

## Bibliografia

### El concepte d'estar en forma

Kaminsky, L. A. (2014). *ACSM's health-related physical fitness assessment manual*. Filadèlfia: Lippincott Williams & Wilkins.

### Quant de temps necessito per estar en forma?

*American Heart Association Recommendations for Physical Activity in Adults*. American Heart Association (2017) [en línia]. <[http://www.heart.org/HEARTORG/HealthyLiving/PhysicalActivity/FitnessBasics/American-Heart-Association-Recommendations-for-Physical-Activity-in-Adults\\_UCM\\_307976\\_Article.jsp#](http://www.heart.org/HEARTORG/HealthyLiving/PhysicalActivity/FitnessBasics/American-Heart-Association-Recommendations-for-Physical-Activity-in-Adults_UCM_307976_Article.jsp#)> [Consulta: 9.4.2018].

Pearn, J. (1980). «How long does it take to become fit?». *British Medical Journal*, núm. 281(6254), p. 1522-1524.

*WHO. Global recommendations on physical activity for health*. World Health Organization. World Health Organization (2010) [en línia]. <<http://www.who.int/dietphysicalactivity/publications/9789241599979/en/>> [Consulta: 9.4.2018].

---

© Javier Peña. *Tu pots! Esport i activitat física sense excuses*. Vic: Eumo Editorial, 2018.

### **Tothom pot estar en forma?**

Bouchard, C. [et al.] (2012). «Familial aggregation of VO2 max response to exercise training: results from the HERITAGE Family Study». *Journal of Applied Physiology*, núm. 87(3), p. 1003-1008.

Bouchard, C.; Rankinen, T. (2001). «Individual differences in response to regular physical activity». *Medicine and Science in Sports and Exercise*, núm. 33(6 Supl).

Montero, D.; Lundby, C. (2017). «Refuting the myth of non-response to exercise training: "non-responders" do respond to higher dose of training». *The Journal of Physiology*, núm. 595(11), p. 1-32.

Prud'homme, D. [et al.] (1984). «Sensitivity of maximal aerobic power to training is genotype-dependent». *Medicine and Science in Sports and Exercise*, núm. 16(5), p. 489-493.

### **Inactivitat física i sedentarisme**

British Heart Foundation. (2013). «Economic costs of physical inactivity». *BHF National Centre Physical Activity + Health*, núm. 8.

Cavill, N. [et al.] (2006). *Physical activity and health in Europe: evidence for action*. World Health Organization, Regional Office for Europe.

Church, T. S. [et al.] (2011). «Trends over 5 decades in U.S. occupation-related physical activity and their associations with obesity». *PLoS One*, núm. 6(5).

### **Alcohol, tabac i esport**

Barnes, M. J. (2014). «Alcohol: Impact on sports performance and recovery in male athletes». *Sports Medicine*, núm. 44 (7), p. 909-919.

Rainey, C. J. [et al.] (1996). «Patterns of Tobacco and Alcohol Use Among Sedentary, Exercising, Nonathletic, and Athletic Youth». *Journal of School Health*, núm. 66(1), p. 27-32.

---

© Javier Peña. *Tu pots! Esport i activitat física sense excuses*. Vic: Eumo Editorial, 2018.

### **Beneficis de la pràctica d'exercici físic**

Moore, S. C. [et al.] (2012). «Leisure Time Physical Activity of Moderate to Vigorous Intensity and Mortality: A Large Pooled Cohort Analysis». *PLoS Medicine*, núm. 9(11).

Reiner, M. [et al.] (2013). «Long-term health benefits of physical activity - a systematic review of longitudinal studies». *BMC Public Health*, núm. 13(1), p. 813.

### **Tendències en esport i activitat física**

Thompson, W. R. (2017). «Worldwide Survey of Fitness Trends for 2018». *ACSM'S Health & Fitness Journal*, núm. 21(6), p. 10-19.

### **L'entrenament d'alta intensitat**

Driver, J. (2012). *HIIT: high intensity interval training explained*. Create Space Independent Pub.

Tabata, I. [et al.] (1996). «Effects of moderate-intensity endurance and high-intensity intermittent training on anaerobic capacity and VO2max». *Medicine & Science in Sports & Exercise*, núm. 28(10), p. 1327-1330.

### **Wearables o tecnologia portable**

Murakami, H. [et al.] (2016). «Accuracy of Wearable Devices for Estimating Total Energy Expenditure». *JAMA Internal Medicine*, núm. 176(5), p. E1-E2.

### **Entrenament amb el propi pes corporal**

Gaddour, B. (2014). *Your body is your barbell: No gym. Just gravity. Build a leaner, stronger, more muscular you in 28 days!* Nova York: Rodale Inc.

### **Els beneficis del running**

Lee, D. [et al.] (2017). «Running as a Key Lifestyle Medicine for Longevity». *Progress in Cardiovascular Diseases*, núm. 60(1), p. 45-55.

---

© Javier Peña. *Tu pots! Esport i activitat física sense excuses*. Vic: Eumo Editorial, 2018.

### **Aiguagim**

Benelli, P.; Massimiliano Ditroilo, G. D. V. (2004). «Physiological responses to fitness activities: A comparison between land-based and water aerobics exercise». *Journal of Strength and Conditioning Research*, núm. 18(4), p. 719-722.

Pinto, S. S. [et al.] (2011). «Cardiorespiratory and neuromuscular responses during water aerobics exercise performed with and without equipment». *International Journal of Sports Medicine*, núm. 32(12), p. 916-923.

### **Ciclisme de sala**

Battista, R. A. [et al.] (2008). Physiologic responses during indoor cycling. *Journal of Strength and Conditioning Research / National Strength & Conditioning Association*, núm. 22(4), p. 1236-1241.

Marken, E. (n. d.) *Just You & The Bike: 5 Physical Benefits of Indoor Cycling* [en línia]. <<https://certification.acsm.org/blog/2013/october/just-you-and-the-bike-5-physical-benefits-of-indoor-cycling>> [Consulta: 9.4.2018].

### **BodyPump® i BodyCombat®**

Greco, C. C. [et al.] (2011). «Improvements in Metabolic and Neuromuscular Fitness After 12-Week Bodypump® Training». *Journal of Strength and Conditioning Research*, núm. 25(12), p. 3422-3431.

Stanforth, D.; Stanforth, P. R.; Hoemeke, M. P. (2000). «Physiologic and Metabolic Responses to a Body Pump Workout». *The Journal of Strength and Conditioning Research*, núm. 14(2), p. 144.

### **Eficàcia del mètode Pilates en la millora de la condició física**

Segal, N. A.; Hein, J.; Basford, J. R. (2004). «The effects of pilates training on flexibility and body composition: An observational study». *Archives of Physical Medicine and Rehabilitation*, núm. 85(12), p. 1977-1981.

Sekendiz, B. [et al.] (2007). «Effects of Pilates exercise on trunk strength, endurance and flexibility in sedentary adult females». *Journal of Bodywork and Movement Therapies*, núm. 11(4), p. 318-326.

---

© Javier Peña. *Tu pots! Esport i activitat física sense excuses*. Vic: Eumo Editorial, 2018.

### **Efectes del ioga en la condició física**

Lau, C.; Yu, R.; Woo, J. (2015). «Effects of a 12-Week Hatha Yoga Intervention on Cardiorespiratory Endurance, Muscular Strength and Endurance, and Flexibility in Hong Kong Chinese Adults: A Controlled Clinical Trial». *Evidence-Based Complementary and Alternative Medicine: eCAM*, núm. 1(12).

Tran, M. D. [et al.] (2001). «Effects of Hatha Yoga Practice on the Health-Related Aspects of Physical Fitness». *Preventive Cardiology*, núm. 4(4), p. 165-170.

### **El tai-txi i els seus beneficis**

Hong, Y.; Xian, J.; Robinson, P. (2000). «Balance control, flexibility, and cardiorespiratory fitness among older Tai Chi practitioners». *British Journal of Sports Medicine*, núm. 34, p. 29-34.

Takehima, N. [et al.] (2017). «Effects of 12 Weeks of Tai Chi Chuan Training on Balance and Functional Fitness in Older Japanese Adults». *Sports*, núm. 5(3), p. 32.

### **El CrossFit® com a esport per a la salut**

Kliszczewicz, B. [et al.] (2015). «Acute Exercise and Oxidative Stress: CrossFit vs. Treadmill Bout». *Journal of Human Kinetics*, núm. 47(1), p. 81-90.

Partridge, J. A.; Knapp, B. A.; Massengale, B. D. (2014). «An Investigation of Motivational Variables in CrossFit Facilities». *Journal of Strength and Conditioning Research*, núm. 28(6), p. 1714-1721.

Smith, M. M. [et al.] (2013). «Crossfit-based high-intensity power training improves maximal aerobic fitness and body composition». *Journal of Strength and Conditioning Research / National Strength & Conditioning Association*, núm. 27(11), p. 3159-3572.

### **Efectes de l'activitat física a l'aire lliure sobre la salut**

Marselle, M. R.; Irvine, K. N.; Warber, S. L. (2014). «Examining group walks in nature and multiple aspects of well-being: A large-scale study». *Ecopsychology*, núm. 6(3), 134-147.

---

© Javier Peña. *Tu pots! Esport i activitat física sense excuses*. Vic: Eumo Editorial, 2018.

### **La marxa nòrdica**

Associació esportiva Nordic Walking - Nòrdic Esport. (n.d.) [en línia]. <<http://www.nordicwalking.cat>> [Consulta: 9.4.2018].

Church, T. S.; Earnest, C. P.; Morss, G. M. (2002). «Field testing of physiological responses associated with nordic walking». *Research Quarterly for Exercise and Sport*, núm. 73(3), p. 296-300.

### **Balanç energètic mentre caminem amb motxilla**

Hill, L. C.; Swain, D. P.; Hill, E. L. (2008). «Energy balance during backpacking». *International Journal of Sports Medicine*, núm. 29(11), p. 883-887.

### **Esquí de fons: condició física i expectativa de vida**

Farahmand, B. Y. [et al.] (2003). «Mortality amongst participants in Vasaloppet: A classical long-distance ski race in Sweden». *Journal of Internal Medicine*, núm. 253(3), p. 276-283.

Trappe, S. [et al.] (2013). «New records in aerobic power among octogenarian lifelong endurance athletes». *Journal of Applied Physiology*, núm. 114(1), p. 3-10.

### **Ciclisme de muntanya versus ciclisme de carretera**

Lee, H. [et al.] (2002). «Physiological characteristics of successful mountain bikers and professional road cyclists». *Journal of Sports Sciences*, núm. 20, p. 1001-1008.

### **La prevenció de lesions**

Lauersen, J. B.; Bertelsen, D. M.; Andersen, L. B. (2014). «The effectiveness of exercise interventions to prevent sports injuries: a systematic review and meta-analysis of randomised controlled trials». *British Journal of Sports Medicine*, núm. 48(11), p. 871-877.

---

© Javier Peña. *Tu pots! Esport i activitat física sense excuses*. Vic: Eumo Editorial, 2018.

## Bibliografia

### **L'escalfament i els efectes positius en la reducció de les lesions**

Thorborg, K. [et al.] (2017). «Effect of specific exercise-based football injury prevention programmes on the overall injury rate in football: a systematic review and meta-analysis of the FIFA 11 and 11+ programmes». *British Journal of Sports Medicine*, núm. 51(7), p. 562-571.

### **La preparació física complementària i la incidència en la prevenció de lesions**

Leppänen, M. [et al.] (2014). «Interventions to prevent sports related injuries: A systematic review and meta-analysis of randomised controlled trials». *Sports Medicine*, núm. 44(4), p. 473-486.

McGuine, T. A.; Keene, J. S. (2006). «The Effect of a Balance Training Program on the Risk of Ankle Sprains in High School Athletes». *The American Journal of Sports Medicine*, núm. 34(7), p. 1103-1111.

### **La recuperació postexercici**

Baiget, E. [et al.] (2018). «Effects of a trail mountain race on neuromuscular performance and hydration status in trained runners». *Journal of Sports Medicine and Physical Fitness*, núm. 58(1-2), p. 43-49.

Milewski, M. D. [et al.] (2014). «Chronic lack of sleep is associated with increased sports injuries in adolescent athletes». *Journal of Pediatric Orthopaedics*, núm. 34(2), p. 129-133.

Sawka, M. [et al.] (2007). «American College of Sports Medicine Position Stand: Exercise and Fluid Replacement». *Medicine and Science in Sports and Exercise*, núm. 39(2), p. 377-390.

### **Alimentació saludable**

*Alimentación sana*. OMS (2015). WHO [en línia] <<http://www.who.int/mediacentre/factsheets/fs394/es/>> [Consulta: 9.4.2018].

*Curso MOOC nutrición y dietética aplicada al ejercicio físico* [en línia]. <[---

© Javier Peña. \*Tu pots! Esport i activitat física sense excuses\*. Vic: Eumo Editorial, 2018.](https://miriadax.net/web/nutricion-y-dietetica-aplicada-al-ejercicio-fisico/inicio?timestamp=)

### **Suplements nutricionals**

*Supplements*. Australian Sports Institute. (2018) [en línia]. <<http://www.ausport.gov.au/ais/nutrition/supplements>> [Consulta: 9.4.2018].

### **Esport i nens**

Jayanthi, N. (2013) «*Intense, specialized training in young athletes linked to serious overuse injuries.*» [en línia]. <<https://www.sciencedaily.com/releases/2013/04/130419132508.htm>> [Consulta: 9.4.2018].

Myers, A. M.; Beam, N. W.; Fakhoury, J. D. (2017). «Resistance training for children and adolescents». *Translational Pediatrics*, núm. 6(3), p. 137-143.

### **Dones i exercici**

Collier, S. R. (2008). «Sex differences in the effects of aerobic and anaerobic exercise on blood pressure and arterial stiffness». *Gender Medicine*, núm. 5(2), p. 115-123.

Eaton, W. O.; Enns, L. R. (1986). «Sex differences in human motor activity level». *Psychological Bulletin*, núm. 100(1), p. 19-28.

Hands, B.; Parker, H. (2016). «Male and Female Differences in Health Benefits Derived from Physical Activity: Implications for Exercise Prescription». *Journal of Womens Health, Issues and Care*, núm. 5(4).

### **Activitat física a la tercera edat**

Nelson, M. E. [et al.] (2007). «Physical activity and public health in older adults: Recommendation from the American College of Sports Medicine and the American Heart Association». *Circulation*, núm. 116(9), p. 1094-1105.

### **Esport i embaràs**

Artal, R.; O'Toole, M. (2003). «Guidelines of the American College of Obstetricians and Gynecologists for exercise during pregnancy and the postpartum period». *British Journal of Sports Medicine*, núm. 37(1), p. 6-12.

Jacobs, P. L. (ed.) (2018). *NSCA's essentials of training special populations*. Human Kinetics Publishers.

---

© Javier Peña. *Tu pots! Esport i activitat física sense excuses*. Vic: Eumo Editorial, 2018.



## Bibliografia

### **Activitat física, malalties i lesions**

Cirer-Sastre, R. [et al.] (2017). «Contralateral effects after unilateral strength training: A meta-analysis comparing training loads». *Journal of Sports Science and Medicine*, núm. 16(2), p. 180-186.

Dimeo, F. C. [et al.] (1999). «Effects of physical activity on the fatigue and psychologic status of cancer patients during chemotherapy». *Cancer*, núm. 85(10), p. 2273-2277.

Gleeson, M. (2015). «Effects of exercise on immune function». *Sports Science Exchange*, núm. 28(151), p. 1-6.

### **Fer esport sense sortir de casa**

*Fitness Blender* (2018) [en línia]. <<https://www.fitnessblender.com/>> [Consulta: 9.4.2018].

*Gym virtual* (2018) [en línia]. <<http://gymvirtual.com/>> [Consulta: 9.4.2018].

Klika, B.; Jordan, C. (2013). «High-Intensity Circuit Training Using Body Weight: Maximum Results with Minimal Investment». *ACSM'S Health & Fitness Journal*, núm. 17(3), p. 8-13.

---

© Javier Peña. *Tu pots! Esport i activitat física sense excuses*. Vic: Eumo Editorial, 2018.