for CHD. *Medicine & Science* in *Sports & Exercise* 23: 1134-1139.
- Komi, P.V., Viitasalo, J.T., Rauramaa, R., and Vihko, V. 1978. Effect of isometric strength training on mechanical, electrical, and metabolic aspects of muscle function. *European Journal of Applied Physiology* 40: 45-55.
- Kostek, M.A., Pescatello, L.S., Seip, R.L., Angelopoulos, T.J., Clarkson, P.M., Gordon, P.M., Moyna, N.M., Visich, P.S., Zoeller, R.F., Thompson, P.D., Hoffman, R.P., and Price, T.B. 2007. Subcutaneous fat alterations resulting from an upper-body resistance training program. *Medicine & Science in Sports & Exercise* 39: 1177-1185.
- Koulmann, N., Jimenez, C., Regal, D., Bolliet, P., Launay, J., Savourey, G., and Melin, B. 2000. Use of bioelectrical impedance analysis to estimate body fluid compartments after acute variations of the body hydration level. *Medicine & Science in Sports & Exercise* 32: 857-864.
- Kraemer, W.J. 2003. Strength training basics. *The Physician and Sportsmedicine* 31(8): 39-45.

- Kraemer, W.J., Adams, K., Cafarelli, E., Dudley, G.A., Dooly, C., Feigenbaum, M.S., Fleck, S.J., Franklin, B., Fry, A.C., Hoffman, J.R., Newton, R.U., Potteiger, J., Stone, M.H., Ratamess, N.A., and Triplett-McBride, T. 2002. ACSM Position Stand: Progression models in resistance training for healthy adults. *Medicine & Science in Sports & Exercise* 34: 364-380.
- Kraemer, W.J., Deschenes, M.R., and Fleck, S.J. 1988. Physiological adaptations to resistance exercise: Implications for athletic conditioning. *Sports Medicine* 6: 246-256.
- Kraemer, W.J., and Fleck, S.J. 2007. *Optimizing strength training*. Champaign, IL: Human Kinetics.
- Kraemer, W.J., Fleck, S.J., and Evans, W.J. 1996. Strength and power training: Physiological mechanisms of adaptation. In *Exercise and Sport Sciences Reviews*, ed. J.O. Holloszy, 24: 363-397. Baltimore: Williams & Wilkins.
- Kraemer, W.J., Gordon, S.J, Fleck, S.J., Marchitelli, L.J., Mello, R., Dziados, J.E., Friedl, K., Harman, E., Maresh, C., and Fry, A.C. 1991. Endogenous anabolic hormonal and growth factor responses to heavy resistance exercise in males and females. *International Journal* of Sports Medicine 12: 228-235.
- Kraemer, W.J., Hakkinen, K., Newton, R.U., Nindl, B.C., Volek, J.S., McCormick, M., Gotshalk, L.A., Gordon, S.E., Fleck, S.J., Campbell, W.W., Putukian, M., and Evans, W.J. 1999. Effects of heavy-resistance training on hormonal response patterns in younger vs. older men. *Journal of Applied Physiology* 87: 982-992.
- Kraemer, W.J., Nindl, B.C., Ratamess, N.A., Gotshalk, L.A., Volek, J.S., Fleck, S.J., Newton, R.U., and Hakkinen, K 2004. Changes in muscle hypertrophy in women with periodized resistance training. Medicine & Science in Sports {..., Exercise 36: 697-708.
- Kraemer, W.J., Noble, B.J., Clark, M.J., and Culver, B.W. 1987. Physiologic responses to heavy-resistance exercise with very short rest periods. *International Journal of Sports Medicine* 8: 247-252.
- Kraemer, W.J., Patton, J., Gordon, S.E., Harman, E.A., Deschenes, M.R., Reynolds, K., Newton, R.U., Triplett, N.T., and Dziados, J.E. 1995. Compatibility of high intensity strength and endurance training on hormonal and skeletal muscle adaptations. *Journal of Applied Physiology* 78: 976-989.
- Kraemer, W.J., and Ratamess, N.A. 2004. Fundamentals of resistance training: Progression and exercise prescription. *Medicine & Science in Sports & Exercise* 36: 674-688.
- Kraemer, W.J., Volek, J.S., Clark, K.L., Gordon, S.E., Puhl, S.M., Koziris, L.P., McBride, J.M., Triplett-McBride, N.T., Putukian, M., Newton, R.U., Häkkinen, K., Bush, J.A., and Sabastianelli, W.J. 1999. Influence of exercise training on physiological and performance changes with weight loss in men. *Medicine & Science in Sports & Exercise* 31: 1320-1329.
- Kravitz, L., and Heyward, V.H. 1995. Flexibility training. Fitness Management 11(2): 32-38.

- Kravitz, L., Cizar, C., Christensen, C., and Setterlund, S. 1993. The physiological effects of step training with and without handweights. *Journal of Sports Medicine and Physical* Fitness 33: 348-358.
- Kravitz, L., Heyward, V., Stolarczyk, L., and Wilmerding, V. 1997. Effects of step training with and without handweights on physiological profiles of women. *Journal of Strength* and Conditioning Research 11: 194-199.
- Kravitz, L., Robergs, R., and Heyward, V. 1996. Are all aerobic exercise modes equal? *Idea Today* 14: 51-58.
- Kravitz, L., Robergs, R.A., Heyward, V.H., Wagner, D.R., and Powers, K. 1997. Exercise mode and gender comparisons of energy expenditure at self-selected intensities. *Medicine* & Science in Sports & Exercise 29: 1028-1035.
- Kravitz, L., Wax, B., Mayo, J.J., Daniels, R., and Charette, K. 1998. Metabolic response of elliptical exercise training. *Medicine & Science in Sports & Exercise* 30(Suppl.): SI69 [abstract].
- Kreider, R.B., Melton, C., Rasmussen, C.J., Greenwood, M., Lancaster, S., Cantler, E.C., Milnor, P., and Almada, A.L. 2003. Long-term creatine supplementation does not significantly affect clinical markers of health in athletes. *Molecular and Cellular Biochemistry* 244: 95-104.
- Kretsch, M.J., Blanton, C.A., Baer, D., Staples, R., Horn, W.F., and Keim, N. 2004. Measuring energy expenditure with simple, low-cost tools. *Journal of the American Dietetic Association* 104: A-13.
- Kriska, A.M., Blair, S.N., and Pereira, M.A. 1994. The potential role of physical activity in the prevention of non-insulin dependent diabetes mellitus: The epidemiological evidence. In *Exercise and Sport Sciences Reviews*, ed. J.O. Holloszy, 22: 121-143.
- Krotkiewski, M., Gudmundsson, M., Backstrom, P., and Mandroukas, K. 1982. Zinc and muscle strength and endurance. *Acta Physiologica Scandinavica* 116: 309-311.
- Kubo, K., Kaneshisa, H., Takeshita, D., Kawakami, Y., Fukashiro, S., and Fukunaga, T. 2000. In vivo dynamics of human medial gastrocnemius muscle-tendon complex curing stretchshortening cycle exercise. *Acta Physiologica Scandinavica* 170: 127-135.
- Kubo, K., Kawakami, Y., and Fukunaga, T. 1999. Influence of elastic properties of tendon structures on jump performance in humans. *Journal of Applied Physiology* 87: 2090-2096.
- Kuntzelman, B.A. 1979. *The complete guide to aerobic dancing*. Skokie, IL: Publications International.
- Kuramoto, A.K., and Payne, V.G. 1995. Predicting muscular strength in women: A preliminary study. *Research Quarterly for Exercise and Sport* 66: 168-172.
- Kuramoto, A.M. 2006. Therapeutic benefits of tai chi exercise: Research review. Wisconsin Medical Journal 105(7): 42-46.
- Kushner, R.F. 1992. Bioelectrical impedance analysis: A review of principles and applications. *Journal of the American College of Nutrition* 11: 199-209.

- Kushner, R.F., Gudivaka, R., and Schoeller, D.A. 1996. Clinical characteristics influencing bioelectrical impedance analysis measurements. *American Journal of Clinical Nutrition* 64: 423S-427S.
- Kushner, R.F., and Schoeller, D.A. 1986. Estimation of total body water in bioelectrical impedance analysis. *American Journal of Clinical Nutrition* 44: 417-424.
- Kyle, U.G., Genton, L., Karsegard, L., Slosman, D.O., and Pichard, C. 2001: Single prediction equation for bioelectrical impedance analysis in adults aged 20-94 years. Nutrition 17: 248-253.
- LaMonte, M.J., Ainsworth, B.E., and Reis, J.P. 2006. Measuring physical activity. In *Measurement theory and practice in kinesiology*, eds. T.M. Wood and W. Zhu, 237-272. Champaign, IL: Human Kinetics.
- Lan, C., Lai, J., Chen, S., and Wong, M. 1998. 12-month tai chi training in the elderly: Its effects on health fitness. *Medicine & Science in Sports & Exercise* 30: 345-351.
- Larsen, G.E., George, J.D., Alexander, J.L., Fellingham, G.W., Aldana, S.G., and Parcell, A.C. 2002. Prediction of maximum oxygen consumption from walking, jogging, or running. *Research Quarterly for Exercise and Sport* 73: 66-72.
- Law, R.Y.W., and Herbert, R.D. 2007. Warm-up reduces delayed-onset muscle soreness but cool-down does not: A randomized controlled trial. *Australian Journal of Physiotherapy* 53: 91-95.
- Layne, J.E., and Nelson, M.E. 1999. The effects of progressive resistance training on bone density: A review. *Medicine & Science in Sports & Exercise* 31:25-30.
- Leger, L.A., Lambert, J., and Martin, P. 1982. Validity of plastic skinfold caliper measurements. *Human Biology* 54: 667-675.
- Leger, L.A., Mercier, D., Gadoury, C., and Lambert, J. 1988. The multistage 20-metre shuttle run test for aerobic fitness. *Journal of Sports Sciences* 6: 93-101.
- Leighton, J.R. 1955. An instrument and technique for measurement of range of joint motion. *Archives of Physical Medicine and Rehabilitation* 36: 571-578.
- Lemieux, S., Prud'homme, D., Bouchard, C., Tremblay, A., and Despres, J-P. 1996. A single threshold value of waist girth identifies normal-weight and overweight subjects with excess visceral adipose tissue. *American Journal of Clinical Nutrition* 64: 685-693.
- Lemon, P.W. 2000. Beyond the Zone: Protein needs of active individuals. Journal of the American College of Nutrition 19: 5138-5218.
- Lermen, J., Bruce, R.A., Sivarajan, E., Pettet, G., and Trimble, S. 1976. Low-level dynamic exercises for earlier cardiac rehabilitation: Aerobic and hemodynamic responses. *Archives* of *Physical Medicine and Rehabilitation* 57: 355-360.
- Lesmes, G.R., Costill, D.L., Coyle, E.F., and Fink, W.J. 1978. Muscle strength and power changes during maximal isokinetic training. *Medicine and Science in Sports* 10: 266-269.
- Levine, B., Zuckerman, J., and Cole, C. 1998. Medical complications of exercise. In ACSM's

*resource manual for* guidelines *for exercise testing and prescription*, ed. J.L. Roitman, 488-498. Philadelphia: Lippincott Williams & Wilkins.

- Lewiecki, E.M., and Watts, N.B. 2009. New guidelines for the prevention and treatment of osteoporosis. Southern Medical Journal 102: 175-179.
- Li, F., Harmer, P., Fisher, K.J., McAuley, E., Chaumeton, N., Eckstrom, E., and Wilson, N.L. 2005. Tai chi and fall reductions in older adults: A randomized controlled trial. *Journal of Gerontology* 60: 187-194.
- Li, J.Y., Zhang, Y.F., Smith, G.S., Xue, C.J., Luo, Y.N., Chen, W.H., Skinner, C.J., and Finkelstein, J. 2009. Quality of reporting of randomized clinical trials in tai chi interventions–a systematic review. *eCam Advance Access.* doi: 10:1093/ecam/nep022.
- Liang, M.T.C., Su, H., and Lee, N. 2000. Skin temperature and skin blood flow affect bioelectrical impedance study of female fat-free mass. *Medicine & Science in Sports & Exercise* 32: 221-227.
- Liang, M.Y., and Norris, S. 1993. Effects of skin blood flow and temperature on bioelectrical impedance after exercise. *Medicine & Science in Sports & Exercise* 25: 1231-1239.
- Litchell, H., and Boberg, J. 1978. The lipoprotein lipase activity of adipose tissue from different sites in obese women and relationship to cell size. *International Journal of Obesity* 2: 47-52.
- Lockner, D., Heyward, V., Baumgartner, R., and Jenkins; K. 2000. Comparison of airdisplacement plethysmography, hydrodensitometry, and dual X-ray absorptiometry for assessing body composition of children 10 to 18 years of age. *Annals of the New York Academy of Sciences* 904: 72-78.
- Lohman, T.G. 1981. Skinfolds and body density and their relation to body fatness: A review *Human Biology* 53: 181-115.
- Lohman, T.G. 1987. *Measuring body fat* using *skinfolds* [videotape]. Champaign, IL: Human Kinetics.
- Lohman, T.G. 1989. Bioelectrical impedance. In *Applying new technology to nutrition: Report of the ninth roundtable on medical issues*, 22-25. Columbus, OH: Ross Laboratories.
- Lohman, T.G. 1992. Advances in body composition assessment. Current issues in exercise science series. Monograph no. 3. Champaign, IL: Human Kinetics.
- Lohman, T.G. 1996. Dual energy X-ray absorptiometry, In *Human body composition*, ed. A.F. Roche, S.B. Heymsfield, and T.G. Lohman, 63-78. Champaign, IL: Human Kinetics.
- Lohman, T.G., Boileau, R.A., and Slaughter, M.H. 1984. Body composition in children and youth. In *Advances in pediatric sport sciences*, ed. R.A. Boileau, 29-57. Champaign, IL: Human Kinetics.
- Lohman, T.G., Going, S.B., and Metcalfe, L. 2004. Seeing ourselves through the obesity epidemic. *President's Council on Physical Fitness and Sports Research Digest Series* 5(3): 1-8.

- Lohman, T.G., Going, S., Pamenter, R., Hall, M., Boyden, T., Houtkooper, L., Ritenbaugh, C., Bare, L., Hill, A., and Aickin, M. 1995. Effects of resistance training on regional and total bone mineral density in premenopausal women: A randomized prospective study. *Journal of Bone Mineral Research* 10: 1015-1024.
- Lohman, T.G., Harris, M., Teixeira, P.J., and Weiss, L. 2000. Assessing body composition and changes in body composition: Another look al dual-energy X-ray absorptiometry *Annals of the New York Academy of Sciences* 904: 45-54.
- Lohman, T.G., Houtkooper, L., and Going, S. 1997. Body fat measurement goes high-tech: Not all are created equal. *ACSM's Health & Fitness Journal* 7: 30-35.
- Lohman, T.G., Pollock, M.L., Slaughter, M.H., Brandon, L.J., and Boileau, R.A. 1984. Methodological factors and the prediction of body fat in female athletes. *Medicine & Science in Sports & Exercise* 16: 92-96.
- Lohman, T.G., Roche, A.F., and Martorell, R., eds. 1988. Anthropometric *standardization* reference *manual*. Champaign, IL: Human Kinetics.
- Londeree, B., and Moeschberger, M. 1984. Influence of age and other factors on maximal heart rate. *Journal of Cardiac Rehabilitation* 4: 44-49.
- Loudon, J.K., Cagle, P.E., Figoni, S.F., Nau, K.L., and Klein, R.M. 1998. A submaximal allextremity exercise test to predict maximal oxygen consumption. *Medicine & Science in Sports & Exercise* 30: 1299-1303.
- Lounana, J., Campion, F., Noakes, T.D., and Medelli, J. 2007. Relationship between %HRmax, %HR reserve, %VO<sub>2</sub>max, and %VO<sub>2</sub> reserve in elite cyclists. *Medicine & Science in Sports & Exercise* 39: 350-357.
- Loy, S., Likes, E., Andrews, P., Vincent, W., Holland, G.J., Kawai, H., Cen, S., Swenberger, J., Vanloan, M., Tanaka, K., Heyward, V., Stolarczyk, L., Lohman, T.G., and Going, S.B. 1998. Easy grip on body composition measurements. *ACSM's Health & Fitness Journal* 2(5): 16-19.
- Lozano, A., Rosell, J., and Pallas-Areny, R. 1995. Errors in prolonged electrical impedance measurements due to electrode repositioning and postural changes. *Physiological Measurement* 16: 121-130.
- Ludwig, D.S., and Eckel, R.H. 2002. The glycemic index at 20 y. American Journal of Clinical Nutrition 76 (Suppl.): 264S-265S.
- Lukaski, H.C. 1986. Use of the tetrapolar bioelectrical impedance method to assess human body composition. In *Human body composition and fat patterning*, ed. N.G. Norgan, 143-158. Wageningen, Netherlands: Euronut.
- Lukaski, H.C. 1993. Soft tissue composition and bone mineral status: Evaluation by dualenergy X-ray absorptiometry. *Journal of Nutrition* 123: 438-443.
- Lukaski, H.C., and Bolonchuk, W.W. 1988. Estimation of body fluid volumes using tetrapolar impedance measurements. *Aviation, Space, and Environmental Medicine* 59: 1163-1169.

- Lukaski, H.C., Johnson, P.E., Bolonchuk, W.W., and Lykken, G.I. 1985. Assessment of fatfree mass using bioelectric impedance measurements of the human body. *American Journal of Clinical Nutrition* 41: 810-817.
- Luthi, J.M., Howald, H., Claasen, H., Rosler, K., Vock, P., and Hoppeler, H. 1986. Structural changes in skeletal muscle tissue with heavy resistance exercise. *International Journal of Sports Medicine* 7: 123-127.
- MacDougall, J.D., Sale, D.G., Moroz, J.R., Elder, G.C., Sutton, J.R., and Howalk, H. 1979. Mitochondrial volume density in human skeletal muscle following heavy resistance training. *Medicine and Science in Sports* 11: 164-166.
- Macedonio, M.A., and Dunford, M. 2009. *The athlete's guide to making weight.* Champaign, IL: Human Kinetics.
- Maciaszek, J., Osinski, W., Szeklicki, R., and Stemplewski, R. 2007. Effect of tai chi on body balance: Randomized controlled trial in men with osteopenia or osteoporosis. *American Journal of Chinese Medicine* 35: 1-9.
- Mackey, A.L., Bojsen-Moller, J., Qvortrup, K., Langberg, H., Suetta, C., Kalliokoski, K.K., Kjaer, M., and Magnusson, S.P. 2008. Evidence of skeletal muscle damage following electrically stimulated isometric muscle contractions in *humans*. *Journal of Applied Physiology* 105: 1620-1627.
- Magarey, A.M., Daniels, L.A., and Boulton, T.J. 2001. Prevalence of overweight and obesity in Australian children and adolescents: Reassessment of 1985 and 1995 data against new standard international definitions. *Medical Journal of Australia* 174: 561-564.
- Magnusson, S.P. 1998. Passive properties of human skeletal muscle during stretch maneuvers. A review. *Scandinavian Journal of Medicine and Science in Sports* 8(2): 65-77.
- Magnusson, S.P., Simonsen, E.B., Aagaard, P., Bueson, J., Johannson, F., and Kjaer, M. 1997. Determinants of musculoskeletal flexibility: Visoelastic properties, cross-sectional area, EMG and stretch tolerance. *Scandinavian Journal of Medicine and Science in Sports* 7: 195-202.
- Mahieu, N.N., McNair, P., DeMuynck, M., Stevens, V., Blanck-aert, I., Smits, N., and Witvrouw, E. 2007. Effect of static and ballistic stretching on the muscle-tendon tissue properties. *Medicine & Science in Sports & Exercise* 39: 494-501.
- Maksud, M.G., and Coutts, K.D. 1971. Comparison of a continuous and discontinuous graded treadmill test for maximal oxygen uptake. *Medicine and Science in Sports* 3: 63-65.
- Malek, M.H., Nalbone, D.P., Berger, D.E., and Coburn, J.W. 2002. Importance of health science education for personal fitness trainers. *Journal of Strength and Conditioning Research* 16: 19-24.
- Manore, M.M. 2004. Nutrition and physical activity: Fueling the active individual. *President's Council on Physical Fitness and Sports Research Digest* 5(1): 1-8.
- Manore, M.M., Meyer, N.L., and Thompson, J. 2009. *Sport nutrition for health and performance*, 2nd ed. Champaign, IL: Human Kinetics.

- Manson, J.E., Nathan, D.M., Krolewski, A.S., Stampfer, M.J., Willett, W.C., and Hennekens, C.H. 1992. A prospective study of exercise and incidence of diabetes among US male physicians. *Journal of the American Medical Association* 268: 63-67.
- Manson, J.E., Rimm, E.B., Stampfer, M.J., Rosner, B., Hennekens, C.H., Speizer, F.E., Colditz, G.A., Willett, W.C., and Krolewski, A.S. 1991. Physical activity incidence of non-insulin dependent diabetes mellitus in women. *Lancet* 338: 774-778.
- Marcus, B.H., Bock, B.C., Pinto, B.M., Forsyth, L.H., Roberts, M.B., and Traficante, R.M. 1998. Efficacy of an individualized, motivationally tailored physical activity intervention. *Annals of Behavioral Medicine* 20: 174-180.
- Marcus, B.H., Ciccolo, J.T., and Sciamanna, C.N. 2009. Using electronic/computer interventions to promote physical activity. *British Journal of Sports Medicine* 43: 102-105.
- Marcus, B.H., and Forsyth, L.H. 2003. *Motivating people to be physically active*. Champaign, IL: Human Kinetics.
- Marcus, B.H., and Lewis, B.A. 2003. Physical activity and the stages of motivational readiness for change model. *President's Council on Physical Fitness and Sports Research Digest* 4(1): 1-8.
- Marcus, B.H., Rakowski, W., and Rossi, R.S. 1992. Assessing motivational readiness and decision-making for exercise. *Health Psychology* 11: 257-261.
- Markandu, N.D., Whitcher, F., Arnold, A., and Carney, C. 2000. The mercury sphygmomanometer should be abandoned before it is proscribed. *Journal of Human Hypertension* 14: 31-36.
- Markland, D., and Ingledew, L. 1997. The measurement of exercise motives: Factorial validity and invariance across gender of a revised exercise motivation inventory. *British Journal of Health Psychology* 2: 361-376.
- Markland, D., and Tobin, V.J. 2004. A modification of the Behavioral Regulation in Exercise Questionnaire to include an assessment of amotivation. *Journal of Sport and Exercise Psychology* 26: 191-196.
- Marks, B.L., Ward, A., Morris, D.H., Castellani, J., and Rippe, J.M. 1995. Fat-free mass is maintained in women following a moderate diet and exercise program. *Medicine & Science* in *Sports & Exercise* 27: 1243-1251.
- Marley, W., and Linnerud, A. 1976. A three-year study of the Åstrand-Ryhming step test. *Research Quarterly* 47: 211-217.
- Martin, A.D., Drinkwater, D.T., and Clarys, J.P. 1992. Effects of skin thickness and skinfold compressibility on skinfold thickness measurements. *American Journal of Human Biology* 4: 453-460.
- Martin, A.D., Ross, W.D., Drinkwater, D.T., and Clarys, J.P. 1985. Prediction of body fat by skinfold caliper: Assumptions and cadaver evidence. *International Journal of Obesity* 9 (Suppl.1): 31-39.

- Martin, S.B., Jackson, A.W., Morrow, J.R., and Liemohn, W. 1998. The rationale for the sit and reach test revisited. *Measurement in Physical Education and Exercise Science* 2: 85-92.
- Marx, J.O., Ratamess, N.A., Nindl, B.C., Gotshalk, L.A., Volek, J.S., Dohi, K., Bush, J.A., Gomez, A.L., Mazzetti, S.A., Fleck, S.J., Hakkinen, K., Newton, R.U., and Kraemer, W.J. 2001. Low-volume circuit versus high-volume periodized resistance training in women. *Medicine & Science in Sports & Exercise* 33: 635-643.
- Mayer, J. 1968. Overweight: Causes, costs and control. Englewood Cliffs, NJ: Prentice Hall.
- Mayer, T.G., Tencer, A.F., and Kristoferson, S. 1984. Use of noninvasive technique for quantification of spinal range-of motion in normal subjects and chronic low back dysfunction patients. *Spine* 9: 588-595.
- Mayhew, J.L., Ball, T.E., Arnold, M.D., and Bowen. J.C. 1992. Relative muscular endurance performance as a predictor, of bench press strength in college men and *women. Journal of Applied Sport* Science *Research* 6: 200-206.
- Mayson, D.J., Kiely, D.K., LaRose, S.I., and Bean, J.F. 2008. Leg strength or velocity of movement. Which is more influential on the balance of mobility limited elders? *American. Journal of Physical Medicine and Rehabilitation* 87: 969-976.
- Mazess, R.B., Barden, H.S., and Ohlrich, E.S. 1990. Skeletal and body-composition effects of anorexia nervosa. *American Journal of Clinical Nutrition* 52: 438-441.
- McArdle, W.D., Katch, F.I., and Katch, V.L. 1996. *Exercise physiology: Energy, nutrition and human performance*, 4th ed. Baltimore: Williams & Wilkins.
- McArdle, W.D., Katch, F.I., and Pechar, G.S. 1973. Comparison of continuous and discontinuous treadmill and bicycle tests for VO<sub>2</sub>max. *Medicine and Science* in *Sports* 5: 156-160.
- McArdle, W.D., Katch, F.I., Pechar, G.S., Jacobson, L., and Ruck, S. 1972. Reliability and interrelationships between maximal oxygen intake, physical working capacity and steptest scores in college women. *Medicine and Science in Sports* 4: 182-186.
- McAtee, R., and Charland, J. 2007. *Facilitated stretching*, 3rd ed. Champaign, IL: Human Kinetics.
- McConnell, T., and Clark, B. 1987. Prediction of maximal oxygen consumption during handrail-supported treadmill exercise. *Journal of Cardiopulmonary Rehabilitation* 7: 324-331.
- McCrory, M.A., Gomez, T.D., Bernauer, E.M., and Mole, P.A. 1995. Evaluation of a new displacement plethysmograph for measuring human body composition. *Medicine & Science in Sports & Exercise* 27: 1686-1691.
- McCrory, M.A., Mole, P.A., Gomez, T.D., Dewey, K.G., and Bernauer, E.M. 1998. Body composition by air displacement plethysmography using predicted and measured thoracic gas volumes. *Journal of Applied Physiology* 84: 1475-1479.

McCue, B.F. 1953. Flexibility of college women. Research Quarterly 24: 316-324.

- McGill, S. 2007. *Low back disorders: Evidence based prevention and rehabilitation.2nd* ed. Champaign, IL: Human Kinetics.
- McGill, S.M. 1998. Low back exercises: Prescription for the healthy back and when recovering from injury. In ACSM's resource manual for guidelines for exercise testing and prescription, 3rd ed., Senior ed. J. Roitman. 116-126. Philadelphia: Lippincott, Williams & Wilkins.
- McGill, S.M. 2001. Low back stability From formal description to issues for performance and rehabilitation. *Exercise and Sport* Sciences *Reviews* 29(1): 26-31.
- McGill, S.M., Childs, A., and Liebenson, D.C. 1999. Endurance times for low back stabilization exercises: Clinical targets for testing and training from a normal database. *Archives of Physical Medicine and Rehabilitation* 80: 941-944.
- McHugh, M.P. Kremenic, I.J., Fox, M.B., and Gleim, G.W. 1998. The role of mechanical and neural restraints to joint range of motion during passive stretch. *Medicine & Science in Sports & Exercise* 30: 928-932.
- McHugh, M.P., Magnusson, S.P., Gleim, G.W., and Nicholas, J.A. 1992. Viscoelastic stress relaxation in human skeletal muscle. *Medicine & Science in Sports & Exercise* 24: 1375-1382.
- McInnis, K., and Balady, G. 1994. Comparison of submaximal exercise responses using the Bruce vs modified Bruce protocols. *Medicine & Science in Sports & Exercise* 26: 103-107.
- McKeon, P.O., and Hertel, J. 2008. Systematic review of postural control and lateral ankle instability. Part II: Is balance training clinically effective? *Journal of Athletic Training* 43(3): 305-315.
- Mcrae, I.F., and Wright, V. 1969. Measurement of back movement. Annals of Rheumatic Diseases 28: 584-589.
- McTiernan, A., Kooperberg, C., White, E., Wilcox, S., Coates, R., Adams-Campbell, L.L., Woods, N. and Okene, J. 2003. Recreational physical activity and the risk of breast cancer in postmenopausal women: The Women's Health Initiative Cohort Study. *Journal of the American Medical Association* 290(10): 1331-1336.
- Mears, J., and Kilpatrick, M. 2008. Motivation for exercise: Applying theory to make a difference in adoption and adherence. *ACSM's Health & Fitness Journal* 12(1): 20-26.
- Meldrum, D., Cahalane, E., Conroy, R., Fitzgerald, D., and Hardiman, O. 2007. Maximum voluntary isometric contraction: Reference values and clinical application. *Amyotrophic Lateral Sclerosis and Other Motor Neuron Disorders* 8: 47-55.
- Meldrum, D., Cahalane, E., Keogan, F., and Hardiman, O. 2003. Maximum voluntary isometric contraction: Investigation of reliability and learning effect. *Amyotrophic Lateral Sclerosis and Other Motor Neuron Disorders* 4: 36-44.

- Messier, S.P., Royer, T.D., Craven, T.E., O'Toole, M.L., Burns, R., and Ettinger W.H. Jr. 2000. Long-term exercise and its effect on balance in older, osteoarthritic. adults: Results from the Fitness, Arthritis, and Seniors Trial (FAST). *Journal of the American Geriatrics Society* 48: 131-138.
- Micozzi, M.S., Albanes, D., Jones, Y., and Chumlea, W.C. 1986. Correlations of body mass indices with weight, stature, and body composition in men and women in NHANES I and II. *American. Journal of Clinical Nutrition* 44: 725-731.
- Midgley, A.W., Bentley, D.J., Luttikholt, H., McNaughton, L.R., and Millet, G.P. 2008. Challenging a dogma of exercise physiology. Does an incremental exercise test for valid VO<sub>2</sub>max determination really need to last between 8 and 12 minutes? *Sports Medicine* 38: 441-447.
- Mifflin, M.D., St. Jeor, S.T., Hill, L.A., Scott, B.J., Daugherty, S.A., and Koh, Y.O. 1990. A new predictive equation for resting energy expenditure in healthy individuals. *American Journal of Clinical Nutrition* 51: 241-247.
- Mikesky, A.E., Giddings, C.J., Matthews, W., and Gonyea, W.J. 1991. Changes in fiber size and composition in response to heavy-resistance exercise. *Medicine & Science in Sports* & *Exercise* 23: 1042-1049.
- Milburn, S., and Butts. N.K. 1983. A comparison of the training responses to aerobic dance and jogging in college females. *Medicine & Science in Sports & Exercise* 15: 510-513.
- Millard-Stafford, M.L., Collins, M.A., Evans, E.M., Snow, T.K, Cureton, K.J., and Rosskopf, L.B. 2001. Use of air displacement plethysmography for estimating body fat in a fourcomponent model. *Medicine & Science in Sports & Exercise* 33: 1311-1317.
- Miller, J.B. 2001. GI research. www.glycemicindex.com.
- Minkler, S., and Patterson, P. 1994. The validity of the modified sit-and-reach test in collegeage students. *Research Quarterly for Exercise and Sport* 65: 189-192.
- Mischi, M., and Cardinale, M. 2009. The effects of a 28-Hz vibration on arm muscle activity during isometric exercise. *Medicine & Science in Sports & Exercise* 41: 645-653.
- Moffatt, R.J., Stamford, B.A., and Neill, R.D. 1977. Placement of tri-weekly training sessions: Importance regarding enhancement of aerobic capacity. *Research-Quarterly* 48: 583-591.
- Moffroid, M.T., and Whipple, R.H. 1970. Specificity of speed of exercise. *Physical Therapy* 50: 1699-1704.
- Mole, P.A., Oscai, L.B., and Holloszy, J.O. 1971. Adaptation of muscle to exercise: Increase in levels of palmityl CoA synthetase, carnitine palmityl-transferase, and palmityl CoA dehydrogenase and the capacity to oxidize fatty acids. *Journal of Clinical Investigation* 50: 2323-2329.
- Montoye, H.J., and Faulkner, J.A. 1964. Determination of the optimum setting of an adjustable grip dynamometer. *Research Quarterly* 35: 29-36.

- Moon, J.R., Tobkin, S.E., Costa, P.B., Smalls, M., Mieding, W.K., O'Kroy, J.A., Zoeller, R.F., and Stout, JR. 2008. Validity of the Bod Pod for assessing body composition in athletic high school boys. *Journal of Strength and Conditioning Research* 22: 263-268.
- Mooney, V., Kron, M., Rummerfield, P., and Holmes, B. 1995. The effect of workplace based strengthening on low back injury rates: A case study in the strip mining industry. *Journal of Occupational Rehabilitation* 5: 157-167.
- Moore, M.A., and Hutton, R.S. 1980. Electromyographic investigation of muscle stretching techniques. *Medicine & Science in Sports & Exercise* 12: 322-329.
- Moore, S.C. 2009. Waist versus weight–which matters more for mortality? *American Journal* of *Clinical Nutrition* 89: 1003-1004.
- Morehouse, L.E. 1972. Laboratory manual for physiology of exercise. St. Louis: Mosby.
- Moritani, T., and deVries, H.A. 1979. Neural factors versus hypertrophy in the time course of muscle strength gain. *American Journal of Physical Medicine* 58: 115-130.
- Morris, N., Gass, G., Thompson, M., Bennett, G., Basic, D., and Morton H. 2002. Rate and amplitude of adaptation to intermittent and continuous exercise in older men. *Medicine & Science in Sports & Exercise* 34: 471-477.
- Morrow, J.R., Jackson, A.S., Bradley, P.W., and Hartung, G.H. 1986. Accuracy of measured and predicted residual lung volume on body density measurement. *Medicine & Science in Sport & Exercise* 18: 647-652.
- Muir, S.W., Berg, K., Chesworth, B., and Speechley, M. 2008. Use of the Berg Balance Scale for predicting multiple falls in community-dwelling elderly people: A prospective study. *Physical Therapy* 88: 449-459.
- Muller, M.J., Bosy-Westphal, A., Klaus, S., Kreymann, G., Luhrmann, P.M., Neuhauser-Berthold, M., Noack, R., Pirke, K.M., Platte, P., Selberg, O., and Steiniger, J. 2004. World Health Organization equations have shortcomings for predicting resting energy expenditure in persons from a modern, affluent population: Generation of a new reference standard from a retrospective analysis of a German database of resting energy expenditure. *American Journal of Clinical Nutrition* 80: 1379-1390.
- Munroe, R.A., and Romance, T.J. 1975. Use of the Leighton flexometer in the development of a short flexibility test battery. *American Corrective Therapy Journal* 29: 22.
- Nader, G.A. 2006. Concurrent strength and endurance training: From molecules to man. Medicine & Science in Sports & Exercise 38: 1965-1970.
- Nagle, F.S., Balke, B., and Naughton, J.P. 1965. Gradational step tests for assessing work capacity. *Journal of Applied Physiology* 20: 745-748.
- Napolitano, M.A., Lewis, B.A., Whitely, J.A., and Marcus, B.H. 2010. Principles of health behavior change. In ACSM's resource manual for guidelines for exercise testing and prescription, 710-723. Philadelphia: Wolters Kluwer/Lippincott Williams & Wilkins.
- Nashner, L.M. 1997. In *Handbook of balance function testing*, eds. G.P. Jacobson, C.W. Newman, and J.M. Kartush, 280-307. San Diego: Singular Publishing Group.

- National Academy of Sciences. 2000. *Dietary reference intakes*. Washington, D.C.: National Academy Press.
- National Cholesterol Education Program. 2001. Executive summary of the third report of the National Cholesterol Education Program (NCEP) Expert Panel on detection, evaluation, and treatment of high blood cholesterol in adults (Adult Treatment Panel III). *Journal of the American Medical Association* 285(19): 2486-2497.
- National Institutes of Health and National Heart, Lung, and Blood Institute. 1998. Clinical guidelines on the identification, evaluation, and treatment of overweight and obesity in adults: The evidence report. *Obesity Research* 6 (Suppl. 2): S51-S209.
- National Institutes of Health Consensus Development Panel. 1985. Health implications of obesity: National Institutes of Health Consensus development statement. Annals of Internal Medicine 103: 1073-1079.
- National Osteoporosis Foundation. 2004. America's bone health: The state of osteoporosis and low bone mass. www.nof.org/advocacy /prevalence/.
- National Osteoporosis Foundation. 2008. Osteoporosis fast facts. www.nof.org/osteoporosis/ diseasefacts.
- National Strength and Conditioning Association. 2008. *Essentials of strength training and conditioning*, 3rd ed. Champaign, IL: Human Kinetics.
- Naughton, J., Balke, B., and Nagle, F. 1964. Refinement in methods of evaluation and physical conditioning before and after myocardial infarction. *American Journal of Cardiology* 14: 837.
- Nelson, A.G., and Kokkonen, J. 2007. Stretching anatomy. Champaign, IL: Human Kinetics.
- Nelson, M.E., and Folta, S.C. 2009. Further evidence for the benefits of walking. *American Journal of Clinical Nutrition* 89: 15-16.
- Nelson, M.E., Rejeski, W.J., Blair, S.N., Duncan, P.W., Judge, J.O., King, A.C., Macera, C.A., and Castaneda-Sceppa, C. 2007. Physical activity and public health in older adults: Recommendations from the American College of Sports Medicine and the American Heart Association. *Medicine & Science in Sports & Exercise* 39(8): 1435-1445.
- Ng, J.K., Kippers, V., Richardson, C.A., and Parnianpour, M. 2001. Range of motion and lordosis of the lumbar spine: Reliability of measurement and normative values. *Spine* 26: 53-60.
- Ng, N. 1995. Metcalc. Champaign, IL: Human Kinetics.
- Nichols, D.L., Sanborn, C.F., and Love, A.M. 2001. Resistance training and bone mineral density in adolescent females. *Journal of Pediatrics* 139: 494-499.
- Nichols, J.F., Sherman, C.L., and Abbott, E. 2000. Treading is new and hot: 30 minutes meets the ACSM recommendations for cardiorespiratory fitness and caloric expenditure. *ACSM's Health & Fitness Journal* 4(2): 12-17.
- Nicklas, B.J., Wang, X., You, T., Lyles, M.F., Demons, J., Easter, L., Berry, M.J., Lenchik,

L., and Carr, J.J. 2009. Effect of exercise intensity on abdominal fat loss during calorie restriction in overweight and obese postmenopausal women: A randomized, controlled trial. *American Journal of Clinical Nutrition* 89: 1043-1052.

- Nissen, S.L., and Sharp, R.L. 2003. Effect of dietary supplements on lean mass and gains with resistance training: A meta-analysis. *Journal of Applied Physiology* 94: 651-659.
- Noakes, T.D. 2008. How did AV Hill understand the VO<sub>2</sub>max and the "plateau phenomenon"? Still no clarity' *British Journal of Sports Medicine* 42: 574-580.
- Noland, M., and Kearney, J.T. 1978. Anthropometric and densitometric responses of women to specific and general exercise. *Research Quarterly* 49: 322-328.
- Norkin, C.C., and White, D.J. 1995. *Measurement of joint motion: A guide to* goniometry. Philadelphia: Davis.
- Norris, C. 2000. Bach stability. Champaign, IL: Human Kinetics. Norris, R.A., Wilder, E., and Norton. J. 2008. The functional reach test in 3-to 5-year-old children without disabilities. *Pediatric Physical Therapy* 20: 47-52.
- North American Spine Society. 2009. Exercise for a healthy back. www.spine.org/Pages/ ConsumerHealth/SpineHealthAndWellness/ PreventBackPain.
- Norton, K., Marfell-Jones, M., Whittingham, N., Kerr, D., Carter, L., Saddington, K., and Gore, C. 2000. Anthropometric assessment protocols. In *Physiological tests for elite athletes*, ed. C. Gore, 66-85. Champaign, IL: Human Kinetics.
- Nunez, C., Kovera, A., Pietrobelli. A., Heshka, S., Horlick, M., Kehayias, J., Wang, Z., and Heymsfield, S. 1999. Body composition in children and adults by air displacement plethysmography. *European Journal of Clinical Nutrition* 53 382-387.
- O'Brien, E. 2003. Demise of the mercury sphygmomanometer and the dawning of a new era in blood pressure measurement. *Blood Pressure Monitoring* 8: 19-21.
- O'Brien, E., Pickering, T., Asmar, R., Myers, M., Parati, G., Staessen, J., Mengden, T., Imai, Y., Waeber, B., and Palantini, P. 2002. Working group on blood pressure monitoring of the European Society of Hypertension International Protocol for validation of blood pressure measuring devices in adults. *Blood Pressure Monitoring* 7: 3-17.
- O'Brien, E., Waeber, B., Parati, G., Staessen, J., and Myers, M.G. 2001. Blood pressure measuring devices: Recommendations of the European Society of Hypertension. *British Medical Journal* 322: 531-536.
- Ogden, C.L., Carroll, M.D., Curtin, L.R., McDowell, M.A., Tabak, C.J., and Flegal, K.M. 2006. Prevalence of overweight and obesity in the United States, 1999-2004. *Journal of the American Medical Association* 295: 1549-1555.
- Ogden, C.L., Carroll, M.D., and Flegal, K.M. 2008. High body mass index for age among US children and adolescents, 2003-2006. *Journal of the American Medical Association* 299: 2401-2405.
- Ohrvall, M., Berglund, L., and Vessby, B. 2000. Sagittal abdominal diameter compared with

other anthropometric measurements in relation to cardiovascular risk. *International Journal of Obesity* 24: 497-501.

- Oken, B.S., Zajdel, D., Kishiyama, S., Flegal, K., Dehen, C., Haas, M., Kraemer, D.F., Lawrence, J., and Leyva, J. 2006. Randomized, controlled, six-month trial of yoga in healthy seniors: Effects on cognition and quality of life. *Alternative Therapy in Health and Medicine* 12: 40-47.
- Olmsted, L.C., Carcia, C.R., Hertel. J., and Schultz, S.J. 2002. Efficacy of the star excursion balance tests in detecting reach deficits in subjects with chronic ankle instability. *Journal of Athletic Training* 37: 501-506.
- Olson, M.S., Williford, H.N., Blessing, D.L., and Greathouse, R. 1991. The cardiovascular and metabolic effects of bench stepping exercise in females. *Medicine & Science in Sports & Exercise* 23: 1311-1318.
- Omboni, S., Riva, I., Giglio, I., Caldara, G., Groppelli, A., and Parati, G. 2007. Validation of the Omron M5-1, R5-I and HEM-907 automated blood pressure monitors in elderly individuals according to the International Protocol of the European Society of Hypertension. *Blood Pressure Monitoring* 12: 233-242.
- Oppliger, R.A., Nielsen, D.H., and Vance, C.G. 1991. Wrestlers minimal weight: Anthropometry, bioimpedance, and hydrostatic weighing compared. *Medicine & Science in Sports & Exercise* 23: 247-253.
- Ornish, D. 2004. Was Dr Atkins right? *Journal of the American Medical Association* 104: 537-542.
- Orr, R., Raymond, J., and Singh, M.F. 2008. Efficacy of progressive resistance training on balance performance in older adults. A systematic review of randomized controlled trials. *Sports Medicine* 38: 317-343.
- Ortiz, O., Russell, M., Daley, T.L., Baumgartner, R.N., Waki, M., Lichtman, S., Wang, S., Pierson, R.N., and Heymsfield, S.B. 1992. Differences in skeletal muscle and bone mineral mass between black and white females and their relevance to estimates of body composition. *American Journal of Clinical Nutrition* 55: 8-13.
- Ostchega, Y., Prineas, R.J., Dillon, C., McDowell, M., and Carroll, M. 2004. Estimating equations and tables for adult mid-arm circumference based on measured height and weight: Data from the third National Health and Nutrition Examination Survey (NHANES III) and NHANES 1999-2000. *Blood Pressure Monitoring* 9: 123-131.
- Page, P., and Ellenbecker, T. 2005. Strength band training. Champaign, IL: Human Kinetics.
- Painter, J., Rah, J.H., and Lee, Y.K. 2002. Comparison of international food guide pictorial representations. *Journal of the American Dietetic Association* 102: 483-489.
- Pajala, S., Era, P., Koskenvuo, M., Kaprio, J., Tormakangas, T., and Rantanen, T. 2008. Force platform balance measures as predictors of indoor and outdoor falls in communitydwelling women 63-76 years. *Journal of Gerontology* 63: 171-178.

- Palatini, P., Dorigatti, F., Bonso, E., and Ragazzo, F. 2008. Validation of the Microlife BP W200-1 wrist device for blood pressure measurement. Blood *Pressure Monitoring* 13: 295-298.
- Panotopoulos, G., Ruiz, J.C., Guy-Grand, B., and Basdevant, A. 2001. Dual x-ray absorptiometry, bioelectrical impedance, and near-infrared interactance in obese women. *Medicine & Science in Sports & Exercise* 33: 665-670.
- Parker, S.B., Hurley, B.F., Hanlon, D.P., and Vaccaro, P. 1989. Failure of target heart rate to accurately monitor intensity during aerobic dance. *Medicine & Science in Sports & Exercise* 21: 230-234.
- Partnership for Essential Nutrition. 2004. The impact of the low-carb craze on attitudes about eating and weight loss: A national opinion survey conducted for the Partnership for Essential Nutrition. http://www.essentialnutrition.org/survey.php.
- Pate, R.R., Pratt, M., Blair, S.N., Haskell, W.L., Macera, C.A., Bouchard, C., Buchner, D., Ettinger, W., Heath, G.W., and King, A.C. 1995. Physical activity and public health: A recommendation from the Centers for Disease Control and Prevention and the American College of Sports Medicine. *Journal of the American Medical Association* 273: 402-407.
- Patterson, P., Wiksten, D.L., Ray, L., Flanders, C., and Sanphy, D. 1996. The validity and reliability of the backsaver sit-and-reach test in middle school girls and boys. *Research Quarterly for Exercise and Sport* 67: 448-451.
- Paulsen, G., Myklested, D., and Reestad, T. 2003. The influence of volume of exercise on early adaptations to strength training. *Journal of Strength and Conditioning Research* 17: 115-120.
- Pavlou, K.N., Steffee, W.P., Lerman, R.H., and Burrows, B.A. 1985. Effects of dieting and exercise on lean body mass, oxygen uptake, and strength. *Medicine & Science in Sports & Exercise* 17: 466-471.
- Payne, N., Gledhill, N., Kazmarzyk, P.T., Jamnik, V., and Keir, P.J. 2000. Canadian musculoskeletal fitness norms. *Canadian Journal of Applied Physiology* 25: 430-442.
- Persinger, R., Foster, C., Gibson, M., Fater, D.C.W., and Porcari, J.P. 2004. Consistency of the talk test for exercise prescription. *Medicine & Science in Sports & Exercise* 36: 1632-1636.
- Pescatello, L.S., Franklin, B.A., Fagard, R., Farquhar, W.B., Kelley, G.A., and Ray, C.A. 2004. American College of Sports Medicine position stand. Exercise and hypertension. *Medicine & Science in Sports & Exercise* 36: 533-553.
- Peters, D., Fox, K., Armstrong, N., Sharpe, P., and Bell, M. 1992. Assessment of children's abdominal fat distribution by magnetic resonance imaging and anthropometry. *International Journal of Obesity* 16(Suppl.2): S35 [abstract].
- Petersen, T., Verstraete, D., Schultz, W., and Stray-Gundersen, J. 1993. Metabolic demands of step aerobics. *Medicine & Science in Sports & Exercise* 25: S79 [abstract].

- Peterson, M.D., Rhea, M.R., and Alvar, B.A. 2004. Maximizing strength development in athletes: A meta-analysis to determine the dose-response relationship. *Journal of Strength and Conditioning Research* 18: 377-382.
- Pickering, T.G., Hall, J.E., Appel, L.J., Falkner, B.E., Graves, J., Hill, M.N., Jones, D.W., Kurtz, T., Sheldon, G., and Rocella, E.J. 2005. Recommendations for blood pressure measurement in humans and experimental animals: Part 1: Blood pressure measurement in humans: A statement for professionals from the subcommittee of Professional and Public Education of the American Heart Council on High Blood Pressure Research. *Hypertension* 45(1): 142-161.
- Pierce, P., and Herman, S. 2004. Obtaining, maintaining, and advancing your fitness certification. *Journal of Physical Education, Recreation and Dance* 75(7): 50-53.
- Pietrobelli, A., Formica, C., Wang, Z., and Heymsfield, S.B. 1996. Dual-energy X-ray absorptiometry body composition model: Review of physical concepts. *American Journal* of *Physiology* 271: E941-E951.
- Pi-Sunyer, F.X. 1999. Comorbidities of overweight and obesity: Current evidence and research issues. *Medicine & Science in Sports & Exercise* 31: S602-S608.
- Pi-Sunyer, F.X. 2002. Glycemic index and disease. American Journal of Clinical Nutrition 76 (Suppl.): 290S-298S.
- Plowman, S.A. 1992. Physical activity, physical fitness, and low-back pain. *Exercise and Sport Sciences Reviews* 20: 221-242.
- Podsiadlo, D., and Richardson, S. 1991. The timed "up & go": A test of basic functional mobility of frail elderly persons. *Journal of the American Geriatrics Society* 39: 142-148.
- Pollock, M.L. 1973. The quantification of endurance training programs. In *Exercise and Sport Sciences Reviews*, ed. J.H. Wilmore, 1: 155-188. New York: Academic Press.
- Pollock, M.L., Bohannon, R.L., Cooper, K.H., Ayres, J.J., Ward, A., White, S.R., and Linnerud, A.C. 1976. A comparative analysis of four protocols for maximal treadmill stress testing. *American Heart Journal* 92: 39-46.
- Pollock, M.L, Broida, J., and Kendrick, Z. 1972. Validity of the palpation technique of heart rate determination and its estimation of training heart rate. *Research Quarterly* 43: 77-81.
- Pollock, W.L. Cureton, T.K., and Greninger, L. 1969. Effects of frequency of training on working capacity, cardiovascular function, and body composition of adult men. *Medicine* and Science in Sports 1: 70-74.
- Pollock, M.L., Dimmick, J., Miller, H.S., Kendrick, Z, and Linnerud, A.C. 1975. Effects of mode of training on cardiovascular function and body composition of middle-aged men. *Medicine and Science* in *Sports* 7: 139-145.
- Pollock, M.L., Foster, C., Schmidt, D., Hellman, C., Linnerud, A.C., and Ward, A. 1982. Comparative analysis of physiologic responses to three different maximal graded exercise test protocols in healthy women. *American Heart Journal* 103: 363-373.

- Pollock, M.L., Gaesser, G.A., Butcher, J.D., Despres, J.P., Dishman, R.K., Franklin, B.A., and Garber, C.E. 1998. The recommended quantity and quality of exercise for developing and maintaining cardiorespiratory and muscular fitness, and flexibility in healthy adults. *Medicine & Science in Sports & Exercise* 30: 975-991.
- Pollock, M.L., Garzarella, L., and Graves, J. 1992. Effects of isolated lumbar extension resistance training on BMD of the elderly. *Medicine & Science in Sports & Exercise* 24: S66 [abstract].
- Pollock, M.L., Gettman, L., Milesis, C., Bah, M., Durstine, L., and Johnson, R. 1977. Effects of frequency and duration of training on attrition and incidence of injury. *Medicine and Science in Sports* 9: 31-36.
- Pollock, M.L., and Jackson, A.S. 1984. Research progress in validation of clinical methods of assessing body composition. *Medicine & Science in Sports & Exercise* 16: 606-613.
- Pollock, M.L., Miller, H.S., Janeway, R., Linnerud, A.C., Robertson, B., and Valentino, R. 1971. Effects of walking on body composition and cardiovascular function of middleaged men. *Journal of Applied Physiology* 30: 126-130.
- Pollock, M.L., Miller, H.S., Linnerud, A.C., and Cooper, K.H. 1975. Frequency of training as a determinant for improvement in cardiovascular function and body composition of middle-aged men. *Archives of Physical Medicine and Rehabilitation* 56: 141-145.
- Pollock, M.L., Wilmore, J.H., and Fox, S.M. III. 1978. *Health and fitness through physical activity*. New York: Wiley.
- Pondal, M., and del Ser, T. 2008. Normative data and determinants for the timed "up and go" test in a population-based sample of elderly individuals without gait disturbances. *Journal* of Geriatric Physical Therapy 31(2): 57-63.
- Poortmans, J.R., and Francaux, M. 2000. Adverse effects of creatine supplementation: Fact or fiction? *Sports Medicine* 30: 155-170.
- Pope R.P., Herbert, R.D., Kirwan, J.D., and Graham, B.J. 2000. A randomized trial of preexercise stretching for prevention of lower limb injury. *Medicine & Science in Spans* & *Exercise* 32: 271-277
- Porcari, J. Foster, C., and Schneider, P. 2000. Exercise: response to elliptical trainers. *Fitness Management* 16(9): 50-53.
- Porszasz, J., Casaburi, R., Somfay, A., Woodhouse, L.J., and Whipp, B.J. 2003. A treadmill ramp protocol using simultaneous changes in speed and grade. *Medicine & Science in Sports & Exercise* 35: 1596-1603.
- Porter, D.E., Kirtland, K.A., Neet, M.J., Williams, J.E., and Ainsworth, B.E. 2004. Consideration for using a geographic information system to assess environmental supports for physical activity. *Preventing Chronic Disease: Public Health Research*, *Practice and Policy* 1(4): 1-6.
- Porter, G.H. 1988. Case study evaluation for exercise prescription. In Resource manual for

*guidelines for exercise testing and prescription*, ed. S.N. Blair, P. Painter, R.R. Pate, L.K. Smith, and C.B. Taylor, 248-255. Philadelphia: Lea & Febiger.

- Powell, K.E., Thompson, P.D., Casperson, C.J., and Kendrick, J.S. 1987. Physical activity and the incidence of coronary heart disease. *Annual Review of Public Health* 8: 253-287.
- President's Council on Physical Fitness and Sports. 1997. *The presidential physical fitness award program*. Washington, D.C.: author.
- Prevalence of leisure-time physical activity among overweight adults–United States, 1998. 2000. *Morbidity and Mortality Weekly Report* 49(15): April 21.
- Prineas, R.J., Ostchega, Y., Carroll, M., Dillon, C., and McDowell, M. 2007. US demographic trends in mid-arm circumference and recommended blood pressure cuffs for children and adolescents: Data from the National Health and Nutrition Examination Survey 1988-2004. *Blood Pressure Monitoring* 12(2): 75-80.
- Prior, B.M., Cureton, K.J., Modlesky, C.M., Evans, E.M., Sloniger, M.A., Saunders, M., and Lewis, R.D. 1997. In vivo validation of whole body composition estimates from dualenergy X-ray absorptiometry. *Journal of Applied Physiology* 83: 623-630.
- Prochaska, J.O., and DiClemente, C.C. 1982. Trans-theoretical therapy: Toward a more integrative model of change. *Psychotherapy: Theory, Research, and Practice* 19: 276-288.
- Proske, U., and Morgan, D.L. 2001. Muscle damage from eccentric exercise: Mechanism, mechanical signs, adaptation, and clinical applications. *Journal of Physiology* 537: 333-345.
- Province, M.A., Hadley, E.C., Hornbrook, M.C., Lipsitz, L.A., Miller, J.P., Mulrow, C.P., Ory, M.G., Sattin, R.W., Tinetti, M.E., and Wolf, S.L. 1995. The effects of exercise on falls in elderly patients. A preplanned meta-analysis of the FICSIT trials. Fraility and injuries: Cooperative studies of intervention techniques. *Journal of the American Medical Association* 273: 1341-1347.
- Pruitt, L.A., Jackson, R.D., Bartels, R.L., and Lehnhard, H.J. 1992. Weight-training effects on bone mineral density in early postmenopausal women. *Journal of Bone Mineral Research* 7: 179-185.
- Pruitt, L.A., Taaffe, D.R., and Marcus, R. 1995. Effects of a one-year high-intensity versus low-intensity resistance training program on bone mineral density in older women. *Journal of Bone Mineral Research* 10: 1788-1795.
- Public Health Agency of Canada. 2009. Facts on current physical activity levels of Canadians. www.phac-aspc.gc.ca/pau-uap/ paguide/back3e.html.
- Quatrochi, J.A., Hicks, V.L., Heyward, V.H., Colville, B.C., Cook, K.L., Jenkins, K.A., and Wilson, W. 1992. Relationship of optical density and skinfold measurements: Effects of age and level of body fatness. *Research Quarterly for Exercise and Sport* 63: 402-409.
- Rajaram, S., Weaver, C.M., Lyle, R.M., Sedlock, D.A., Martin, B., Templin, T.J., Beard, J.L.,

and Percival, S.S. 1995. Effects of long-term moderate exercise on iron status in young women. *Medicine & Science in Sports & Exercise* 27: 1105-1110.

- Ratamess, N.A., Alvar, B.A., Evetoch, T.K., Housh, T.J., Kibler, W.B., Kraemer, W.J., and Triplett, N.T. 2009. ACSM position stand: Progression models in resistance training for healthy adults. *Medicine & Science in Sports & Exercise* 41: 687-708.
- Ratamess, N.A., Kraemer, W.J., Volek, J.S., Rubin, M.R., Gomez, A.L., French, D.N., Sharman, M.J., McGuigan, M.M., Scheett, T., Hakkinen, K, Newton, R.U., and Dioguardi, F. 2003. The effects of amino acid supplementation on muscular performance during resistance training overreaching. *Journal of Strength and Conditioning Research* 17: 250-258.
- Rawson, E.S., and Clarkson, P.M. 2003. Scientifically debatable: Is creatine worth its weight? Gatorade Sport Science Exchange 91 16(4): 1-13.
- Rawson, E.S., Gunn, B., and Clarkson, P.M. 2001. The effects of creatine supplementation on exercise-induced muscle damage. *Journal of Strength and Conditioning Research* 15: 178-184.
- Rebuffe-Scrive, M. 1985. Adipose tissue metabolism and fat distribution. In *Human body composition and fat distribution*, ed. N.G. Norgan, 212-217. Wageningen, Netherlands: Euronut.
- Recalde, P.T., Foster, C., Skemp-Arlt, K.M., Fater, D.C.W., Neese, C.A., Dodge, C., and Porcari, J.P. 2002. The talk test as a simple marker of ventilatory threshold. *South African Journal of Sports Medicine* 8: 5-8.
- Reese, N.B., and Bandy, W.D. 2003. Use of an inclinometer to measure flexibility of the iliotibial band using the Ober test and the modified Ober test: Differences in magnitude and reliability of measurements. *Journal of Orthopaedic and Sports Physical Therapy* 33: 326-330.
- Reeves, R.A. 1995. Does this patient have hypertension? How to measure blood pressure. *Journal of the American Medical Association* 273: 1211-1218.
- Reiman, M.P., and Manske, R.C. 2009. *Functional testing in human performance*. Champaign, IL: Human Kinetics.
- Rhea, M.R., Alvar, B.A., Burkett, L.N., and Ball, S.D. 2003. A meta-analysis to determine the close response for strength development. *Medicine & Science in Sports & Exercise* 35: 456-464.
- Rhea, M.R., Ball, S.D., Phillips, W.T., and Burkett, L.N. 2002. A comparison of linear and daily undulating periodized programs with equated volume and intensity for strength. *Journal of Strength and Conditioning Research* 16: 250-255.
- Rhea, M.R., Phillips, W.T., Burkett, L.N., Stone, W.J., Ball, S.D., Alvar, B.A., and Thomas, A.B. 2003. A comparison of linear and daily undulating periodized programs with equated volume and intensity for local muscular endurance. *Journal of Strength and Conditioning Research* 17: 82-87.

- Richardson, C.R., Newton, T.L., Abraham, J.J., Sen, A. Jimbo, M., and Swartz, A.M. 2008. A meta-analysis of pedometer-based walking interventions and weight loss. *Annals of Family Medicine* 6: 69-77.
- Riddle, D.L., and Stratford, P.W. 1999. Interpreting validity indexes for diagnostic tests: An illustration using the Berg balance test. *Physical Therapy* 79: 939-948.
- Ridley, K., Ainsworth, B.E., and Olds, T.S. 2008. Development of a compendium of energy expenditures for youth. *International Journal of Behavioral Nutrition and Physical Activity* 5: 45-52.
- Riebe, D., and Niggs, C. 1998. Setting the stage for healthy living. ACSM's Health & Fitness Journal 2(3): 11-15.
- Rikli, R., Petray, C., and Baumgartner, T. 1992. The reliability of distance run tests for children in grades K-4. *Research Quarterly for Exercise and Sport* 63: 270-276.
- Rikli, R.E., and Jones, C.J. 1999. Development and validation of a functional fitness test for community-residing older adults. *Journal of Aging and Physical Activity* 7: 127-159.
- Rikli, R.E., and Jones, C.J. 2001. Senior fitness test manual. Champaign, IL: Human Kinetics.
- Rixon, K.P., Rehor, P.R., and Bemben, M.G. 2006. Analysis of the assessment of caloric expenditure in four modes of aerobic dance. *Journal of Strength and Conditioning Research* 20: 593-596.
- Roberts, J.M., and Wilson, K. 1999. Effect of stretching duration on active and passive range of motion in the lower extremity. *British Journal of Sports Medicine* 33: 259-263.
- Robertson, R.J. 2004. *Perceived exertion for practitioners. Rating effort with the OMNI picture system.* Champaign, IL: Human Kinetics.
- Robertson, R.J., Goss, F.L., Andreacci, J.L., Dube, J.J., Rutkowski, J.J., Frazee, K.M., Aaron, D.J., Metz, K.F., Kowallis, R.A., and Snee, B.M. 2005. Validation of the children's OMNI-resistance exercise scale of perceived exertion. *Medicine & Science in Sports & Exercise* 37: 819-826.
- Robinson, R.H., and Gribble, P.A. 2008. Support for a reduction in the number of trials needed for the star excursion balance test. *Archives of Physical Medicine and Rehabilitation* 89: 364-370.
- Roby, R.B. 1962. Effect of exercise on regional subcutaneous fat accumulations. *Research Quarterly* 33: 273-278.
- Rochmis, P., and Blackburn, H. 1971. Exercise tests. A survey of procedures, safety and litigation experience in approximately 170,000 tests. *Journal of the American Medical Association* 217: 1061-1066.
- Rockport Walking Institute. 1986. Rockport fitness walking test. Marlboro, MA: Author.
- Rodd, D., Ho, L., and Enzler, D. 1999. Validity of Tanita TBF-515 bioelectrical impedance scale for estimating body fat in young adults. Medicine & Science in Sports & Exercise 3l(Suppl.) S201 [abstract].

- Rodgers, W.M., and Loitz, C.C. 2009. The role of motivation in behavior change: How do we encourage our clients to be active? *ACSM's Health & Fitness Journal* 13(1): 7-12.
- Rodriguez, D.A., Brown, A.L., and Troped, P.J. 2005. Portable global positioning units to complement accelerometry-based physical activity monitors. *Medicine & Science in Sports & Exercise* 37 (Suppl.): S572-S581.
- Roelants, M., Delecluse, C., Goris, M., and Verschueren, S. 2004. Effects of 24 weeks of whole body vibration training on body composition and muscle strength in untrained females. *International Journal of Sports Medicine* 25: 1-5.
- Rogers, C.E., Larkey, L.K., and Keller, C. 2009. A review of clinical trials of tai chi and Qigong in older adults. Western. *Journal of Nursing Research* 31: 245-279.
- Rose, D.J. 2003. *Fall proof: A comprehensive balance and mobility training program.* Champaign, IL: Human Kinetics.
- Ross, J., and Pate, R. 1987. The national children and youth fitness study II: A summary of findings. *Journal of Physical Education, Recreation and Dance* 58: 51-56.
- Ross, R., and Janssen, I. 2001. Physical activity, total and regional obesity: Dose-response considerations. *Medicine & Science in Sports & Exercise* 33 (Suppl.): S521-S527.
- Ross, W.D., and Marfell-Jones, M.J. 1991. Kinanthropometry. In *Physiological testing of the high-performance athlete*, ed. J.D. MacDougall, H.A. Wenger, and H.J. Green, 75-115, Champaign, IL: Human Kinetics.
- Rossiter, H.B., Kowalchuk, J.M., and Whipp, B.J. 2006. A test to establish maximum O<sub>2</sub> uptake despite no plateau in the O<sub>2</sub> uptake response to ramp incremental exercise. *Journal of Applied Physiology* 100: 764-770.
- Row, B.S., and Cavanagh, P.R. 2007. Reaching upward is more challenging to dynamic balance than reaching forward. *Clinical Biomechanics* 22: 155-164.
- Rowlands, A.V., Marginson, V.F., and Lee, J. 2003. Chronic flexibility gains: Effect of isometric contraction duration during proprioceptive neuromuscular facilitation stretching techniques. *Research Quarterly for Exercise and Sport* 74 47-51.
- Roy, J.L.P., Smith, J.F., Bishop, P.A., Hallinan, C., Wang, M., and Hunter, G.R. 2004. Prediction of maximal V.O<sub>2</sub> from a submaximal StairMaster test in young women. *Journal of Strength and Conditioning Research* 18: 92-96.
- Roza, A.M., and Shizgal, H.M. 1984. The Harris Benedict equation reevaluated: Resting energy requirements and the body cell mass. *American Journal of Clinical Nutrition*. 40: 168-182.
- Rubin, C., Recker, R., Cullen, D., Ryaby, J., and McLeod, K. 1998. Prevention of bone loss in a post-menopausal population by low-level biomechanical intervention. Bone 23: SI74 [abstract].
- Rubini, E.C., Costa, A.L.L., and Gomes, P.S.C. 2007. The effects of stretching on strength performance. *Sports* Medicine 37: 213-224.

- Runge, M., Rehfeld, G., and Resnicek, E. 2000. Balance training and exercise in geriatric patients. *Journal of Musculoskeletal and Neuronal Interactions* 1: 61-65.
- Rush, E.C., Plank, L.D., Laulu, M.S., and Robinson, S.M. 1997. Prediction of percentage body fat from anthropometric measurements: Comparison of New Zealand European and Polynesian young women. *American Journal of Clinical Nutrition* 66: 2-7.
- Sale, D. 1988. Neural adaptation to resistance training. *Medicine & Science in Sports & Exercise* 20: S135-S145.
- Sale, D., MacDougall, J.D., Jacobs, I., and Garner, S. 1987. Interaction between concurrent strength and endurance training. *Journal of Applied Physiology* 68: 260-270.
- Salem, J.G., Wang, M.Y., and Sigward, S. 2002. Measuring lower extremity strength in older adults: The stability of isokinetic versus IRM measures. *Journal of Aging and Physical Activity* 10: 489-503.
- Sallis, J.F., and Owen, N. 1999. *Physical activity and behavioral medicine*. Thousand Oaks, CA: Sage.
- Samaha, F.F., Iqbal, N., Seshadri, P., Chicano, K.L., Daily, D.A., McGrory, J., Williams, T., Williams, M., Gracely, E.J., and Stern, L. 2003. A low-carbohydrate as compared with a low-fat diet in severe obesity. *New England Journal of Medicine* 348: 2074-2081.
- Sands, W.A., McNeal, J.R., Stone, M.H., Russell, E.M., and Jemni, M. 2006. Flexibility enhancement with vibration: Acute and long-term. *Medicine & Science in Sports & Exercise* 38: 720-725.
- Saris, W.H.M., Blair, S.N., van Baak, M.A., Eaton, S.B., Davies, P.S.W., Di Pietro, L., Fogelholm, M., Rissanen, A., Schoeller, D., Swinburn, B., Tremblay, A., Westerterp, K.R., and Wyatt, H. 2003. How much physical activity is enough to prevent unhealthy weight gain? Outcome of the IASO 1st Stock Conference and consensus statement. *Obesity Reviews* 4: 101-114.
- Schade, M., Hellebrandt, F.A., Waterland, J.C., and Carns, M.L. 1962. Spot reducing in overweight college women: Its influence on fat distribution as determined by photography. *Research Quarterly* 33: 461-471.
- Schaefer, E.J. 2002. Lipoproteins, nutrition, and heart disease. American Journal of Clinical Nutrition 75: 191-212.
- Schlicht, J., Godin, J., and Camaione, D.C. 1999. How to help your client stick with an exercise program: Build self-efficacy to promote exercise adherence. ACSM's Health & Fitness Journal 3(6): 27-31.
- Schmidt, P.K., and Carter, J.E.L. 1990. Static and dynamic differences among five types of skinfold calipers. *Human Biology* 62: 369-388.
- Schot, P.K., Knutzen, K.M., Poole, S.M., and Mrotek, L.A. 2003. Sit-to-stand performance of older adults following strength training. *Research Quarterly for Exercise and Sport* 74: 1-8.
- Schutte, A.E. Huisman, H.W. van Rooyen, J.M., Malan N.T., and Schutte, R. 2004.

Validation of the Finometer device for measurement of blood pressure in black women. *Journal of Human Hypertension* 18: 79-84.

- Schutz, Y., and Herren, R. 2000. Assessment of speed of human locomotion using a differential satellite global positioning system. *Medicine & Science in Sports & Exercise* 32: 642-646.
- Schwane, J.A., Johnson, S.R., Vandenakker, C.B., and Armstrong, R.B. 1983. Delayed-onset muscular soreness and plasma CPK and LDH activities after downhill running. *Medicine* & Science in Sports & Exercise 15: 51-56.
- Scott, S. 2008. ABLE bodies balance training. Champaign, IL: Human Kinetics.
- Segal, K.R., Van Loan, M., Fitzgerald, P.I., Hodgdon, J.A., and Van Itallie, T.B. 1988. Lean body mass estimation by bioelectrical impedance analysis: A four-site cross-validation study. *American Journal of Clinical Nutrition* 47: 7-14.
- Sell, K., Lillie, T., and Taylor, J. 2008. Energy expenditure during physically interactive video game playing in male college students with different playing experience. *Journal of American College Health* 56: 505-511.
- Seip, R., and Weltman, A. 1991. Validity of skinfold and girth based regression equations for the prediction of body composition in obese adults. *American Journal of Human Biology* 3: 91-95.
- Sell, K.E., Verity, T.M., Worrell, T.W., Pease, B.J., and Wiggles-worth. J. 1994. Two measurement techniques for assessing subtalar joint position: A reliability study. *Journal* of Orthopaedic and Sports Physical Therapy 19: 162-167.
- Seshadri, P. 2004. A calorie by any name is still a calorie. *Archives of Internal Medicine* 164: 1702-1703.
- Sharkey, B.J., and Gaskill, S.E. 2007. *Fitness and health*, 6th ed. Champaign, IL: Human Kinetics.
- Shaw, B. 2009. Beth Shaw's yogafit, 2nd ed. Champaign, IL: Human Kinetics.
- Shaw, C.E., McCully, K.K., and Posner, J.D. 1995. Injuries during the one repetition maximum assessment in the elderly. *Journal of Cardiopulmonary Rehabilitation* 15: 283-287.
- Shaw, K., Gennat, H., O'Rourke, P., and Del Mar, C. 2006. Exercise for overweight or obesity. *Cochrane Database Systematic Reviews*, Issue 4, CD003817. DOI: 10.1002/14651858. CD003817.pub3.
- Shephard, R.J. 1972. Alive *man:* The *physiology of physical activity*. Springfield, IL: Charles C Thomas.
- Shephard, R.J. 1977. Do risks of exercise justify costly caution? *The Physician and Sportsmedicine* 5: 58-65.
- Shigematsu, R., Okura, T., Nakagaichi, M., Tanaka, K., Sakai, T, Kitazumi, S., and Rantanen, T. 2008. Square-stepping exercise and fall risk factors in older adults: A single-blind,

randomized controlled trial. Journal of Gerontology 63A: 76-82.

- Shoenhair, C.L., and Wells, C.L. 1995. Women, physical activity, and coronary heart disease: A review. *Medicine, Exercise, Nutrition and Health* 4: 200-206.
- Shrier, I. 1999. Stretching before exercise does not reduce the risk of local muscle injury: A critical review of the clinical and basic science literature. *Clinical Journal of Sport Medicine* 9: 221-227.
- Shrier, I. 2000. Stretching before exercise: An evidence based approach. British Journal of Sports Medicine 34: 324-325.
- Shrier, I., and Gossal, K. 2000. Myths and truths of stretching: Individualized recommendations for healthy muscles. *The Physician and Sportsmedicine* 28: 57-63.
- Shubert, T.E., Schrodt, L.A., Mercer, V.S., Busby-Whitehead, J., and Giuliani, C.A. 2006. Are scores on balance screening tests associated with mobility in older adults? *Journal of Geriatric Physical Therapy* 29(1): 33-39.
- Shumway-Cook, A., Baldwin, M., Polissar, N.L., and Gruber, W. 1997. Predicting the probability for falls in community-dwelling older adults. *Physical Therapy* 77: 812-819.
- Shumway-Cook, A., Brauer, S., and Wollacott, M.H. 2000. Predicting the probability of falls in community-dwelling older adults using the timed up and go test. *Physical Therapy* 80: 896-904.
- Shumway-Cook, A., and Horak, F.B. 1986. Assessing the influence of sensory interaction on balance. *Physical Therapy* 66: 1548-1550.
- Shumway-Cook, A., and Woollacott, M.H. 1995. *Motor control: Theory and practical applications*. Baltimore: Williams & Wilkins.
- Sinning, W. 1975. *Experiments and demonstrations in exercise physiology*. Philadelphia: Saunders.
- Siri, W.E. 1961. Body composition from fluid space and density. In *Techniques for measuring body composition*, ed. J. Brozek and A. Henschel, 223-224. Washington, D.C.: National Academy of Sciences.
- Sjodin, A.M., Forslund, A.H., Westerterp, K.R., Andersson, A.B., Forslund, J.M., and Hambraeus, L.M. 1996. The influence of physical activity on BMR. *Medicine & Science in Sports & Exercise* 28: 85-91.
- Sjostrom, M., Lexell, J., Eriksson, A., and Taylor, C.C. 1992. Evidence of fiber hyperplasia in human skeletal muscles from healthy young men? *European Journal of Applied Physiology* 62: 301-304.
- Skinner, J. 1993. Exercise testing and exercise prescription for special cases. Philadelphia: Lea & Febiger.
- Slaughter, M.H., Lohman, T.G., Boileau, R.A., Horswill, C.A., Stillman, R.J., Van Loan, M.D., and Bemben, D.A. 1988. Skinfold equations for estimation of body fatness in children and youth. *Human Biology* 60: 709-723.
- Smith, D.B., Johnson, G.O., Stout, J.R., Housh, T.J., Housh, D.J., and Evetovich, T.K. 1997.

Validity of near-infrared interactance for estimating relative body fat in female high school gymnasts. *International Journal of Sports Medicine* 18: 531-537.

- Smith, L.L. 1991. Acute inflammation: The underlying mechanism in delayed onset muscle soreness? *Medicine & Science in Sports & Exercise* 23: 542-551.
- Smith, U., Hammerstein, J., Bjorntorp, P., and Kral, J.G. 1979. Regional differences and effect of weight reduction on human fat cell metabolism. *European Journal of Climcal Investigation* 9: 327-332.
- Smutok, M.A., Skrinar, G.S., and Pandolf, K.B. 1980. Exercise intensity: Subjective regulation by perceived exertion. *Archives of Physical Medicine and Rehabilitation* 61: 569-574.
- Smye, S.W., Sutcliffe, J., and Pitt, E. 1993. A comparison of four commercial systems used to measure whole-body electrical impedance. *Physiological Measurement* 14: 473-478.
- Snijder, M.B., Kuyf, B.E., and Deurenberg. P., 1999. Effect of body build on the validity of predicted body fat from body mass index and bioelectrical impedance. *Annals of Nutrition* and Metabolism 43: 277-285.
- Spennewyn, K.C. 2008. Strength outcomes in fixed versus free-form resistance equipment. *Journal of Strength and Conditioning Research* 22(1): 75-81.
- Springer, B.A., Marin, R., Cyhan, T., Roberts, H., and Gill, N.W. 2007. Normative values for the unipedal stance test with eyes open and closed. *Journal of Geriatric Physical Therapy* 30: 8-15.
- Staron, R.S., Karapondo, D.L., Kraemer, W.J., Fry, A.C., Gordon, S.E., Falkel, J.E., Hagerman, F.C., and Hikida, R.S. 1994. Skeletal muscle adaptations during the early phase of heavy-resistance training in men and women. *Journal of Applied Physiology* 76: 1247-1255.
- Stevens, J.A. 2006. Fatalities and injuries from falls among older adults–United States, 1993-2003 and 2001-2005. *Morbidity and Mortality Weekly Report* 55: 45.
- Stolarczyk, L.M., Heyward, V.H, Hicks, V.L., and Baumgartner, R.N. 1994. Predictive accuracy of bioelectrical impedance in estimating body composition of Native American women. *American Journal of Clinical Nutrition* 59: 964-970.
- Stone, M.H., Stone, M., and Sands, W.A. 2007. Principles and practice of resistance training. Champaign, IL: Human Kinetics.
- Stout, J.R., Eckerson, J.M., Housh, T.J., and Johnson, G.O. 1994. Validity of methods for estimating percent body fat in black males. *Journal of Strength and Conditioning Research* 8: 243-246.
- Stout, J.R., Eckerson, J.M., Housh, T.J., Johnson, G.O., and Betts, N.M. 1994. Validity of percent body fat estimations in males. *Medicine & Science in Sports & Exercise* 26: 632-636.
- Stout, J.R., Housh, T.J., Eckerson, J.M., Johnson, G.O., and Betts, N.M. 1996. Validity of

methods for estimating percent body fat in young women. *Journal of Strength and Conditioning Research* 10: 25-29.

- Strath, S.J., Brage, S., and Ekelund, U. 2005. Integration of physiological and accelerometer data to improve physical activity assessment. *Medicine & Science in Sports & Exercise* 37 (Suppl.): S563-5571.
- Sung, R.Y.T., Lau, P., Yu, C.W., Lam, P.K.W., and Nelson, E.A.S. 2001. Measurement of body fat using leg to leg bioimpedance. *Archives of Disease in Childhood* 85: 263-267.
- Svendsen, O.L.. Hassager, C., Bergmann, I., and Christiansen, C. 1992. Measurement of abdominal and intra-abdominal fat in postmenopausal women by dual energy X-ray absorptiometry and anthropometry: Comparison with computerized tomography. International. *Journal of Obesity* 17 45-51.
- Swain. D.P. 1999. V.O., reserve: A new method for exercise prescription. ACSM's Health & Fitness Journal 3(5): 10-14.
- Swain, D.P., and Franklin, B.A. 2002. VO<sub>2</sub> reserve and the minimal intensity for improving cardiorespiratory fitness. *Medicine & Science in Sports & Exercise* 34: 152-157.
- Swain, D.P., and Leutholtz, B.C. 1997. Heart rate reserve is equivalent to %VO<sub>2</sub> reserve, not to VO<sub>2</sub>max. *Medicine & Science in Sports & Exercise* 29: 410-414.
- Swain, D.P., Leutholtz, B.C., King, M.E., Haas, L.A., and Branch, J.D. 1998. Relationship between % heart rate reserve and % VO<sub>2</sub> reserve in treadmill exercise. *Medicine & Science in Sports & Exercise* 30: 318-321.
- Swain, D.P., Parrott, J.A., Bennett, A.R., Branch, J.D., and Dowling, E.A. 2004. Validation of a new method for estimating VO<sub>2</sub>max based on VO<sub>2</sub> reserve. *Medicine & Science in Sports & Exercise* 36: 1421-1426.
- Swank, A.M., Funk, D.C., Durham, M.P., and Roberts, S. 2003. Adding weights to stretching exercise increases passive range of motion for healthy elderly. *Journal of Strength and Conditioning Research* 17: 374-378.
- Taaffe, D.R., Duret, C., Wheeler, S., and Marcus, R. 1999. Once-weekly resistance exercise improves muscle strength and neuromuscular performance in older adults, *Journal of the American Geriatrics Society* 47: 1208-1214.
- Takeshima, N., Rogers, M.E., Watanabe, E., Brechue, W.F., Okada, A., Yamada, T., Islam, M.M., and Hayano, J. 2002. Water-based exercise improves health-related aspects of fitness in older women. *Medicine & Science in Sports & Exercise* 34: 544-551.
- Takeshima, N., Rogers, N.L., Rogers, M.E., Islam, M.M., Koizumi, D., and Lee, S. 2007. Functional fitness gain varies in older adults depending on exercise mode. *Medicine & Science in Sports & Exercise* 39: 2036-2043.
- Talag, T.S. 1973. Residual muscular soreness as influenced by concentric, eccentric, and static contractions. *Research Quarterly* 44: 458-469.
- Tanaka, H., Monahan, K.D., and Seals, D.R. 2001. Age-predicted maximal heart rate

revisited. Journal of the American College of Cardiology 37: 153-156.

- Taylor, D.C., Dalton, J.D., Seaber, A.V., and Garrett, W.E. 1990. Viscoelastic properties of muscle-tendon units. The biomechanical effects of stretching. *American Journal of Sports Medicine* 18: 300-309.
- Taylor, N.A.S., and Wilkinson, J.G. 1986. Exercise-induced skeletal muscle growth: Hypertrophy or hyperplasia? *Sports Medicine* 3: 190-200.
- Taylor, W.D., George, J.D., Allsen, P.E., .Vehrs, P.R., Hager, R.L., and Roberts, M.P. 2002. Estimation of VO<sub>2</sub>max from a 1.5-mile endurance test. *Medicine & Science in Sports & Exercise* 35 (Suppl.): S257 [abstract].
- Telford, R., Catchpole E., Deakin, V., Hahn, A., and Plank, A. 1992. The effect of 7 to 8 months of vitamin/mineral supplementation on athletic performance. *International Journal of Sport Nutrition* 2: 135-153.
- Terry, J.W., Tolson, H., Johnson, D.J., and Jessup. G.T 1977. A work load selection procedure for the Åstrand-Ryhming test. *Journal of Sports Medicine and Physical fitness* 17: 361-366.
- Tesch, P.A. 1988. Skeletal muscle adaptations consequent to long-term heavy resistance exercise. *Medicine & Science in Sports & Exercise* 20: SI32-SI34.
- Tesch, P.A. 1992. Short- and long-term histochemical and biochemical adaptations in muscle. In Strength and power in sports. The encyclopaedia of sports medicine, ed. P. Komi, 239-248. Oxford: Blackwell.
- Thacker, S.B., Gilchrist, J., Stroup, D.F., and Kimsey, C.D. 2004. The impact of stretching on sports injury risk: A systematic review of the literature. *Medicine & Science in Sports & Exercise* 36: 371-378.
- Thaler, M.S. 2010. The *only EKG book you'll* ever *need*, 6th ed. Philadelphia: Lippincott, Williams, & Wilkins.
- Thomas, T.R., and Etheridge, G.L. 1980. Hydrostatic weighing at residual volume and functional residual capacity. *Journal of Applied Physiology* 49: 157-159.
- Thomas, T.R., Ziogas, G., Smith, T., Zhang, Q., and Londeree, B.R. 1995. Physiological and perceived exertion responses to six modes of submaximal exercise. *Research Quarterly for Exercise and Sport* 66: 239-246.
- Thompson, C.J., Cobb, K.M., and Blackwell, J. 2007. Functional training improves club head speed and functional fitness of older golfers. *Journal of Strength and Conditioning Research* 21(1): 131-137.
- Thompson, J., Manore, M., and Thomas, J. 1996. Effects of diet and diet-plus-exercise programs on resting metabolic rate: A meta-analysis. *International Journal of Sport Nutrition* 6: 41-61.
- Thompson; M., and Medley, A. 2007. Forward and lateral sitting functional reach in younger, middle-aged, and older adults. *Journal of Geriatric Physical Therapy* 30(2): 43-51.
- Thompson, P.D. 1993. The safety of exercise testing and participation. In ACSM's resource

*manual for guidelines for exercise testing and prescription*, ed. S.N. Blair, P. Painter, R. Pate, L.K. Smith, and C.B. Taylor, 361-370. Philadelphia: Lea & Febiger.

- Thompson, W.R. 2008. Worldwide survey reveals fitness trends for 2009. *ACSM's Health & Fitness Journal* 12(6): 7-14.
- Thomson, C.A., and Thompson, P.A. 2008. Healthy lifestyle and cancer prevention. *ACSM's Health & Fitness Journal* 12(3): 18-26.
- Thorstensson, A., Hulten, B., vonDobeln, W., and Karlsson, J. 1976. Effect of strength training on enzyme activities and fibre characteristics in human skeletal muscle. *Acta Physiologica Scandinavica* 96: 392-398.
- Thune, I., and Furberg, A-S. 2001. Physical activity and cancer risk: Dose-response and cancer, all sites and site-specific. *Medicine & Science in Sports & Exercise* 33 (Suppl.): S530-S550.
- Timson, B.F., and Coffman, J.L. 1984. Body composition by hydrostatic weighing at total lung capacity and residual volume. *Medicine & Science in Sports & Exercise* 16: 411-414.
- Tinetti, M.E. 1986. Performance-oriented assessment of mobility problems in elderly patients. *Journal of the American Geriatric Society* 34: 119-126.
- Tinetti, M.E., Speechley, M., and Ginter, S.F. 1988. Risk factors for falls among elderly persons living in the community. *New England Journal of Medicine* 319(26): 1701-1707.
- Tipton, C.M., Matthes, R.D., Maynard, J.A., and Carey, R.A. 1975. The influence of physical activity on ligaments and tendons. *Medicine and Science in Sports* 7: 165-175.
- Tipton, K.D., Rasmussen, B.B., Miller, S.L., Wolfe, S.E., Owens-Stovall, S.K., Petrini, B.E., and Wolfe, R.R. 2001. Timing of amino acid-carbohydrate ingestion alters anabolic response of muscle to resistance exercise. *American Journal of Physiology*, Endocrinology and Metabolism 281: El97-206.
- Tipton, K.D., and Wolfe, R.R. 2004. Protein and amino acids for athletes. *Journal of Sports Science* 22: 65-79.
- Topouchian, J.A., El Assaad, M.A., Orobinskaia, L.V., El Feghali, R.N., and Asmar, R.G. 2006. Validation of two automatic devices for self-measurement of blood pressure according to the International Protocol of the European Society of Hypertension: The Omron M6 (HEM-7001-E) and the Omron R7 (HEM 637-IT). *Blood Pressure Monitoring* 11: 165-171.
- Torvinen, S., Kannus, P., Sievanen, H., Jarvinen, T.A.H., Pasanen, M., Kontulainen, S., Jarvinen, T.L.N., Jarvinen, M., Oja, P., and Vuori, I. 2002. Effect of four-month vertical whole body vibration on performance and balance. *Medicine & Science in Sports & Exercise* 34: 1523-1528.
- Tothill, P., and Hannan, W.J. 2000. Comparisons between Hologic QDR 1000W, QDR 4500A, and Lunar Expert dual-energy X-ray absorptiometry scanners used for measuring total body bone and soft tissue. *Annals of the New York Academy of Sciences* 904: 63-71.
- Town, G.P., Sol, N., and Sinning, W. 1980. The effect of rope skipping rate on energy

expenditure of males and females. *Medicine & Science in Sports & Exercise* 12: 295-298. Tran, Z.V., and Weltman, A. 1988. Predicting body composition of men from girth

measurements. Human Biology 60: 167-175.

- Tran, Z.V., and Weltman, A. 1989. Generalized equation for predicting body density of women from girth measurements. *Medicine & Science in Sports & Exercise* 21: 101-104.
- Tremblay, M.S., and Willms, J.D. 2000. Secular trends in the body mass index of Canadian children. *Canadian Medical Association* Journal 163: 1429-1433. Published erratum in *Canadian Medical Association Journal* (2001) 164: 970.
- Troiano, R.P., Berrigan, D., Dodd, K.W., Masse, L.C., Tilert, T., and McDowell, M. 2008. Physical activity in the United States measured by accelerometer. *Medicine & Science in Sports & Exercise* 40: 181-188.
- Troped, P.J., Oliveira, M.S., Matthews, C.E., Cromley, E.K., Melly, S.J., and Craig, B.A. 2008. Prediction of activity mode with global positioning system and accelerometer data. *Medicine & Science in Sports & Exercise* 40: 972-978.
- Trost, S.G., Owen, N., Bauman, A.E., Sallis, J.F., and Brown, W. 2002. Correlates of adults' participation in physical activity: Review and update. *Medicine & Science in Sports & Exercise* 34: 1996-2001.
- Tudor-Locke, C., Hatano, Y., Pangrazi, R.P., and Kang, M. 2008. Revisiting "How many steps are enough?" *Medicine & Science in Sports & Exercise* 40 (Suppl.): S537-S543.
- Tudor-Locke, C., Sisson, S.B., Collova, T., Lee, S.M., and Swan, P.D. 2005. Pedometerdetermined step count guidelines for classifying walking intensity in a young ostensibly healthy population. *Canadian Journal of Applied Physiology* 30: 666-676.
- Tudor-Locke, C., Sisson, S.B., Lee, S.M., Craig, C.L., Plotnikoff, R., and Bauman, A. 2006. Evaluation of quality of commercial pedometers. *Canadian Journal of Public Health* 97: S10-S15.
- Tudor-Locke, C., Williams, J.E., Reis, J.P., and Pluto, D. 2002. Utility of pedometers for assessing physical activity: Convergent validity. *Sports Medicine* 32: 795-808.
- Turcato, E., Bosello, O., Francesco, V.D., Harris, T.B., Zoico, E., Bissoli, L., Fracassi, E., and Zamboni, M. 2000. Waist circumference and abdominal sagittal diameter as surrogates of body fat distribution in the elderly: Their relation with cardiovascular risk factors. *International Journal of Obesity* 24: 1005-1010.
- Tyrrell, V.J., Richards, G., Hofman, P., Gillies, G.F., Robinson, E., and Cutfield, W.S. 2001. Foot-to-foot bioelectrical impedance analysis: A valuable tool for the measurement of body composition in children. *International Journal of Obesity* 25: 273-278.
- U.S. Department of Health and Human Services. 1996. *Physical activity and health: A report* of the Surgeon General–At a glance. Atlanta: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion.
- U.S. Department of Health and Human Services. 2000a. Healthy people 2010-conference

edition: Physical activity and fitness (22). Atlanta: Author.

- U.S. Department of Health and Human Services. 2000b. *Healthy people 2010: Understanding and improving health*–overweight *and obesity*. Washington, D.C.: U.S. Government Printing Office.
- U.S. Department of Health and Human Services. 2004. 2005 Dietary Guidelines Advisory Committee report: Translating the science into dietary guidance. Washington, D.C.: U.S. Government Printing Office.
- U.S. Department of Health and Human Services. 2005a. *Dietary Guidelines for Americans* 2005. Executive Summary. www.health.gov/dietaryguidelines/dga2005/document/html/executive summary.
- U.S. Department of Health and Human Services. 2005b. MyPyramid. www.MyPyramid.com.
- U.S. Department of Health and Human Services. 2007. *The Surgeon. General's call to action to prevent overweight and obesity* in *children and adolescents*. Washington, DC: Author. http://www.surgeongeneral.gov/topics/obesity/calltoaction/ fact\_adolescents.html.
- U.S. Department of Health and Human Services. 2008. Physical activity guidelines for Americans. At-a-glance: A fact sheet for professionals. www.health.gov/paguidelines/factsheetprof.aspx.
- Utter, A.C., Nieman, D.C., Mulford, G.J., Tobin, R., Schumm, S., McInnis, T., and Monk, J.R. 2005. Evaluation of leg-to-leg BIA in assessing body composition of high-school wrestlers. *Medicine & Science in Sports & Exercise* 37: 1395-1400.
- Utter, A.C., Nieman, D.C., Ward, A.N., and Butterworth, D.E. 1999. Use of the leg-to-leg bioelectrical impedance method in assessing body-composition change in obese women. *American Journal of Clinical Nutrition* 69: 603-607.
- Utter. A.C, Scott, J.R., Oppliger, R.A., Visich, P.S., Goss, F.L., Marks, B.L., Nieman, D.C., and Smith, B.W. 2001. A comparison of leg-to-leg bioelectrical impedance and skinfolds in assessing body fat in collegiate wrestlers. *Journal of Strength and* Conditioning *Research* 15: 157-160.
- Vaisman, N., Corey, M., Rossi, M.F., Goldberg, E., and Pencharz, P. 1988. Changes in body composition during refeeding of patients with anorexia nervosa. *Journal of Pediatrics* 113: 925-929.
- Vaisman, N., Rossi, M.F., Goldberg, E., Dibden, L.J., Wykes, L.J., and Pencharz, P.B. 1988. Energy expenditures and body composition in patients with anorexia nervosa. *Journal of Pediatrics* 113: 919-924.
- Van Adrichem, J.A.M., and van der Korst, J.K. 1973. Assessment of flexibility of the lumbar spine: A pilot study in children and adolescents. *Scandinavian Journal of Rheumatology* 2: 87-91.
- van den Beld, W.A., van der Sanden, G.A.C., Sengers, R.C.A., Verb eek, A.L.M., and Gabreels, F.J.M. 2006. Validity and reproducilibity of hand-held dynamometry in children aged 4-11 years. *Journal of Rehabilitation Medicine* 38: 57-64.

- van der Kooy, K., Leenen, R., Seidell, J.C., Deurenberg, P., Droop, A., and Bakker, C.J.G. 1993. Waist-hip ratio is a poor predictor of changes in visceral fat. *American Journal of Clinical Nutrition* 57: 327-333.
- Vanhelder, W.P., Radomski, M.W., and Goode, R.C. 1984. Growth hormone responses during intermittent weight lifting exercise in men. *European Journal of Applied Physiology* 53: 31-34.
- Van Loan, M.D., and Mayclin, P.L. 1987. Bioelectrical impedance analysis: Is it a reliable estimator of lean body mass and total body water? *Human Biology* 59: 299-309.
- Van Loan, M.D., and Mayclin, P.L. 1992. Body composition assessment: Dual-energy X-ray absorptiometry (DEXA) compared to reference methods. *European Journal of Clinical Nutrition* 46: 125-130.
- Van Mechelen, W., Holbil, H., and Kemper, H.C. 1986. Validation of two running tests as estimates of maximal aerobic power in children. *European Journal of Applied Physiology* and *Occupational Physiology* 55: 503-506.
- Vehrs, P.R., Drummond, M., Fellingham, D.K., and Brigham, G.W. 2002. Accuracy of five heart rate monitors during exercise. *Medicine & Science in Sports & Exercise* 34 (Suppl.): S272 [abstract].
- Velasquez, K.S., and Wilmore, J.H. 1992. Changes in cardio-respiratory fitness and body composition after a 12-week bench step training program. *Medicine & Science in Sports* & *Exercise* 24: S78 [abstract].
- Vera-Garcia, F.J., Grenier, S.G., and McGill, S.M. 2000. Abdominal muscle responses during curl-ups on both stable and labile surfaces. *Physical Therapy* 80: 564-569.
- Verdijk, L.B., Jonkers, R.A.M., Glesson, B.G., Beelen, M., Meijer, K., Savelberg, H.H.C.M., Wodzig, W.K.W.H., Dendale, P., and van Loon, L.J.C. 2009. Protein supplementation before and after exercise does not further augment skeletal muscle hypertrophy after resistance training in elderly men. *American Journal of Clinical Nutrition* 89: 608-616.
- Verhagen, E., van der Beek, A., Twisk, J., Bouter, L., Bahr, R., and Mechelen, W. 2004. The effect of a proprioceptive balance board training program for the prevention of ankle sprains: A prospective controlled trial. *American Journal of Sports Medicine* 32: 1385-1393.
- Vescovi, J.D., Zimmerman, S.L., Miller, W.C., Hildebrandt, L., Hammer, R.L., and Fernhall,
  B. 2001. Evaluation of the Bod Pod for estimating percentage body fat in a heterogeneous group of adult humans. *European Journal of Applied Physiology* 85: 326-332.
- Vincent, K.R., Braith, R.W., Feldman, R.A., Magyari, P.M., Cutler, R.B., Persin, S.A., Lennon, S.L., Gabr, A.H., and Lowenthal, D.T. 2002. Resistance exercise and physical performance in adults aged 60 to 83. *Journal of the American Geriatrics Society* 50: 1100-1107.
- Voelker, S.A., Foster, C., Skemp-Arlt, K.M., Brice, G., and Backes, R. 2002. Relationship

between the talk test and ventilatory threshold in cardiac patients. *Clinical Exercise Physiology* 4: 120-123.

- Volek, J. 1999. Update: What we know about creatine. *ACSM's Health & Fitness Journal* 3(3): 27-33.
- Volpe, S.L. 2009. Vitamin D and health: Do we need more than the current DRI? Part 2. *ACSM's Health & Fitness Journal* 13(1): 33-34.
- Wagner, D.R., and Heyward, V.H. 2001. Validity of two-component models of estimating body fat of Black men. *Journal of Applied Physiology* 90: 649-656.
- Wagner, D.R., and Heyward, V.H. 2004. *Applied body composition assessment*. Champaign, IL: Human Kinetics.
- Wagner, D., Heyward, V., and Gibson, A. 2000. Validation of air displacement plethysmography for assessing body composition. *Medicine & Science in Sports & Exercise* 32: 1339-1344.
- Wallick, M.E., Porcari, J.P., Wallick, S.B., Berg, K.M., Brice, G.A., and Arimond, G.R. 1995. Physiological responses to in-line skating compared to treadmill running. *Medicine & Science in Sports & Exercise* 27: 242-248.
- Wallin, D., Ekblom, B., Grahn, R., and Nordenborg, T. 1985. Improvement of muscle flexibility. A comparison between two techniques. *American Journal of Sports Medicine* 13: 263-268.
- Wallman, H.W. 2001. Comparison of elderly nonfallers and fallers on performance measures of functional reach, sensory organization, and limits of stability. *Journal of Gerontology* 56: MS89-MS.83.
- Walts, C.T., Hanson, E.D., Delmonico, M.J., Yao, L., Wang, M.W., and Hurley, B.F. 2008.
  Do sex or race differences influence strength training effects on muscle or fat? *Medicine & Science in Sports & Exercise* 40: 669-676.
- Wang, J., Thornton, J.C., Russell, M., Burastero, S., Heymsfield, S., and Pierson, R.N. 1994. Asians have lower body mass index (BMI) but higher percent body fat than do whites: Comparison of anthropometric measurements. *American Journal of Clinical Nutrition* 60: 23-28.
- Warburton, D.E.R., Sarkany, D., Johnson, M., Rhodes, R.E., Whitford, W., Esch, B.T.A., Scott, J.M., Wong, S.C., and Bredin, S.S.D. 2009. Metabolic requirements of interactive video game cycling. *Medicine & Science in Sports & Exercise* 41: 920-926.
- Ward, D.S., Evenson, K.R., Vaugh, A., Rodgers, A.B., and Troiano, R.P. 2005. Accelerometer use in physical activity: Best practices and research recommendations. *Medicine & Science in Sports & Exercise* 37 (Suppl.): S582-S588.
- Ward, R., and Anderson, G.S. 1998. Resilience of anthropometric data assembly strategies to imposed error. *Journal of Sports Sciences* 16: 755-759.
- Ward, R., Rempel, R., and Anderson, G.S. 1999. Modeling dynamic skinfold compression.

American Journal of Human Biology 11: 521-537.

- Wathen, D. 1994a. Load assignment. In Essentials of strength testing, ed. T.R. Baechle, 435-446. Champaign, IL: Human Kinetics.
- Wathen, D. 1994b. Periodization: Concepts and applications. In *Essentials of strength training and conditioning*, ed. T.R. Baechle, 459-472. Champaign, IL: Human Kinetics.
- Watsford, M.L., Murphy, A.J., Spinks, W.L., and Walshe, A.D. 2003. Creatine supplementation and its effect on musculotendinous stiffness and performance. *Journal of Strength and Conditioning Research* 17: 26-33.
- Wattles, M.G. 2002. The dissection of exercise certifications. *Professionalization of Exercise Physiology*<sub>online</sub> 5(3): 1-13.
- Weiss, E.C., Galuska, D.A., Khan, L.K., and Serdula, M.K. 2006. Weight-control practices among U.S. adults, 2001-2002. American Journal of Preventive Medicine 31: 18-24.
- Weiss, L.W., Cureton, K.J., and Thompson, F.N. 1983 Comparison of serum testosterone and androstenedione responses to weight lifting in men and women. *European Journal of Applied Physiology* 50: 413-419.
- Weits, T., Van der Beek, E.J., Wedel, M., and Ter Haar Romeny, B.M. 1988. Computed tomography measurement of abdominal fat deposition in relation to anthropometry. *International Journal of Obesity* 12: 217-225.
- Weldon, S.M., and Hill, R.H. 2003. The efficacy of stretching for prevention of exerciserelated injury: A systematic review of the literature. *Manual Therapy* 8: 141-150.
- Weltman, A., Levine, S., Seip, R.L, and Tran; Z.V. 1988. Accurate assessment of body composition in obese females. *American Journal of Clinical Nutrition* 48: 1179-1183.
- Weltman, A., Seip, R.L., and Tran, Z.V. 1987. Practical assessment of body composition in adult obese males. *Human Biology* 59: 523-535.
- Wessel, H.U., Stasburger, J.F., and Mitchell, B.M. 2001. New standards for Bruce treadmill protocol in children and adolescents. *Pediatric Exercise Science* 13: 392-401.
- Whaley, M., Kaminsky, L., Dwyer, G., Getchell, L., and Norton, J. 1992. Predictors of overand underachievement of age-predicted maximal heart rate. *Medicine & Science in Sports* & *Exercise* 24: 1173-1179.
- Whitney, S.L., Poole, J.L., and Cass, S.P. 1998. A review of balance instruments for older adults. American Journal of Occupational Therapy 52: 666-671.
- Willardson, J.M. 2008. A periodized approach for core training. ACSM's Health & Fitness Journal 12(1): 7-13.
- Willett, W.C. 2001. *Eat, drink and be healthy: The Harvard Medical School guide to healthy eating.* New York: Simon & Schuster Adult Publishing.
- Williams, D.M., Matthews, C.E., Rutt, C., Napolitano, M.A., and Marcus, B.H. 2008. Interventions to increase walking behavior. *Medicine & Science in Sports & Exercise* 40 (Suppl.) S567-S573.
- Williams, D.P., Going, S.B., Massett, M.P., Lohman, T.G., Bare, L.A., and Hewitt, M.J.

1993. Aqueous and mineral fractions of the fat-free body and their relation to body fat estimates in men and women aged 49-82 years. In *Human body composition: In vivo methods, models and assessment,* ed. K.J. Ellis and J.D. Eastman, 109-113. New York: Plenum Press.

- Williams, J.E., Wells, J.C., Wilson, C.M., Haroun, D., Lucas, A., and Fewtrell, M.S. 2006. Evaluation of Lunar Prodigy dual-energy X-ray absorptiometry for assessing body composition in healthy persons and patients by comparison with the criterion 4component model. *American Journal of Clinical Nutrition* 83: 1047-1054.
- Williams, M.H. 1992. Nutrition for fitness and sport. Dubuque, IA: Brown & Benchmark.
- Williams, M.H. 1993. Nutritional supplements for strength trained athletes. *Sports Science Exchange* 6(6). Gatorade Sports Science Institute, Quaker Oats Co.
- Williams, P.T. 2001. Physical fitness and activity as separate heart disease risk factors: A meta-analysis. *Medicine & Science in Sports & Exercise* 33: 754-761.
- Williams, R., Binkley, J., Bloch, R., Goldsmith, C.H., and Minuk, T. 1993. Reliability of the modified-modified Schober and double inclinometer methods for measuring lumbar flexion and extension. *physical Therapy* 73: 26-37.
- Williford, H.N., Blessing, D.L., Barksdale, J.M., and Smith, F.H. 1988. The effects of aerobic dance training on serum lipids, lipoproteins, and cardiopulmonary function. *Journal of Sports Medicine and Physical Fitness* 28: 151-157.
- Wilmore, J.H. 1974. Alterations in strength body composition, and anthropometric measurements consequent to a 10-week weight training program. *Medicine and Science in Sports* 6: 133-138.
- Wilmore, J.H., and Behnke, A.R. 1969. An anthropometric estimation of body density and lean body weight in young men. *Journal of Applied Physiology* 27: 25-31.
- Wilmore, J.H., and Behnke, A.R. 1970. An anthropometric estimation of body density and lean body weight in young women. *American Journal of Clinical Nutrition* 23: 267-274.
- Wilmore, J.H., Davis, J.A., O'Brien, R.S., Vodak, P.A., Walder, G.R., and Amsterdam, E.A. 1980. Physiological alterations consequent to 20-week conditioning programs of bicycling, tennis and jogging. *Medicine & Science in Sports & Exercise* 12: 1-9.
- Wilmore, J.H., Frisancho, R.A., Gordon, C.C., Himes, J.H., Martin, A.D., Martorell, R., and Seefeldt, R.D. 1988. Body breadth equipment and measurement techniques. In *Anthropometric standardization reference manual*, ed. T.G. Lohman, A.F. Roche, and R. Martorell, 27-38. Champaign, IL: Human Kinetics.
- Wilmore, J.H., Parr, R.B., Girandola, R.N., Ward, P., Vodak, P.A., Barstow, T.J., Pipes, T.V., Romero, G.T., and Leslie, P. 1978. Physiological alterations consequent to circuit weight training. *Medicine and Science in Sports* 10: 79-84.
- Wilmore, J.H., Royce, J., Girandola, R.N., Katch, F.I., and Katch, V.L. 1970. Body composition changes with a 10-week program of jogging. *Medicine and Science in Sports* 2: 113-119.

Wilmoth, S.K. 1986. Leading aerobic dance-exercise. Champaign, IL: Human Kinetics.

- Wilson, P.K., Winga, E.R., Edgett, J.W. and Gushiken, T.J. 1978. *Policies and procedures of a cardiac rehabilitation program-immediate to long term care.* Philadelphia: Lea & Febiger.
- Withers, R.T., LaForgia, J., Pillans, R.K., Shipp, N.J., Chatterton, B.E., Schultz, C.G., and Leaney, F. 1998. Comparisons of two-, three-, and four-compartment models of body composition analysis in men and women. *Journal of Applied Physiology* 85: 238-245.
- Witten, C. 1973. Construction of a submaximal cardiovascular step test for college females. *Research Quarterly* 44: 46-50.
- Wolf, S., Barnhart, H., Kutner, N., McNeely, E., Coogler, C., and Xu, T. 1996. Reducing frailty and falls in older persons: An investigation of tai chi and computerized balance training. *Journal of the American Geriatric Society* 44: 489-497.
- Wolf-Maier, K., Cooper, R.S., Banegas, J.R., Giampaoli, S., Hense, H.W., Joffres, M., Kastarinen, M., Poulter, N., Primatesta, P., Rodriquez-Artalego, F., Stegmayr, B., Thamm, N., Tuomilephto, J., Vanuzzo, D., and Vescio, F. 2003. Hypertension prevalence and blood pressure levels in 6 European countries, Canada, and the United States. *Journal* of the American Medical Association 289: 2363-2369.
- Wolfe, B.L., LeMura, L.M., and Cole, P.J. 2004. Quantitative analysis of single- vs. multipleset programs for resistance training. *Journal of Strength and Conditioning Research* 18: 35-47.
- Wolfson, L., Whipple, R., Derby, C., Judge, J., King, M., Amerman, P., Schmidt, J., and Smyers, D. 1996. Balance and strength training in older adults: Intervention gains and tai chi maintenance. *Journal of the American Geriatric Society* 44: 498-506.
- Women's Exercise Research Center. 1998. Based on figures published by Brown, D.A., and Miller, W.C. 1998. Normative data for strength and flexibility of women throughout life. *European Journal of Applied Physiology* 78: 77-82.
- Woodby-Brown, S., Berg, K., and Latin, R.W. 1993. Oxygen cost of aerobic bench stepping at three heights. *Journal of Strength and Conditioning Research* 7: 163-167.
- World Health Organization (WHO). 1998. Obesity: Preventing and managing a global epidemic. *Report of a WHO Consultation on Obesity*. Geneva: Author.
- World Health Organization. 2001. Global database on obesity and body mass index (BMI) in adults. http://www.who. int/nut/db.-bmi.
- World Health Organization. 2002a. Diabetes: The cost of diabetes. www.who.int/mediacentre/factsheets/fs236/en/print.html.
- World Health Organization. 2002b. Reducing risks, promoting healthy life. *World Health Report 2002*. www.who.int/whr/2002/chapter4/en/index4.html.
- World Health Organization. 2002c. Smoking statistics. www. wpro.who.int/public/ press\_release/press\_view.asp?id=219.

World Health Organization. 2004. Cardiovascular disease:

Prevention and control. www.who.int/dietphysicalactivity/publications/facts/cvd/en/.

- World Health Organization. 2006. Obesity and overweight. Fact sheet no. 311. www.who.int/mediacentre/factsheets/fs311.
- World Health Organization. 2007a. Cardiovascular diseases. Fact sheet no. 317. www.who.int/mediacentre/factsheetslfs317.
- World Health Organization. 2007b. Prevalence of obesity by sex, adults aged 15 and over, latest available year; Europe. www.heartstats.org.
- World Health Organization. 2008a. Cancer. Fact sheet no. 297. www.who.int/mediacentre/ factsheets/fs297.
- World Health Organization. 2008b. Diabetes. Fact sheet no. 312. www.who.int/mediacentre/factsheets/fs312.
- Wosje, K.S., Knipstein, B.L., and Kalkwarf, H.J. 2006. Measurement error of DXA: Interpretation of fat and lean mass changes in obese and nonobese children. *Journal of Clinical Densitometry* 9: 335-340.
- Wright, J.D., Kennedy-Stephenson, J., Wang, C.Y., McDowell, M.A., and Johnson, C.L. 2004. Trends in intake of energy and macronutrients–United States, 1971-2000. *Morbidity* and Mortality Weekly Report 53(4): 80-82.
- Wu, G. 2002. Evaluation of the effectiveness of tai chi for improving balance and preventing falls in the older population–A review. *Journal of the American Geriatric Society* 50: 746-754.
- Yamanoto, K. 2002. Omron Institute of Life Science [personal communication].
- Yee, A.J., Fuerst, T., Salamone, L., Visser, M., Dockrell, M., Van Loan, M., and Kern, M. 2001. Calibration and validation of an air-displacement plethysmography method for estimating percentage body fat in an elderly population: A comparison among compartmental models. *American Journal of Clinical Nutrition* 74: 637-642.
- Yee, S.Y., and Gallagher, D. 2008. Assessment methods in human body composition. *Current Opinion in Clinical Nutrition and Metabolic Care* 11: 566-572.
- Yessis, M. 2003. Using free weights for stability training. Fitness Management 19(11): 26-28.
- Yim-Chiplis, P.K., and Talbot, L.A. 2000. Defining and measuring balance in adults. *Biological Research for Nursing* 1(4): 321-331.
- YMCA of the USA. 2002. *YMCA fitness testing and assessment manual*. 4th ed. Champaign, IL: Human Kinetics.
- Yoke, M., and Kennedy, C. 2004. *Functional exercise progressions*. Monterey, CA: Healthy Learning.
- Yoon, B.K., Kravitz, L., and Robergs, R. 2007. VO<sub>2</sub>max, protocol duration, and the VO<sub>2</sub> plateau. Medicine & Science in Sports & Exercise 39: 1186 -1192.
- Zakeri, I., Adolph, A.L., Puyau, M.R., Vohra, F.A., and Butte, N .F. 2008. Application of

cross-sectional time series modeling for the prediction of energy expenditure from heart rate and accelerometery. *Journal of Applied Physiology* 104: 1665-1673.

- Zamboni, M., Turcato, E., Armellini, F., Kahn, H.S., Zivelonghi, A., Santana, H., Bergamo-Andreis, I.A., and Bosello, O. 1998. Sagittal abdominal diameter as a practical predictor of visceral fat. *International Journal of Obesity and Related Metabolic Disorders* 22: 655-660.
- Zeni, A.I., Hoffman, M.D., and Clifford, P.S. 1996. Energy expenditure with indoor exercise machines. *Journal of the American Medical Association* 275: 1424-1427.
- Zhu, S., Heshka, S., Wang, Z., Shen, W., Allison, D.B., Ross, R., and Heymsfield, S.B. 2004. Combination of BMI and waist circumference for identifying cardiovascular risk factors in whites. *Obesity Research* 12: 633-645.
- Zhu, S., Heymsfield, S.B., Toyoshima, H., Wang, Z., Petrobelli, A., and Heshka, S. 2005. Race-ethnicity-specific waist circumference cutoffs for identifying cardiovascular disease risk factors. *American Journal of Clinical Nutrition* 81: 409-415.
- Zhu, W. 2008. Promoting physical activity using technology *President's Council* on *Physical* Fitness *and Sports Research Digest* 9(3): 1-8.
- Zwiren, L., Freedson, P., Ward, A., Wilke, S., and Rippe, J. 1991. Estimation of VO<sub>2</sub>max: A comparative analysis of five exercise tests. *Research Quarterly for Exercise and Sport* 62: 73-78.