

CAPITULO VII – BIBLIOGRAFIA

BIBLIOGRAFIA

Adams, G. M. (1998). *Exercise Physiology : Laboratory Manual* (3th edition). Boston, Massachusetts : WCB \ Mcgraw – Hill.

Andreacci, J., Lemura, L., Cohen, S., Urbansky, E., Chelland, S., & Von Duvillard, S. (2002). The effects of frequency of encouragement on performance during maximal exercise testing. *Journal of Sports Sciences*, 20, 345 – 352.

Armstrong, N., & Welsman, S. (1997). *Young people and Physical Activity*. Oxford University Press.

Armstrong, N., Welsman, J.R. & Kirby, B.J. (1993). Performance on the Wingate Anaerobic Test and Maturation. *Pediatric Exercise Science*, 253-261.

AAVV. (1997). Dicionário Lello Universal. 2^a Edição. Lello Editores, Porto, 1, 824.

AAVV. (1997a). Dicionário Lello Universal. 2^a Edição. Lello Editores, Porto, 2, 934.

Bar-Or, O. (1996). Anaerobic performance. In Docherty, D. (Et). *Measurement in Pediatric Exercise Science*. Illinois, Human Kinetics : Canadian Society for Exercise Physiology, 161-182.

Bediz, C.; Gokbel, H.; Kara, M.; Uçok, K.; Çlkrkkçi, E. & Ergene, N. (1998) Comparison of the aerobic contributions to Wingate anaerobic tests performed with two different loads. *Journal of Sports Medicine and Physical Fitness*, 38, (1), 30-34.

Blimkie, C.; Roache, P.; Hay, J. & Bar-Or, O. (1988). Anaerobic power of arms in teenage boys and girls: relationship to lean tissue. *European Journal of Applied Physiology*, 57, 667-683.

Campenella, B., Mattacola, C.G. & Kimura, I.F. (2000). Effect of visual feedback and verbal encouragement on concentric quadriceps and hamstrings peak torque of males and females. *Isokinetics and Exercise Science*, 8, 1-6.

Cardoso, C. (1999). Avaliação do Desempenho Anaeróbio em crianças e jovens. Universidade de Coimbra, Faculdade de Ciências do Desporto e Educação Física. Dissertação de licenciatura não publicada.

Carlson, J. & Naughton, G. (1994). Performance characteristics of children using various braking resistences on the Wingate anaerobic test. *Journal of Sports Medecine and Physical Fitness*, 34, 362-369.

Chia, M., Armstrong, N., & Childs, D. (1997). The assessment of Children's Anaerobic Performance Using Modifications of the Wingate Anaerobic Test. *Pediatric Exercise Science*, 9, 80-89.

Chitwood, L., Moffat, R., Burke, K., Luchino, P. & Jordan, J. (1997). Encouragement during maximal exercise testing of Type A and Type B scorers. *Perceptual and Motor Skills*, 84, 507 – 512.

Dotan, R. & Bar-Or, O. (1980) Climatic heat stress and performance in the Wingate anaerobic test. *European Journal of Applied Physiology*, 44, 237-243.

Dotan, R. & Bar-Or, O. (1983). Load optimization for the Wingate anaerobic test. *European Journal of Applied Physiology*, 51, 409-417.

Downing, J. & Keating, M. (2003). Cardiovascular and Perceptual responses to graded exercise in persons with developmental disabilities with and without verbal encouragement. *Research Quartely for Exercise and Sport*, 74, A-76.

Falk, B. & Bar-Or, O. (1993). Longitudinal Changes in Peak Aerobic and Anaerobic Mechanical Power of Circumpubertal Boys. *Pediatric Exercise Science*, 5, 318-331.

Franchini, E. (2002). Teste Anaeróbio de Wingate: Conceitos e aplicação. *Revista Mackenzie de Educação Física e Esporte, 1*, (1): 11-27.

Fogelholm, G. (1994). Effects of bodyweight reduction on sports performance. *Sports Medicine, 18*, 249-267.

Fogelholm, G.; Kosniken, R.; Laakso, J.; Rankinen, T. & Ruokonen, I. (1993) Gradual and rapid weight loss: effects on nutrition and performance in male athletes. *Medicine and Science in Sports and Exercise, 25*, (3), 371-377.

Gonçalves, V. (2001). Metabolismo Anaeróbio Vs Caracterização Fisiológica nos Testes de Força-velocidade e Wingate. Universidade de Coimbra, Faculdade de Ciências do Desporto e Educação Física. Dissertação de licenciatura não publicada.

Hawley, J.; Williams, M.; Hamling, G. & Walsh, R (1989). Effects of a task-specific warm-up on anaerobic power. *British Journal of Sports Medicine, 23*, (4), 233-236.

Hebestreit, H., Welsman, J.R. & Kirby, B.J. (1993). Recovery of muscle power after high-intensity short-term exercise : comparing boys and men. *Journal of Applied Physiology, 74*, (6), 2875 – 2880.

Hill, D.& Smith, J (1991). Circadian rhythm in anaerobic power and capacity. *Canadian Journal of Sports Science, 16*, 30-32.

Horswill, C. (1992) Applied physiology of amateur wrestling. *Sports Medicine, 14*, (2), 114-143.

Inbar, O. & Bar-Or, O.(1986). Anaerobic characteristics in male children and adolescents. *Medicine and Science in Sport and Exercise, 18*, (3), 264-269.

Inbar, O., Bar-Or, O., & Skinner, J. (1996). *The Wingate Anaerobic Test*. EUA : Human Kinetics.

Johansson C.A., Kent B.E. & Sheppard K.F., (1983). Relationship between verbal command volume and magnitude of muscle contraction, *Phys. Ther.* 63, 1260–1265.

Lukasiewicz W. (1997) Effect of visual feedback and verbal encouragement on eccentric quadriceps and hamstrings peak torque of males and females. Temple University, Philadelphia: Master Thesis.

Koutedakis, Y. & Sharp, N. (1986) A modified Wingate test for measuring anaerobic work of the upper body in junior rowers. *British Journal of Sports Medicine*, 20, (4),153-156.

Masters, K. & Ogles, B. (1998). Associative and dissociative cognitive strategies in exercise and running : 20 years later, what do we know? *The Sports Psychologist*, 12, 253-270.

Maud, P.J. & Shultz, B.B. (1989). Norms for the Wingate Anaerobic Test with comparison to another Similar Test. *Research Quarterly For Exercise and Sport*. 60, 144-151.

McNair, J., Depledge, J., Brett Kelly, M. & Stanley, S. (1996). Verbal encouragement : effects on maximum effort voluntary muscle action. *British Journal of Sports Medicine*, 30, 243 – 245.

Moffat, R., Chitwood, L., & Biggerstaff, K. (1994). The influence of verbal encouragement during assessment of maximal oxygen uptake. *Journal of Sports Medicine and Physical Fitness*, 34, 45-49.

Mourier, A.; Bigard, A.; Kerviller, E.; Roger, B.;Guezennec, C. (1997) Legrand, H.; Combined effects of caloric restriction and branched-chain amino acid supplementation on body composition and exercise performance in elite wrestlers. *International Journal of Sports Medicine*, 18, (1), 47-55.

Naughton, G., Carlson, J. & Fairweather, I. (1992). Determining the Variability of Performance on Wingate Anaerobic Tests in Children Aged 6-12 Years. *International Journal of Sports Medicine*, 13, 512-517.

Nindl, B., Mahar, M., Harman, E. & Patton, J. (1995). Low range upper body anaerobic performance in male and female adolescent athletes. *Medicine and Science in Sport and Exercise*, 27, (1), 235-241.

Rube N., Secher NH. (1981). Paradoxical influence of encouragement on muscle fatigue. *Eur J Appl Physiol Occup Physiol*, 46, (1), 1-7.

Sobral, F. & Silva, M.J.C. (2001). Cineantropometria – Curso Básico. Coimbra: FCDEF-UC.

Scott L., Scott D., Bedic S. & Dowd, J. (1999). The effect of associative and disassociative strategies on rowing ergometer. *The Sports Psychologist*, 13, 57-68.

Weinberg, R. & Gould, D. (2003). Foundations of Sport and Exercise Psychology. 3rd Edition. Champaign, Illinois: Human Kinetics.

Weinstein, Y., Bediz, C., Dotan, R. & Falk, B. (1998). Reliability of peak-lactate, heart rate, and plasma volume following the Wingate test. *Medicine and Science in Sports and Exercise*, 30, (9), 1456-1460.

Williams, C.A. (1997). Children's and Adolescents Anaerobic Performance During Cycle Ergometry. *Sport Medicine*, 24, (4), 227-240.