

Book References

1. McArdle, W. D., Katch, F. I., & Katch, V. L. (2001). *Exercise physiology: Energy, nutrition, and human performance*. Philadelphia: Lippincott Williams & Wilkins.
2. McArdle, William D., Frank I. Katch, and Victor L. Katch. 2001. *Exercise physiology: energy, nutrition, and human performance*. Philadelphia: Lippincott Williams & Wilkins.
3. Cooper, Kenneth C. *The New Aerobics*. Eldora, Iowa: Prairie Wind.
4. Donatelle, Rebecca J. *Health: The Basics*. 6th ed. San Francisco: Pearson Education, Inc. 2005.
5. Aberg MA, Pedersen NL, Torén K, Svartengren M, Bäckstrand B, Johnsson T, Cooper-Kuhn CM, Aberg ND, Nilsson M, & Kuhn HG. (2009) Cardiovascular fitness is associated with cognition in young adulthood. *Proceedings of the National Academy of Sciences of the United States of America*.
6. Guiney, Hayley & Machado, Liana. Benefits of regular exercise for executive functioning in healthy populations. *Psychon. Bull. Rev.* 2013.
7. Rendi, Maria, Szabo, Atila, Szabo, Tomas, Velencei, Attila & Kovas, Arpad. Acute psychological benefits of aerobic exercise: A field study into the effects of exercise characteristics. *Psychol, Health. Med.* 2008.
8. Widmaier, E.P., Raff, H., Strang, K.T. *Vander's Human Physiology*. 11th Edition, McGraw-Hill, 2009.
9. Marieb, E.N. *Essentials of Human Anatomy and Physiology*.

10th Edition, Benjamin Cummings, 2012.

10. Schmidt-Nielsen, K. *Animal Physiology: Adaptation and Environment*. Cambridge & New York: Cambridge University Press, 1997.
11. Withers, P.C. *Comparative animal physiology*. Saunders College Publishing, New York, 1992.
12. Brandon L (2009). *Anatomy of Strength and Fitness Training for Speed*. McGraw-Hill. ISBN 978-0-07-163363-5.
13. Berryman, Jack; Park, Roberta (1992). *Sport and Exercise Science*. Urbana and Chicago: University of Illinois Press. pp. 14–19. ISBN 0-252-01896-6.
14. McArdle, William; Katch, Frank; Katch, Victor (2006). *Essentials of Exercise Physiology* (3 ed.). United States of America: Lippincott Williams & Wilkins. p. 8. ISBN 0-7817-4991-3.
15. Sweet, William. "150 Years Ago: Amherst Established Nation's First College Health Program". amherst.edu. Amherst College.
16. McArdle, William; Katch, Frank; Katch, Victor (2006). *Essentials of Exercise Physiology* (3 ed.). USA: Lippincott Williams & Wilkins. p. 9. ISBN 0-7817-4991-3.
17. Astrand, Per-Olof; Rodahl, Kaare; Dahl, Hans; Stromme, Sigmund (2003). *The Textbook of Work Physiology* (4th ed.). USA: McGraw-Hill. pp. 260–288. ISBN 0-7360-0140-9.
18. Washburn, S. L. (1951) "The New Physical Anthropology", *Transactions of the New York Academy of Sciences, Series II*, 13:298–304.

19. Michael A. Little and Kenneth A.R. Kennedy, eds. *Histories of American Physical Anthropology in the Twentieth Century*, (Lexington Books; 2010); 259 pages; essays on the field from the late 19th to the late 20th century; topics include Sherwood L. Washburn (1911–2000) and the "new physical anthropology"

References

1. Pazoki R, Dehghan A, Evangelou E, Warren H, Gao H, Caulfield M, Elliott P, Tzoulaki I. Genetic Predisposition to High Blood Pressure and Lifestyle Factors: Associations With Midlife Blood Pressure Levels and Cardiovascular Events. *Circulation*. 2018 Feb 13;137(7):653-661.
2. McAuley KA, Williams SM, Mann JI, Goulding A, Chisholm A, Wilson N, Story G, McLay RT, Harper MJ, Jones IE. Intensive lifestyle changes are necessary to improve insulin sensitivity: a randomized controlled trial. *Diabetes Care*. 2002 Mar;25(3):445-52.
3. Coffey VG, Hawley JA. The molecular bases of training adaptation. *Sports Med*. 2007;37(9):737-63.
4. Patel SA, Winkel M, Ali MK, Narayan KM, Mehta NK. Cardiovascular mortality associated with 5 leading risk factors: national and state preventable fractions estimated from survey data. *Ann. Intern. Med*. 2015 Aug 18;163(4):245-53.
5. Arkel M, Garbati P, Salis A, Damonte G, Liessi N, Adriano E, Benatti U, Balestrino M, Millo E. A Novel Method to Synthesize Phosphocreatine and Phosphocreatine Prodrugs.

Med Chem. 2018;14(4):387-393.

6. Heinonen OJ, Takala J, Kvist MH. Effect of carnitine loading on long-chain fatty acid oxidation, maximal exercise capacity, and nitrogen balance. *Eur J Appl Physiol Occup Physiol.* 1992;65(1):13-7.
7. Loprinzi PD, Kane CJ. Exercise and cognitive function: a randomized controlled trial examining acute exercise and free-living physical activity and sedentary effects. *Mayo Clin. Proc.* 2015 Apr;90(4):450-60.
8. Boyle T, Keegel T, Bull F, Heyworth J, Fritschi L. Physical activity and risks of proximal and distal colon cancers: a systematic review and meta-analysis. *J. Natl. Cancer Inst.* 2012 Oct 17;104(20):1548-61.
9. Mairböurl H. Red blood cells in sports: effects of exercise and training on oxygen supply by red blood cells. *Front Physiol.* 2013;4:332.
10. Goldstein RE. Exercise Capacity. In: Walker HK, Hall WD, Hurst JW, editors. *Clinical Methods: The History, Physical, and Laboratory Examinations.* 3rd ed. Butterworths; Boston: 1990.
11. Bassett DR, Howley ET. Limiting factors for maximum oxygen uptake and determinants of endurance performance. *Med Sci Sports Exerc.* 2000 Jan;32(1):70-84.
12. ERS Task Force. Palange P, Ward SA, Carlsen KH, Casaburi R, Gallagher CG, Gosselink R, O'Donnell DE, Puente-Maestu L, Schols AM, Singh S, Whipp BJ. Recommendations on the use of exercise testing in clinical practice. *Eur. Respir. J.* 2007 Jan;29(1):185-209.

13. Herbison GJ, Jaweed MM, Ditunno JF. Muscle fiber types. *Arch Phys Med Rehabil.* 1982 May;63(5):227-30.
14. Yin H, Price F, Rudnicki MA. Satellite cells and the muscle stem cell niche. *Physiol. Rev.* 2013 Jan;93(1):23-67.
15. Hellsten Y, Nyberg M. Cardiovascular Adaptations to Exercise Training. *Compr Physiol.* 2015 Dec 15;6(1):1-32.
16. Holmqvist N, Secher NH, Sander-Jensen K, Knigge U, Warberg J, Schwartz TW. Sympathoadrenal and parasympathetic responses to exercise. *J Sports Sci.* 1986 Autumn;4(2):123-8.
17. Olson BR. Exercise-induced amenorrhea. *Am Fam Physician.* 1989 Feb;39(2):213-21.
18. Smith AJ, Phipps WR, Thomas W, Schmitz KH, Kurzer MS. The effects of aerobic exercise on estrogen metabolism in healthy premenopausal women. *Cancer Epidemiol. Biomarkers Prev.* 2013 May;22(5):756-64.
19. Kokkinos PF, Fernhall B. Physical activity and high density lipoprotein cholesterol levels: what is the relationship? *Sports Med.* 1999 Nov;28(5):307-14.
20. Galun E, Burstein R, Assia E, Tur-Kaspa I, Rosenblum J, Epstein Y. Changes of white blood cell count during prolonged exercise. *Int J Sports Med.* 1987 Aug;8(4):253-5.