

## BIBLIOGRAPHY

### BOOKS

- Barrow, Harold, M., and Rosemary McGee, (1979) **“A practical approach to measurement in Physical Education”**, Philadelphia, Lea and Febiger. PP.117-118.
- Clark David H, (1975). **“Exercise Physiology”**, Engle-wood Cliffs, New Jersey: Prentice - Hall Incorporated, P. 204.
- David H. Clarke and Harison H. Clarke, (1970) **Research Process in Physical Education and Health**. Englewood Cliffs, N.J: Prentice Hall, Inc. p. 123.
- Donald K. Mathew, (1958) **Measurement in Physical Education** Philadelphia: W.B. Saunders Company, P. 5
- Eva Lurie Weinerb, (1984), **Anatomy & Physiology**, London: Addison Weseley Publishing Company, P.394.
- Fox, Edward L (1984). **“Sports Physiology”**, Philadelphia : Sounders College Publishers, P. 58.
- Fox, EL, Bowers Richard.W and Merle L (1982). **“The Physiological Basis of Physical Education and Athletics”**, Dubugue IOWa : Wimc Brown Publishers, P.289.
- Hardayal Singh (1984), **Sports Training General Theory and Method** Patiala: Netaji Subas National Institute of Sports, p. 148.
- Hardayal Singh (1991). **“Science of Sports Training”**, New Delhi: D.V.S. Publications, P.156.
- Komi, P.V. (1992) **Stretch-shortening cycle. In Strength and power in sport**, PP. 169-179. Oxford : Blackwell Science.
- Laurence E. Morehouse and Augustus T.Miller, (1967), **Physiology of Exercise**, Saint Louis: The C.V.Mosby Company, P. 139.
- Mathews, Donald K (1981), **Measurement in Physical Education**, 3rd ed), Philadelphia: W.B. Saunders Company, P.22.
- Morehouse, Lawrence E. and Augustus T., Millar (1976). **“Physiology of exercise”** Saint Louis: the C.V mosby company, P.P. 69.
- Schewarz, C.M. et al. (1984) **Chambers 20<sup>th</sup> Century Dictionary**, New Delhi: Allied Publishers Pvt Ltd, p. 1518.
- Strukic, P.J, (1981). **Basic Physiology**, New York: Spring Ervellong Inc., P.23.
- Thirumalaisamy, (1998), **Statistics in Physical Education**, Karaikudi, Senthil Publilshers. P.18
- Tudor .O. (1999). **“Periodization “**. Human Kinetics.
- Uppal, A.K., et al. (2000) **Physical Education and Health**, Delhi: Friends Publications, pp. 5-6.
- Will and Everlyne Freeman (1984). **Plyometrics**, Iowa: Championship Books, p. 1

## JOURNALS

- Avery d., Faigenmbanum, jams E.Mc forland (2007) **“Effects of a short-term plyometric and resistance training programme on fitness”**, journals of sports science and medicine, 6, 519 – 525.
- 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.
- Baumgartner, T. and A. Jackson, (1987). **Measurement for Evaluation in Physical Education and Exercise Science**, Dubuque: Brown.
- Bernard, (1998). **“To Get the Most Out of Anaerobic Training”**, **European Journal of Applied Physiology**, 97, 133-138.
- Berning JM, Coker CA, Briggs D. (2008) **The biomechanical and perceptual influence of chain resistance on the performance of the olympic clean.** *Journal of Strength Cond Res.* (2):390-5.
- Brown GA., Rax.MW., Abbey BM., Shaw BS., Shaw I., (2010) **“Oxygen consumption, heart rate, and lactate responses to an acute bout of plyometric depth jumps in college aged Men and Women”**, P. 106, *Journals of Strength Conditioning Research*, 25(9) : 2475-82.
- Cesar Mde C, Borin JP, Gonelli PR, Simões RA, de Souza TM, Montebelo MI. (2009). **“The effect of local muscle endurance training on cardiorespiratory capacity in young women”**. *Journal of Strength Cond Res.* (6):1637-43.
- Chmelar, R.D., Shultz, B.B., Ruhling, R.O., Fitt, S.S., & Johnson, M.B. (1988). **“Isokinetic characteristics of the knee in female, professional and university ballet and modern dancers”**. *Journal of Orthopedic Sport, Medicine and Physical Therapy*, 9, 410-418.
- Chutara M., Chaouachi A., Levin GT., Chaouachi M., Charmari K., Amri M., Laursen PB., (2008) **“Effects of concurrent endurance and circuit resistance training sequence on muscular strength and power development”**. *Journal of strength and conditioning research*, 22 (4) : 1037-45.
- Cisar, C.J., Johnson, G.O., Fry, A.C., Housh, T.J., Hughes, R.A., Ryan, A.J., et al. (1987).” **Preseason body composition, build and strength as predictors of high school wrestling success”**. *Journal of Applied Sport Science Research*, 1, 66-70.
- Cowley PM, Swensen T, Sforzo GA. (2007). **“Efficacy of instability resistance training ”**. *International Journal of Sports Med.* (10): 829-35.
- Cribb PJ, Williams AD, Carey MF, Hayes A. (2006).” **The effect of whey isolate and resistance training on strength, body composition, and plasma glutamine”**. *International Journal of Sport Nutr Exerc Metab.* (5):494-509

- Davis JN, Gyllenhammer LE, Vanni AA, Meija M, Tung A, Schroeder ET, Spruijt-Metz D, Goran MI. (2011).”**Start-Up Circuit Training Program Reduces Metabolic Risk in Latino Adolescents**”. *Journal of Med Sci Sports Exerc.* 14(3) 19-23.
- De Villarreal ES., González-Badillo JJ., Izquierdo M., (2008) “**Low and moderate plyometric training frequency produces greater jumping and sprinting gains compared with high frequency**”. *Journal of Strength Conditioning Research*; 22(3):715-25.
- Diallo, O., Dore ., Duche P., Van P., raagh E., (2001) “**Effects of plyometric training following by a reduced training programme on physical performance in prepubescent soccer players**”, *Journal of sports medicine and physical fitness*, Sep; 41(3) : 342-8.
- Duncan MJ, Al-Nakeeb Y, Nevill AM. (2009).” **Effects of a 6-week circuit training intervention on body esteem and body mass index in British primary school children** “. *Journal of Body Image*;6(3): 216-20.
- Eklblom, B., and B. Berglund. 1991. “**Effect of erythropoietin administration on maximal aerobic power in man**”. *Scand.Journal of Med. sci. Sports* 1: 125-130.
- Fletcher, I.M. and Hartwell, M. (2002). “Effect of 8 Week Combined Weights and Plyometrics Training Program on Golf Drive Performance”, **Journal of Strength and Conditioning Reserch**, 18 (1), 54-62.
- Fry, A.C., Kraemer, W.J. (1991) “**Physical performance characteristics of American collegiate football players**”. *Journal of Applied Sports Science Research*, 5, 126-138.
- Goodman CA, Pearce AJ, Nicholes CJ, Gatt BM, Fairweather IH. (2008) “**No difference in 1RM strength and muscle activation during the barbell chest press on a stable and unstable surface**”. *Journal of Strength Cond Res.*(1):88-94.
- Guadalupe-Grau A., Perez-Gomez J., Olmedillas H., Dorado C., Santana A., Serrano-Sanchez JA., Calbet JA., (2009).“**Strength training combined with plyometric jumps in adults: sex differences in fat-bone axis adaptations**”.*Journal of Applied Physiology*; 107(2):636; 106(4):1100-11.
- Herrero JA., Maffiuletti NA, Garcia Lopez J(2006). “**Electro Myostimulation and Plyometric training effects on jumping and sprint time**”. *International Journal of sports medicine*, Jul; 27(7) : 533-9.
- Hoffman, J.R., Fry, A.C., Howard, R., Maresh, C.M., & Kraemer, W.J. (1991). “**Strength, speed, and endurance changes during the course of a Division I basketball season**”. *Journal of Applied Sport Science Research*, 5, 144-149.
- 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).
- Impellizzeri FM., Rampinini E., Castagna C., Martino F., Fiorini S., Wisloff U., (2008). “**Effect of plyometric training on sand versus grass on muscle soreness and jumping and sprinting ability in soccer players**” *British Journal Sports Med.* 42(1):42-6.
- Khelifa R., Aouadi R., Hermassi S., Chelly S., Jlid MC., Hbacha H., Castagna C., (2010). “**Effects of a Plyometric Training Program with and without Added Load on Jumping Ability in Basketball Players**”. *Journal of strength and conditioning research*, 24 (X) : 000 – 0000; 2010.
- Koshida S, Urabe Y, Miyashita K, Iwai K, Kagimori A. (2008) **Muscular outputs during dynamic bench press under stable versus unstable conditions.** *Journal of Strength Cond Res.*(5):1584-8.
- Kotzamanidis, Christos (2006) “**Effect of plyometric training on running performance and vertical jumping in prepubertal boys**” *Journal of strength conditioning research*; 20 : 441-5.
- Legg, S.J., & Pateman, C.M. (1984).” **A physiological study of the repetitive lifting capabilities of healthy young males**” *Ergonomics*, 27, 259-272.
- Lergler, L.A and Lambart, J (1982)”Maximal Multistage 20m shuttle run test to predict VO<sub>2</sub> Max.”*European Journal of Applied Physiology.* Vol,49 ,pp-125.
- MacDougall, J.D. (1992).” **Hypertrophy or Hyperplasia in Strength and power in sport**”, Edited by P.V. Komi, PP.230-238. Oxford : Blackwell Science.
- Mahadeva, K., R Passmore, and. Woolf, B (1953).” **Individual variations in the metabolic cost of standardized exercises : The effect of food, age, sex and race**”. *Journal of Physiology* 121:225..
- Markovic g. et. Al., (2007) “**Effects of sprint and plyometric training on muscles function and athletic performance**” *Journal of strength and conditioning research* May: 21(2) 543-9.
- Marques MC., Tillaar R., Vescovi JD., González-Badillo JJ.. (2008). “**Changes in strength and power performance in elite senior female professional volleyball players during the in-season: a case study**”. *Journal of Strength Conditioning Research*; 22(4):1147-55.
- Masamoto, N. et.al., (2003) “**Acute effects of plyometric exercise on maximum squat performance in male athletes**”, *Journal of strength and conditioning research*, 17:1.
- Millet GP., Jaouen B., Borrani F., Candau R., (2002) “**Effects of concurrent endurance and strength training on running economy and Vo<sub>2</sub> max kinetics**”. *Journal of medical science and Sports Exercise*, 34(8) : 135 – 9.

- Morrissey, M.C., & Brewster, C.E. (1986) “**Hamstring weakness after surgery for anterior cruciate injury**”. *Journal of Orthopedic Sport, Medicine and Physical Therapy*, 7, 310-312.
- Myerson, S., H.Hemingway, R. Budge, J. Martin, S. Humphries and, H. Montgomery(1999).”**Human angiotensin I- converting enzyme gene and endurance performance**”.*Journal of Applied Physiology* 87:1313-1316.
- Paradisis GP, Bissas A, Cooke CB. (2009).” **Combined uphill and downhill sprint running training is more efficacious than horizontal**”. *International Journal of Sports Physiology Perform.* (2):229-43.
- Patterson C, Raschner C, Platzer HP. (2009).”**Power variables and bilateral force differences during unloaded and loaded squat jumps in high performance alpine ski racers**”. *Journal of Strength Cond Res.*(3):779-87.
- Perez-Gomez J., Olmedillas H., Delgado-Guerra S., Ara I., Vicente-Rodriguez G., Ortiz RA., Chavarren J., Calbet JA., (2008) “**Effects of weight lifting training combined with plyometric exercises on physical fitness, body composition, and knee extension velocity during kicking in football**” *Journal of Applied Physiology nutrition and metabolism*; 33 (3):501-510.
- Poston B, Holcomb WR, Guadagnoli MA, Linn LL. (2007).”**The acute effects of mechanical vibration on power output in the bench press**”. *Journal of Strength Cond Res.* (1):199-203.
- Ratmess Na., Kraemer WJ., (2007) “**The effects of ten weeks of resistance and combined plyometric sprint training with meridian elite athletic shoe on muscular performance in women**”, *Journal of strength and conditioning research* may, PP.543-9.
- Roberts A.D., R. Billeter, and H. Howald 1982. “**Anaerobic muscle enzyme changes after interval training.**” *International Journal Sports Medicine* 3:18-21.
- Rønnestad BR., Kvamme NH., Sunde A., Raastad T., (2008). “**Short-term effects of strength and plyometric training on sprint and jump performance in professional soccer players**”; *Journal of Strength and conditioning research*, 22(3): 773-80.
- Santos EJ and Janeira MA., (2008) “**Effects of complex training on explosive strength in adolescent male basketball players**” *Journal of strength and conditioning research* may; 22 (3) : 903-9.
- Spurs, R.W., Murphy, A.J. and Watsford, M.L., (2003) “**The effect of plyometric training on distance running performance**”, *European journal of applied physiology*, 89:1.
- Taipale RS, Mikkola J, Nummela A, Vesterinen V, Capostagno B, Walker S, Gitonga D, Kraemer WJ, Häkkinen K. (2010). “ **Strength training in endurance runners**”. *Int Journal of Sports Med*; 31(7):468-76.

- Taşkin H. (2009) “ **Effect of circuit training on the sprint-agility and anaerobic endurance**”. Journal of Strength Cond Res.; 23 (6) : 1803-10.
- Thomas et.al; (2009) “**Effects of Two plyometric training Techniques on muscular and agility in youth soccer players**”, Journal of strength condition research, 1, 332-5.
- Trzaskoma L., Tihanyi J., Trzaskoma Z., (2010) “**The effects of a short – term combined conditioning training for the development of leg strength and power**” Journal of Strength and Conditioning Research, Oct; 24(10) : 2670-6.
- Trzaskoma Z, Wit A, Bartosiewicz G, Danielewicz E, Gajewski J. (1992) “**Investigation of an experimental weight-training programme**”. Journal of Sports Sci. (2):109-17.
- Vescovi et.al. (2008) “**Effects of a plyometric program on vertical landing force and jumping performance in college women**” Journal of physiology sport, 9(4): 185-92.
- Villarreal and gonzalez z., (2008), “**Low and moderate plyometric training frequency produced greater jumping and sprinting games compared with high frequency**”, Journal of strength condition research, 22-3, 715-725

**WEB SITES**

[www.en.wikipedia.com](http://www.en.wikipedia.com)

[www.google.com](http://www.google.com)

[www.medline.com](http://www.medline.com)

[www.ncbi.org.in](http://www.ncbi.org.in)

[www.onlinedictionary.com](http://www.onlinedictionary.com)

[www.pubmed.com](http://www.pubmed.com)

[www.rediffmail.com](http://www.rediffmail.com)

[www.yahoo.com](http://www.yahoo.com)

[http://whatyouneedtoknow.co.in/physical\\_inactivity.html](http://whatyouneedtoknow.co.in/physical_inactivity.html)