#### BIBLIOGRAPHY

## BOOKS

- Ajmeer Singh, et.al. (2005). Essential of Physical Education (New Delhi: Kalyani Publication), PP 66.
- Anario Anthony A.(1972), **Development Condition for Physical Education and Athletes**, St. Louis: The C.V. Mosby Company, P. 33.
- Baumgartner, T. and A. Jackson, (1987) Measurement for Evaluation in Physical Education and Exercise Science, Dubuque: Brown..
- Davis, B. et al. (2000) **Training for physical fitness** in Davis, B. et al. **Physical Education and the study of sport**. Spain: Harcourt Publishers, p.121-122
- Eckert, Halan M., (1974). **Practical Measurements of Physical Performance**, Philadelphia: Lea and Febiger, P.36.
- Frank W. Dick, (1992), Sports Training Principles, Cambridge, University Press.
- Hardayal Singh S. (1984), **Sports Training and Coaching**, Patiala: Nethaji Subash National Institute of Sports Publications, P..3.
- Hardayal Singh. (1991), **Science of Sports Training**, New Delhi: D.V.S. Publications P. 13.

# **International Association of Athletics Federation** (2002)

- Karal A. Book Walter. (1969), **Foundations and Principles of Physical Education**, Philadelphia: W.B. Saunders Company.
- Kerr, R., (1982). Psychomotor Learning, Philadelphia, Pa.: Saunders Publishing
- Morehouse Lawrence E. and Leaonard Gross, (1972) Total Fitness in 30 minutes a Week, New York: Simon and Schuster, P.35.

- Morehouse, Lawrence E and Miller Augustus T., (1976). **Physiology of Exercise**, St. Louis, The C.V.Mosby Co.
- Reben B. Frost. (2001), Physical Education Practice Principles, London: Addison Wesley Publishing Co, P..22
- Shaver, Larry G.(1982). Essentials of Exercise Physiology, New Delhi: Subject Publication.
- Strukic, P.J, (1981). Basic Physiology, New York: Spring Ervellong Inc., P.23.
- Todor O. Bompa, (1999). **Periodization: Theory and Methodology of Training** [4<sup>th</sup> ed], Champaign, Illinois: Human Kinetics Publishers, PP. 3 4.
- William J.C.P. and Sperryn P.N. (1976). **Sports Medicine**, London: Edward Arnold Publishers Ltd., P.8.

# JOURNALS AND PERIODICALS

- Ahmadizad et al. (2007) S, "Effects of resistance versus endurance training on serum adiponectin and insulin resistance index." **Eur. J. Endocrinol.** Nov;157(5):625-31
- Astrand and Radahl (1986). "The Effect of Alactic and Lactic Compounds for Judo Performance", **The Sport Science of Elite Indo Athletes**.25, 73-79.
- Balabins, C.P. Psaratis, C.N., Moukasm, Vasilion M.P. and Behrakis P.K., (2003)
  "Early Phase Changes by Concurrent Endurance and Strength Training",
  Journal of Strength and Conditioning Research, 2, 293-401.
- Bernard, (1998). "To Get the Most Out of Anaerobic Training", European Journal of Applied Physiology, 97, 133-138.
- Berthelot G,et al.(2008) "The citius end: world records progression announces the completion of a brief ultra-physiological quest." **PLoS. ONE,**.Feb 6;3(2):e1552

- Blumenthal JA,et al. (1991), "Effects of exercise training on cardiovascular function and plasma lipid, lipoprotein, and apolipoprotein concentrations in premenopausal and postmenopausal women." **Arterioscler Thromb,** .Jul-Aug;11(4):912-7
- Brain Mackenzie (2004). "Seven Step Model to Develop Speed", Journal of Medicine and Science in Sports
- Carpinett, R.N., (2003). "The Effect of Varied Weight Training Programmes on Strength", **Completed Research**, 46.
- Chromiak et al. (2004) "Effect of a 10-week strength training program and recovery drink on body composition, muscular strength and endurance, and anaerobic power and capacity." **Nutrition**, May;20(5):420-7
- Clader, A.W., Chilibeck, P.D., Wesber, C.E. and Sale, D.G. (1996). "Comparison of Whole and Split Weight Training Routines in Young Women", Canadian Journal of Applied Physiology, 19, 185-199.
- Clutch. D., Witton, M., Mc.Gown, C., and Bryce, G.R.,(2001). "Effect of depth Jumps and Weight Training on Leg Strength and Vertical Jump", **Research Quarterly for Exercise and Sport,** 54, 5-10.
- Denadai et al. (2006) (2005), "Interval training at 95% and 100% of the velocity at VO2 max: effects on aerobic physiological indexes and running performance." **Appl. Physiol. Nutr. Metab.**.Dec;31(6):737.
- Faigenbaun, A.D., Milliken L.A. Westcott W.L. (2003). "Maximal Strength Testing in Healthy Children", Journal of Strength and Conditioning Research, 17 (1), 162-66.
- Fernández-García et al. (2000), "Intensity of exercise during road race pro-cycling competition." Med. Sci. Sports. Exerc., May;32(5):1002-6
- Fletcher, I.M.,and Hartwell, M., (2002). "Effect of an 8 Week Combined Weights and Plyometrics Training Program on Golf Drive Performance", **Journal of Strength and Conditioning Research** 18 (1) 54-82.
- Fox et. al. (1975), "Frequency and duration of interval training programs and changes in aerobic power." J. Appl. Physiol., Mar;38(3):481-4.

- Fox et. al. (1984), "Frequency and duration of interval training programs and changes in aerobic power." J. Appl. Physiol., Mar;38(3):481-4.
- Gains, R.. Scholt, D. and Bos, R. "The Effects of Velocity Specific Isokinetic Training on Strength, Hypertrophy and Cross Education", Medicine and Science in Sports and Exercise 28, (5).
- <u>Ghigiarelli JJ</u>, et.al. (2009), "<u>The effects of a 7-week heavy elastic band and weight</u> <u>chain program on upper-body strength and upper-body power in a sample of</u> <u>division 1-AA football players.</u>". **J Strength Cond Res.**, May;23(3):756-64
- Green S. and Dowson, B., (2002). "Measurement Anaerobic Capacities in Humans", University of Western Australia
- Heitkamp H.C.et al. (2008), "Effect of an 8-week endurance training program on markers of antioxidant capacity in women.", . J. Sports Med. Phys. Fitness. Mar;48(1):113-9
- Hoffman J., Epstein, S., Einbinderan, Weinstein Y. (2004) "A Comparison between the Wingale Anaerobic Power Test to Both Vertical Jump and Line Drill Tests in Basketbal players", Journal of Strength and Conditioning Research, 14 (3), 261-264.
- Hoffman J., Epstein, S., Einbinderan, Weinstein Y. (2004) "A Comparison between the Wingale Anaerobic Power Test to Both Vertical Jump and Line Drill Tests in Basketbal players", Journal of Strength and Conditioning Research, 14 (3), 261-264.
- Hortobagyi, T., Katch, F.I. and Cacrance, P.E.,(1991). "Effects of Simultaneous Training for Strength and Endurance on Upper and Lower Body Strength and Running Performance", **The Journal of Sports Medicine and Physical Fitness**, 21, 20-30
- Housh, D.J., Housh, T.J. and Weir, L.L. (1995). "Effect of Eccentric Dynamic Constant External Resistance Training on Concentric Isokinetic Torque Velocity Curve", **Medicine and Science in Sports and Exercise** 25(5).
- Hue (1998). "Triathletes are Right to Combine Cycling and Running in the same Training Session", **European Journal of Applied Physiology**, 72, 98-103.

Impellizzeri et al. (2002) F,. "Exercise intensity during off-road cycling competitions" **Med. Sci. Sports. Exerc..** Nov;34(11):1808-13

- Kenefick et al. (2002) RW, "Physiological variables at lactate threshold underrepresent cycling time-trial intensity." J. Sports Med. Phys. Fitness. Dec;42(4):396-402.
- Krancuburg K.J. and Simith I.J. (1996). "Comparison of Initial Speed Determined from Trunk Running and Treadmill Tests in Elite Runners", **Medical Science in Sports Exercises**, 28: , 614-8.
- Laursen and Jenkins (2002), "The scientific basis for high-intensity interval training: optimising training programmes and maximising performance in highly trained endurance athletes." **Sports Med.** 32(1):53-73
- Lesmes et al. (1978), "Metabolic responses of females to high intensity interval training of different frequencies." **Med. Sci. Sports.,** Winter;10(4).
- Lockie, R., Murphy A, Spinks, C. (2003). "Effects of Resisted Sled Towing on Spring Kinematics in Field Sport Athletes", **Journal of Strength and Conditioning Research**, 17, 760-767.
- Maiorana et al. (2001)A,, ." Exercise training, vascular function, and functional capacity in middle-aged subjects." **Med. Sci. Sports Exerc.**. Dec;33(12):2022-8
- Matt Powerman (2003). "Sports Specific Movements and About Science Worries", **Super Training**, 31732.
- Messier and Dill, (1981). "Comparison of Nantilus to Free Weight Training", **Strength Training**, 251.
- Meyer et.al, (2007) T, "Effectiveness of low-intensity endurance training." **Int. J. Sports. Med.** Jan;28(1):33-9
- Michael J. Merlino, (2003) "Building Your Own Weight Training Workout", Merlino Fitness Service.
- Padilla et al. (2001) S, "Exercise intensity and load during mass-start stage races in professional road cycling." **Med. Sci. Sports. Exerc.** May;33(5):796-802.

- Padilla ,et al. (2008), "Exercise intensity and load during uphill cycling in professional 3-week races." Eur. J. Appl. Physiol. Mar;102(4):431-8. Epub P. 3
- Rhea MR, et.al. (2009), "Alterations in speed of squat movement and the use of accommodated resistance among college athletes training for power., "J Strength Cond Res., Dec;23(9):2645-50.
- Richard Berger, (1963). "The Effect of Weight Training Programme on Strength", **Research Quarterly** 33 : 72.
- Schall, D.M., Isbee, J.H., Tillow L.W. (2003). "Effects of Magnetic Therapy on Selected Physical Performance", Journal of Strength and Conditioning Research, 17, 299-300.
- Schantz, P.G. and Kalman, M. (1989). "Strength Training is Ineffective for Oxidative Metabolism", **Swimming Technique**, 5: 61-65.
- Smith et al. (2003), "Optimising high-intensity treadmill training using the running speed at maximal O(2) uptake and the time for which this can be maintained." **Eur. J. Appl. Physiol**. May;89(3-4):337-43.
- Sowyer, D. Ostarello, J., Suess, E.and ,Dempscy, M.(2004). "Relationship Between Football Playing Ability and Selected Performance Measures", **The Journal** of Strength and Conditioning Research 16 (4) 611-616.
- Verschuren, O (2007), Exercise training program in children and adolescents with cerebral palsy: a randomized controlled trial." Arch. Prediatr. Adloesc. Med. Nov 161(11) PP 1075-81.
- Watt Raynolds, (2004). "Three Strength Training Exercises to Improve Stride Length and Frequency", Journal of Medicine and Science in Sports,
- Watt Reynold (2004). "Workouts can Boost Fitness, Speed, Endurance and Correct Weaknesses", Journal of Medicine and Science in Sports
- Wilson, G.C., Newton, E.W., Murphy A.J. and Humphri B.J. (1994). "The Optional Training Load for the Development of Dynamic Athletic Performance", Medicine and Science in Sports and Exercise, 25, 1.

#### **UNPUBLISHED THESIS**

- Anish Kumar Morais, (2006) "Effects of Aerobic Exercise and Circuit Training on selected Motor abilities and Physiological Variables among High School Boys". Unpublished M.Phil Thesis, Alagappa University.
- Bacharach, D.W. and Von Davillard, S.P. (2004). "Intermediate and Long Term Anaerobic Performance of Elite Alpine Skiers", Unpublished Masters Thesis, St. Cloud State University.

William C.A. (2003) "Children's and Adolescents Anaerobic Performance During Cycle Ergometry", **Unpublished Masters Thesis**, University of Brighton.

## WEBSITES VISITED

http:// www. Coachsci.sdsu.edu

http:// www. Cyberparent.com

http:// www. Delivery.digitalhealthcare.com

http:// www. Ecam.oxfordjournals.com

http:// www. Google.com

http:// www.acsm-msse.org

http:// www.as.web md.com

http:// www.blackwel-synergy.com

http:// www.circ.ahajournals.com

http:// www.health.msn.com

http:// www.heart disease.about.com

http:// www.Indian.edu.com

http:// www.ingentaconnect.com

http:// www.jacn.org

http:// www.ncbi.n.m.nih.gov

http:// www.pinnaclenature.com

http:// www.pk.wkhealth.com

http:// www.plan-itlife.com

http:// www.pponline.co.uk

http:// www.questia.com

http:// www.topentsports.com

http:// www.wikipaedia.com

http:// www.womenfitness.net

http://www.informaworld.com