

## BIBLIOGRAPHY

### BOOKS

- American College of Sports Medicine, (2006), *American College of Sports Medicine's Advanced Exercise Physiology*, Philadelphia, PA: Lippincott Williams & Wilkins.
- Arnheim, Daniel D., (1985), *Modern Principles of Athletic Training*, St. Louis: The Mosby College Publishing Co., P.78.
- Birch, K., (2005), *Sport and Exercise Physiology*, Oxon, UK: Bio Science Scientific.
- Birch, K., MacLaren, D. and George, K., (2005), *Instant Notes - Sport and Exercise Physiology*, New York : Garland Science/BIOS Scientific Publishers.
- Brown, Lee, et al., (2000), *Training for Speed, Agility and Quickness*, Champaign Illinois: Human Kinetics Publishers Inc.
- Cooper, H. M., (1988), *The structure of knowledge synthesis' Knowledge in Society*, vol. 1, PP. 104-126
- Docherty, D., (1996), *Measurement in Pediatric Exercise Science*, Champaign, Illinois: Human Kinetics.
- Earle, Z.F., (1982), *Physical Education and Sports : An Introduction*, Philadelphia : Lea & Febiger, P.79.
- Edward L. Fox and Mathew, (1974), *Interval Training Conditioning for Sports and General Fitness*, Philadelphia: W.B.Saunders & Company, P.21.
- Evelyn C. Pearce, (1985), *Anatomy and Physiology for Nurses*, Calcutta: Oxford University Press, P.174.
- Hardayal, Singh, (1991), *Science of Sports Training*, New Delhi: DVS Publications, P.13.
- Hartley, L.H. and Lee, I., (2010), *Exercise. Special Health Report*. Boston: Harvard Health Publications. Harvard Medical School.
- Heymsfield, S., Lohman, T., Wang, Z. and Going, S., (2005), *Human Body Composition*. 2nd ed. Champaign, Illinois : Human Kinetics.
- Marfell-Jones, M., Olds, T., Stewart, A. and Carter, L. (2006), *International Standards for Anthropometric Assessment*. Potchefstroom (Africa): International Society for the Advancement of Kinanthropometry (ISAK);
- McArdle, W.D., Katch, F.I. and Katch, V.L., (1991), *Exercise Physiology Energy, Nutrition, and Human Performance*, Malvern, PA: Lea & Febiger.
- Parizkova, J. and Hills, A.P., (2005), *Childhood Obesity: Prevention and Treatment*, (2<sup>nd</sup> ed.), CRC Press, Boca Raton – London – New York – Washington D.C. (1st ed. 2000).

- Parizkova, J., (1977), *Body Fat and Physical Fitness. Body Composition and Lipid Metabolism in Different Regimes of Physical Activity*, MartinusNijhoff B.V./Medical Division, The Hague.
- Parizkova, J., Maffeis, C. and Poskitt, M.E., (2002), “Management Through Activity”. In: Burniat, W., Cole, T. and Lissau, L. (Eds.), *Child and Adolescent Obesity, Cases and Consequences, Prevention and Treatment*, Cambridge : Cambridge University Press, P. 307.
- Parizkova, J., (2010), *Nutrition, Physical Activity and Health in Early Life*. In : Taylor & Francis Group, Boca Raton – London – New York (CRC Press, 1st ed. 1995).
- Powers, S.K. and Howley, E.T., (2004), *Exercise Physiology: Theory and Applications to Fitness and Performance*, Boston, MA: McGraw Hill.
- Salassi, James Warren and Iii, M.S., (2014), *The Acute Effects of Various High-Intensity Interval Training (HIIT) Protocols on Cardiopulmonary and Metabolic Function*, California State University, Long Beach, 128 pages; 1527583.
- Sharkey, B. and Gaskill, S.E., (2006), *Sport Physiology for Coaches*, Champaign, Illinois: Human Kinetics.
- Shaver L. G. (1982), *Essentials of Exercise Physiology*, Delhi: Surjeet Publishers, P.256.
- WHO/IASO/IOTF, (2000). *The Asia-Pacific Perspective: Redefining Obesity and its Treatment*. Melbourne: Health Communications Australia.
- Wilmore, J.H. and Costill, D.L., (2005), *Physiology of sport and exercise*. USA: Champaign.

## JOURNALS AND PROCEEDINGS

- Andrew P. Bacon, Rickey E. Carter, Eric A. Ogle, and Michael J. Joyner, (2013), “VO<sub>2</sub>max Trainability and High Intensity Interval Training in Human: A Meta-Analysis”, *Public Library of Science ONE*, 8(9), e73182.
- Arnold G. Nelson, Joke Kokkonen and David A. Arnall, (2005), “Acute Muscle Stretching Inhibits Muscle Strength Endurance Performance”, *Journal of Strength and Conditioning Research*, 19(2), PP.338–343.
- Astorino, T.A., Allen, R.P., Roberson, D.W., Jurancich, M., (2012), “Effect of High-Intensity Interval Training on Cardiovascular Function, VO<sub>2</sub>max, and Muscular force”, *Journal of Strength and Conditioning Research*, 26(1), PP.138-45.
- Babraj, J.A., Volvaard, N.B.J., Keast, C., Guppy, F.M., Cottrell, G. and Timmons, J.A., (2009), “Extremely Short Duration High Intensity Interval Training Substantially Improves Insulin Action in Young Healthy Males”, *Bio-Medical Central Endocrine Disorders*, 9(3), PP.1Y24.
- Baquet, G., Berthoin, S., Dupont, G., Blondel, N., Fabre, C., and Van Praagh, E., (2002), Effects of High Intensity Intermittent Training on Peak VO<sub>2</sub> in Prepubertal Children”, *International Journal of Sports Medicine*, 23, 439-444.
- Billat, V.L., Slawinski, J., Bocquet, V., Chassaing, P., Demarle, A. and Koralsztein, J.P., (2001), “Very Short (15s-15s) Interval-Training Around the Critical Velocity Allows Middle-Aged Runners to Maintain VO<sub>2</sub> Max For 14 Minutes”, *International Journal of Sports Medicine*, 22(3), PP.201-8.
- Bogdanis, G.C., Stavrinou, P., Fatouros, I.G., Philippou, A., Chatzinikolaou, A., Draganidis, D., Ermidis, G. and Maridaki, M., (2013), “Short-term High-Intensity Interval Exercise Training Attenuates Oxidative Stress Responses and Improves Antioxidant Status in Healthy Humans”, *Food and Chemical Toxicology*, 61, PP.171–177.
- Boutcher, S.H., (2011), “High-Intensity Intermittent Exercise and Fat Loss”, *Journal of Obesity* : 868305. doi: 10.1155/2011/868305. Epub 2010 Nov 24.
- Buchheit, M. and Laursen, P.B. (2013), “High-Intensity Interval Training, Solutions to the Programming Puzzle. Part II: Anaerobic Energy, Neuromuscular Load and Practical Applications”, *Sports Medicine*, 43(10), PP.927-54.
- Burgomaster, K.A., Heigenhauser, G.J.F., and Gibala, M.J., (2006), “Effect of Short-Term Sprint Interval Training on Human Skeletal Muscle Carbohydrate Metabolism During Exercise and Time-Trial Performance”, *Journal of Applied Physiology*, 100(6), PP.2041-2047.
- Burgomaster, K.A., Heigenhauser, G.L., and Gibala, M.J., (2004), “Skeletal Muscle Metabolic and Performance Adaptations After Short Sprint Interval Training (SIT)”, *Medicine and Science in Sports and Exercise*, 36(5), S20-S20.
- Burgomaster, K.A., Howarth, K.R., Phillips, S.M., Rakobowchuk, M., Macdonald, M.J., McGee, S.L. and Gibala, M.J., (2008), “Similar Metabolic Adaptations

During Exercise After Low Volume Sprint Interval and Traditional Endurance Training in Humans”, *Journal of Physiology*, 586(1), PP.151-60.

- Burgomaster, K.A., Hughes, S.C., Heigenhauser, G.J.F., Bradwell, S.N. and Gibala, M.J., (2005), “Six Sessions of Sprint Interval Training Increases Muscle Oxidative Potential and Cycle Endurance Capacity in Humans”, *Journal of Applied Physiology*, 98(6), PP.1985-1990.
- Burke, S. M., Carron, A. V., Eys, M. A., Ntoumanis, N., & Estabrooks, P. A. (2006). Group versus individual approach? A meta-analysis of the effectiveness of interventions to promote physical activity”, *Sport and Exercise Psychology Review*, 2(1), PP.19-35.
- Calza, S., Decarli, A. and Ferraroni, M., (2008), “Obesity and Prevalence of Chronic Diseases in the 1999e2000 Italian National Health Survey”, *Bio-Medical Central Public Health*, 8:140.
- Carey, D.G. and Richardson, M.T., (2003), “Can Aerobic and Anaerobic Power be Measured in a 60-Second Maximal Test?”, *Journal of Sports Science and Medicine*, 2, PP.151-7.
- Cereda, E., Sansone, V., Meola, G., Malavazos, A.E., (2007), “Increased Visceral Adipose Tissue Rather Than Body Mass Index as a Risk Factor for Dementia”, *Age Ageing*, 36(5), PP.488e91.
- Chaouachi, A., Manzi, V., Wong del, P., Chaalali, A., Laurencelle, L., Chamari, K. and Castagna, C., (2010), “Intermittent Endurance and Repeated Sprint Ability in Soccer Players”, *Journal of Strength Conditioning and Research*, 24(10), PP.2663-9.
- Costigan, S.A., Eather, N., Plotnikoff, R C., Taaffe, D R. and Lubans, D R., (2015), “High-Intensity Interval Training For Improving Health-Related Fitness In Adolescents: A Systematic Review and Meta-Analysis”, *British Journal of Sports Medicine*, 49, PP.1253-1261.
- Craig, N.P. and Norton, K.I., (2001), “Characteristics of Track Cycling”, *Sports Medicine*, 31, PP.457-468.
- Crouse, S.F., O’Brien, B.C., Grandjean, P.W., Lowe, R.C., Rohack, J.J., Green, J.S., (1997), “Training Intensity, Blood Lipids, and Apolipoproteins in Men with High Cholesterol”, *Journal of Applied Physiology*, 82, PP.270–277.
- Dello Iacono, A, Eliakim, A, and Meckel, Y., (2015), “Improving Fitness of Elite Handball Players: Small-Sided Games vs. High-Intensity Intermittent Training”, *Journal of Strength Conditioning and Research*, 29(3), PP.835–843.
- Driller, M.W., Fell, J.W., Gregory, J.R., Shing, C.M., & Williams A.D. (2009), “The Effects of High Intensity Interval Training in Well-Trained Rowers”, *International Journal of Sports Physiology and Performance*, 4, PP.110-121.

- Dunham, C. and Harms, C.A., (2012), “Effects of High-Intensity Interval Training On Pulmonary Function”, *European Journal of Applied Physiology*, 112(8), PP.3061-8.
- Eduard Hrazdára, Michaela Jurankova and Petra Slamova, (2014), “High Intensity Interval Training (HIIT) Is Effective Strategy Including Short Repeated Sprints With Very High Intensity Followed By Low Intensity Exercise Or Active Rest Phase”. In *International Congress of Physical Education, Sports and Kinetotherapy*. ISBN 978 -606 -8294 -90 -2.
- Esfarjani, F. and Laursen, P.B., (2007), “Manipulating High-Intensity Interval Training: Effects On Vo<sub>2</sub>max, The Lactate Threshold and 3000 M Running Performance in Moderately Trained Males”, *Journal of Science and Medicine in Sports*, 10(1), PP.27-35.
- Fernandez-Fernandez, J., Zimek, R., Wiewelhoeve, T. and Ferrauti, A., (2012), “High-Intensity Interval Training vs. Repeated-Sprint Training in Tennis”, *Journal of Strength and Conditioning Research*, 26(1), PP.53–62,
- Fujioka, S., Matsuzawa, Y., Tokunaga, K. and Tarui, S., (1987), “Contribution of Intra-Abdominal Fat Accumulation to the Impairment of Glucose and Lipid Metabolism in Human Obesity”, *Metabolism*, 36, PP.54—9.
- Gallus, S., Colombo, P., Scarpino, V., Zuccaro, P., Negri, E. and Apolone, G., (2006), “Overweight and Obesity in Italian Adults 2004, and an Overview of Trends Since 1983”, *European Journal of Clinical Nutrition*, 60(10), PP.1174e9.
- Giannaki, C.D., Aphas, G., Sakkis, P. and Hadjicharalambous, M. (2015), “Eight Weeks of A Combination of High Intensity Interval Training and Conventional Training Reduce Visceral Adiposity and Improve Physical Fitness: A Group-Based Intervention”, *Journal of Sports Medicine and Physical Fitness*, 56(4),PP.483-90.
- Gibala, M.J. and Jones, A.M., (2013), “Physiological and Performance Adaptations to High-Intensity Interval Training”, *Nestle Nutrition Institution Workshop Series*, 76, PP.51-60.
- Gibala, M.J. and McGee, S.L., (2008), “Metabolic Adaptations to Short-Term High Intensity Interval Training: A Little Pain for a lot of Gain?”, *Exercise and Sport Sciences Reviews*, 36(2), PP.58-63.
- Gibala, M.J. and McGee, S.L., (2008), “Metabolic Adaptations to Short-Term High-Intensity Interval Training: A Little Pain for a Lot of Gain?”, *Exercise and Sports Science Review*, 36(2), PP.58Y63.
- Goodpaster, B.H., et al., (2001), “Skeletal Muscle Lipid Content and Insulin Resistance: Evidence for a Paradox in Endurance-Trained Athletes”, *Journal of Clinical Endocrinology and Metabolism*, 86, PP.5755–5761.
- Gosselin, L.E., Kozlowski, K.F., DeVinney-Boymel, L and Hambridge, C. (2012), “Metabolic Response of Different High-Intensity Aerobic Interval Exercise

- Protocols”, *Journal of Strength and Conditioning Research*, 26(10), PP.2866-71.
- Grediagin, A., Cody, M., Rupp, J., Benardot, D., and Shern, R., (1995), “Exercise Intensity Does Not Effect Body Composition Change in Untrained, Moderately Over Fat Women”, *Journal of the American Dietetic Association*, 95, PP.661-665.
- Grundy, S.M., Cleeman, J.L., Merz, C.N., Brewer, H.B., Clark, L.T. and Hunninghake, D.B., (2004), “National Heart, Lung and Blood Institute; American College of Cardiology Foundation; American Heart Association. Implications of recent clinical trials for the National Cholesterol Education Program Adult Treatment Panel III Guidelines”, *Circulation*, 110(2), PP.227-239.
- Harbin, M.M., (2014), “Acute Physiological Responses During High Intensity Interval Training and Continuous Exercise Training”, *Master of Science in Clinical Exercise Physiology*, P.54.
- Harrison, C.B., Kinugasa, T., Gill, N. and Kilding, A.E, (2015), “Aerobic Fitness For Young Athletes: Combining Game-Based and High-Intensity Interval Training”, *International Journal of Sports Medicine*, 36(11), PP.929-34.
- Hasan Matinhomae, Jamshid Banaei, Mohammadali Azarbayjani and Vahid Zolaktaf, (2014), “Effects of 12-Week High-Intensity Interval Training on Plasma Visfatin Concentration and Insulin Resistance in Overweight Men”, *Journal of Exercise Science & Fitness*, 22, PP.1-6.
- Havas, Stephen, (2009), “The Obesity Epidemic: Strategies in Reducing Cardiometabolic Risk”, *American Journal of Medicine*, 122(4 Suppl. 1), PP.S1e52.
- Hawley, J.A., Weston, A.R., Myburgh, K.H., Lindsay, F.H., Dennis, S.C. and Noakes, T.D., (1997), “Skeletal muscle buffering capacity and endurance performance after high-intensity interval training by well-trained cyclists”, *European Journal of Applied Physiology Occupational Physiology*, 75(1), PP.7-13.
- Helgerud, J., Hoydal, K. and Wang, E., (2007), “Aerobic High-Intensity Intervals Improve VO<sub>2</sub>max More Than Moderate Training”, *Medicine and Science in Sports and Exercise*, 39(4), PP.665Y71.
- Helgerud, J., Høydal, K. L., Wang, E., Karlsen, T., Berg, P. R., Bjerkaas, M., Simonsen, T., Helgesen, C. S., Hjorth, N. L., Bach, R., and Hoff, J., (2006), “Differential Response to Aerobic Endurance Training at Different Intensities”, *Medicine and Science in Sports and Exercise*, 38(5), Supplement Abstract 2581.
- Helgerud, J., Hoydal, K., Wang, E., Karlsen, T., Berg., and Palr., (2007), “Aerobic High Intensity Intervals Improve VO<sub>2</sub>max More than Moderate Training”. *Medicine and Science in Sports and Exercise*, 39(4), PP.665-671.

- Henriksson, J. and Reitman, J.S., (1976), “Time Course Changes in Human Skeletal Muscle Succinate Dehydrogenase and Cytochrome Oxidase Activities and Maximal Oxygen Uptake with Physical Activity and Inactivity”, *Acta Physiologica Scandinavica*, 99(1), PP.91-97.
- Hood, M.S., Little, J.P., Tarnopolsky, M.A., (2011), “Low-volume Interval Training Improves Muscle Oxidative Capacity in Sedentary Adults”, *Medicine and Science in Sports and Exercise*, 43(10), PP.1849Y56.
- Hughes, S.C., Burgomaster, K.A., Heigenhauser, G.J., and Gibala, M.J. (2003), “Six Bouts of Sprint Interval Training (SIT) Improve Intense Aerobic Cycling Performance and Peak Anaerobic Power”, *Medicine and Science in Sports and Exercise*, 35(5), Supplement Abstract 1875.
- Huxley, R., Mendis, S., Zheleznyakov, E., Reddy, S. and Chan, J. (2010), “Body Mass Index, Waist Circumference and Waist: Hip Ratio as Predictors of Cardiovascular Risk : A Review of the Literature”, *European Journal of Clinical Nutrition*, 64(1), PP.16e22.
- Jayasivarajan and Vasanthi, (2012), “Effect of Intensive Interval Training and Fartlek Training on Cardio Respiratory Endurance and Speed Endurance of Team Game Players”, *Scientific Journal of Physical Education and Allied Subject*, 1(1), PP.115-120.
- Kahn, B.B. and Flier, J.S. (2000), “Obesity and Insulin Resistance”, *Journal of Clinical Investigation*, 106, PP.473—81.
- Kay, S.J. and Fiatarone Singh, M.A., (2006), “The Influence of Physical Activity on Abdominal Fat: A Systematic Review of the Literature”, *Obesity Review*, 7, PP.183–200.
- Kelly Bosak, (2012), “Managing Metabolic Syndrome: Focus on Physical Activity”, *American College of Nurse Practitioners*, 8(3), P.208.
- Kiens, B., (2006), “Skeletal Muscle Lipid Metabolism in Exercise and Insulin Resistance”, *Physiological Reviews*, 86, PP.205–243.
- Kohn, T.A., Essén-Gustavsson, B., and Myburgh, K.H., (2011), “Specific Muscle Adaptations in Type II Fibers After High-Intensity Interval Training of Well-Trained Runners”, *Scandinavian Journal of Medicine and Science in Sports*, 21(6), PP.765–772.
- Krustrup, P., Hellsten, Y. and Bangsbo, J., (2004), “Intense Interval Training Enhances Human Skeletal Muscle Oxygen Uptake in the Initial Phase of Dynamic Exercise at High but not at Low Intensities”, *Journal of Physiology*, 559(1), PP.335-345.
- Kuzuya, T., (1994), “Prevalence of Diabetes Mellitus in Japan Compiled from Literature”, *Diabetes Research Clinical Practice*, 24, S15–21.
- Laursen, P.B., (2010), Training for Intense Exercise Performance: High-Intensity or High-Volume Training?”, *Scandinavian Journal of Medicine and Science in Sports*, 2, PP.1-10.

- Laursen, P.B., Shing, C.M., Peake, J.M., Coombes, J.S. and Jenkins, D.G., (2002), "Interval Training Program Optimization in Highly Trained Endurance Cyclists", *Medicine and Science in Sports and Exercise*, 34(11), PP.1801-7.
- Laursen, P.B., Shing, C.M., Peake, J.M., Coombes, J.S., and Jenkins, D.G., (2002), "Interval Training Program Optimization in Highly Trained Endurance Cyclists", *Medicine and Science in Sports and Exercise*, 34(11), PP.1801-1807.
- Little, J.P., Safdar, A., Wilkin, G.P., Tarnopolsky, M.A. and Gibala, M.J., (2010), "A Practical Model of Low-Volume High-Intensity Interval Training Induces Mitochondrial Biogenesis in Human Skeletal Muscle: Potential Mechanisms", *Journal of Physiology*, 588(Pt 6), PP.1011-22.
- MacDougall, J.D., Hicks, A.L., MacDonald, J.R., McKelvie, R.S., Green, H.J. and Smith, K.M., (1998), "Muscle Performance and Enzymatic Adaptations to Sprint Interval Training", *Journal of Applied Physiology*, 84, PP.2138–2142.
- MacDougall, J.D., Hicks, A.L., MacDonald, J.R., McKelvie, R.S., Green, H.J. and Smith, K.M., (1998), "Muscle Performance and Enzymatic Adaptations to Sprint Interval Training", *Journal of Applied Physiology*, 84, PP.2138-2142.
- Malavazos, A.E., Cereda, E., Morricone, L., Coman, C., Corsi, M.M. and Ambrosi, B., (2005), "Monocyte Chemoattractant Protein 1: A Possible Link Between Visceral Adipose Tissue-Associated Inflammation and Subclinical Echocardiographic Abnormalities in Uncomplicated Obesity", *European Journal of Endocrinology*, 153(6), PP.871e7.
- Malavazos, A.E., Corsi, M.M., Ermetici, F., Coman, C., Sardanelli, F., and Rossi, A., (2007), "Proinflammatory Cytokines and Cardiac Abnormalities in Uncomplicated Obesity: Relationship with Abdominal Fat Deposition", *Nutrition, Metabolism and Cardiovascular Diseases*, 17(4), PP.294e302.
- Malavazos, A.E., Gobbo, G., Zelaschi, R.F. and Cereda, E., (2012) "Lifestyle Intervention and Fatty Liver Disease: The Importance of Both Disrupting Inflammation and Reducing Visceral Fat", *Hepatology, Joournal of Nutrition Metabolism*, 2012, Article ID 914938, 13 pages.
- Mandana Gholami, Leila Sabbaghian Rad and Hosein Abed Natanzi, (2013), "The Effect of Changes in Volume and Intensity of Aerobic Training on Cardio-Respiratory Endurance and Resting Heart Rate in Young Males", *Bimonthly Official Publications Medical Daneshwar*, 19(96), PP.37-46.
- Matsuzawa ,Y., Fujioka, S., Tokunaga, K. and Tarui, S., (1992), "Classification of Obesity with Respect to Morbidity", *Proceedings of the Society Experimental Biology and Medicine*, 200, PP.197—201.
- Matsuzawa, Y., Funahashi, T., Nakamura, T. (1999), "Molecular Mechanism of Metabolic Syndrome X: Contribution of Adipocytokines Adipocyte-Derived Bioactive Substances", *Annals of the New York Academy of Sciences*, 892, PP.146—54.



- Medbø, J. I. and Tabata, I. (1989), “Relative Importance of Aerobic and Anaerobic Energy Release During Short-Lasting Exhaustive Bicycle Exercise”, *Journal of Applied Physiology*, 67, PP.1881- 1886.
- Meyer, K., Lehman, M., Sunder, G., Keul, J., and Weidemann, H. (1990). “Interval Versus Continuous Exercise Training After Coronary Bypass Surgery: A Comparison of Training-Induced Acute Reactions with Respect to the Effectiveness of the Exercise Methods”. *Clinical Cardiology*, 13, PP.851-861.
- Millet, G.P., Candau, R., Fattori, P., Bignet, F. and Varray, A.. (2003). “VO<sub>2</sub> Responses to Different Intermittent Runs at Velocity Associated with VO<sub>2</sub>max”, *Canadian Journal of Applied Physiology*, 28(3), PP.410-23.
- Montague, C.T. and O’Rahilly, S., (2000), “The Perils of Portliness: Causes and Consequences of Visceral Adiposity”, *Diabetes*, 49, PP.883-888.
- Naimo, M.A., de Souza, E.O., Wilson, J.M., Carpenter, A.L., Gilchrist, P., Lowery, R.P., Averbuch, B., White, T.M., and Joy, J., (2014), “High-Intensity Interval Training has Positive Effects on Performance in Ice Hockey Players”, *International Journal of Sports Medicine*, 36(1), PP.61-6.
- Okura, T., Tanaka, K., Nakanishi, T., Lee, D.J., Nakata, Y., Wee, S.W., (2002), “Effects of Obesity Phenotype on Coronary Heart Disease Risk Factors in Response to Weight Loss”, *Obesity Research*, 10, PP.757–766.
- Oliver Faude, Reinhard Schnittker, Roman Schulte-Zurhausen, Florian Müller and Tim Meyer, (2013), “High Intensity Interval Training vs. High-Volume Running Training During Pre-season Conditioning in High-Level Youth Football: A Cross-over Trial”, *Journal of Sports Sciences*, 31 (13), PP.1441–1450.
- Olson, M., (2014), “Tabata It’s a HIIT”, *American College of Sports Medicine’s Health and Fitness Journal*, 18(5), PP.17-24.
- Olson, M., (2013), “Tabata Interval Exercise: Energy Expenditure and Post-Exercise Responses”. In: Proceedings of the 60th *American College of Sports Medicine’s* Annual Meeting and 4<sup>th</sup> World Congress on Exercise is Medicine. Indianapolis (IN): *American College of Sports Medicine*, P.171.
- Parizkova, J., (1963), “The Impact of Age, Diet And Exercise on Man’s Body Composition”, *Annals of the New York Academy of Sciences*, 110, P.661.
- Parizkova, J. and Hainer, V., (1995), “Exercise in Growing and Adult Obese Individuals”. In: Torg, J.S., Welsh, R.P. and Shephard, R.J. (Eds.), In: *Current Therapy in Sports Medicine-2*, 1990. Decker H.B.C., Inc., Toronto, P. 22.
- Parizkova, J. and Heller, J., (1991). “Relationship of Dietary Intake to Work Output and Physical Performance in Czechoslovak Adolescents Adapted to Various Workloads”. In: Shephard, R.J. and Par’izkova’, J. (Eds.), “Human Growth, Physical Fitness and Nutrition”, *Medicine and Sport Science*, 31, P.156.

- Parízková, J. and Petršsek, R., (1978), "The Impact of Daily Work Load During Pregnancy on Lipid Metabolism in the Liver of the Offspring", *European Journal of Applied Physiology*, 39, P.81.
- Parízková, J., (1989), "Age-Dependent Changes in Dietary Intake Related to Work Output, Physical Fitness and Body Composition". *American Journal of Clinical Nutrition*, 49, P.962.
- Parízková, J., (1993), "Obesity and its Treatment By Exercise". In: Simopoulos, A., (Ed.), . In: S. Karger, Basel, "Nutrition and Fitness in Health and Disease", *World Review of Nutrition and Dietetics*, P. 299.
- Parízková, J., (1996). "Relationship of Nutritional Status and Functional Development in Preschool Age Children". In: Perrini, M. and Walter, P. (Eds.), In: Karger, S., "Nutrition in Pregnancy and Growth". *Bibliotheca Nutritioet Dieta*, 53. P.109.
- Parízková, J., (1998a), "Interaction Between Physical Activity and Nutrition Early in Life and Their Impact on Later Development", *Nutritional Research . Review.*, 11, P.1.
- Parízková, J., (1998b), "Treatment and Prevention of Obesity by Exercise in Czech Children". In: Parízková, J. and Hills, A.P. (Eds.), "Physical Fitness and Nutrition During Growth", *Medicine and Sports Science*, 43, P.145.
- Parízková, J., (2008), "Impact of Education on Food Behavior, Body Composition and Physical Fitness in Children", *British Journal for Nutrition*, 99 (1), S26.
- Parízková, J., Kuneš'ova', M. and Hainer, V., (2011), "Changes of nutritional behaviour and obesity prevalence during growth and development" In: Glavce, C.S. et al. (Eds.), . In: Mondialisation du comportemental imentaireet l' obe'site'. EdituraAcademieiRomane, Bucuresti, Romania, P.56.
- Parízková, J., (2012), "The Role of Motor and Nutritional Individuality in Childhood Obesity", *College of Anthropology*, 36, P.23.
- Parízková, J., Bunc, V. and Sprynarova, S., (1987), "Body Composition, Aerobic Capacity, Ventilatory Threshold, and Food Intake in Different Sports", *Annual Sports Medicine*, 3, P.171.
- Parízková, J., Dvorakova, H. and Baboulkova, V., (2012a), "Development of Morphological and Motor Characteristics During Preschool Age", *Biomedical Human Anthropology*. 29, P.1.
- Parízková, J., Mackova, E. and Mackova, J., (1986), "Blood Lipids as Related to Food Intake, Body Composition and Cardiorespiratory Efficiency in Preschool Children", *Journal of Pediatric Gastroenterology Nutrition*, 5, P.295.
- Parízková, J., Sedlak, P. and Dvorakova, H., (2012b), "Secular Trends of Adiposity and Motor Abilities in Preschool Children", *Journal of Obesity, Weight Loss Therapy*. 2, P.2.

- Perry, C.G., Heigenhauser, G.J., Bonen, A., Spriet, L.L., (2008), “High-Intensity Aerobic Interval Training Increases Fat and Carbohydrate Metabolic Capacities in Human Skeletal Muscle”, *Applied Physiology, Nutrition and Metabolism*, 33(6), PP.1112-23.
- Pischon, T., Boeing, H., Hoffmann, K., Bergmann, M., Schulze, M.B. and Overvad, K., (2008), “General and Abdominal Adiposity and Risk of Death in Europe”, *New England Journal of Medicine*, 359(20), PP.2105e20.
- Ratel, S., Lazaar, N., Dore, E., Baquet, G., Williams, C.A., Berthoin, S., Van Praagh, E., Bedu, M. and Duche, P., (2004), “High-Intensity Intermittent Activities At School: Controversies and Facts”, *Journal of Sports Medicine and Physical Fitness*, 44(3), PP.272-80.
- Richard D Semba, Pingbo Zhang, Marta Gonzalez-Freire, Ruin Moaddel, Indi Trehan, Kenneth M Maleta, M Isabel Ordiz, Luigi Ferrucci, and Mark J Manary (1998), “Clinical Guidelines on the Identification, Evaluation, and Treatment of Overweight and Obesity in Adults: Executive Summary. Expert Panel on the Identification, Evaluation, and Treatment of Overweight in Adults”, *American Journal of Clinical Nutrients*, 68(4),PP.899e917.
- Ritchie, S.A. and Connell, J.M.C., (2007), “The Link Between Abdominal Obesity, Metabolic Syndrome and Cardiovascular Disease”, *Nutritional Metabolic Cardiovascular Disorder*, 17, PP.319e26.
- Rodriguez, N.R., Di Marco, N.M. and Langley, S., (2009), “Nutrition and athletic performance”, *Medicine Science in Sports and Exercise*, 41(3), PP.709-31.
- Ross, R., Dagnone, D., Jones, P.J., Smith, H., Paddags, A., and Hudson, R., (2000), “Reduction in Obesity and Related Comorbid Conditions After Diet-Induced Weight Loss or Exercise Induced Weight Loss in Men. A Randomized, Controlled Trial”, *Annual International Medicine*, 133, PP.92–103.
- Rozenek, R., Funato, K., Junjiro, K., Hoshikawa, M., and Matsuno, A. (2003), “Physiological Responses to Interval Training at Velocities Associated with VO<sub>2</sub>max”, *Medicine and Science in Sports and Exercise*, 35(5), Supplement Abstract 493.
- Rozenek, R., Funato, K., Kubo, J., Hoshikawa, M. and Matsuo, A., (2007), “Physiological Responses to Interval Training Sessions at Velocities Associated with VO<sub>2</sub>max”, *Journal of Strength and Conditioning Research*, 21(1), PP-188-92.
- Sakata, K., Labarthe and D.R., (1996), “Changes in Cardiovascular Disease Risk Factors in Three Japanese National Surveys 1971–1990”, *Journal of Epidemiology*, 6, PP.93–107.
- Saltin, B., Nazar, K., Costill, D.L., Stein, E., and Jansson, E., (1976), “Nature of Training Response: Peripheral And Central Adaptations of One-Legged Exercise”, *Acta Physiologica Scandanavia*, 96(3), PP.289-305.

- Schmidt, W., Anderson, K., Graff, M. and Strutz, V. (2015), "The Effect of High-Intensity Circuit Training on Physical Fitness", *The Journal of Sports Medicine and Physical Fitness*, Online ISSN 1827-1928.
- Schneider, H.J., Glaesmer, H., Klotsche, J., Böhler, S., Lehnert, H. and Zeiher, A.M., (2007), "Detect Study Group. Accuracy of Anthropometric Indicators of Obesity to Predict Cardiovascular Risk", *Journal of Clinical Endocrinology and Metabolism*, 92(2), PP.589e94.1
- Schoenfeld, Brad, Dawes, and Jay, M.S., (2009), "High-Intensity Interval Training: Applications for General Fitness Training", *Strength and Conditioning Journal*, 31(6), PP.44-46.
- Scully, T., (2012), "Diabetes in numbers", *Nature*, 485, S2–S3.
- Seagrave, Loren, (1996), "Introduction to Sprinting", *New Studies in Athletic Journal*, 2, P.3.
- Shepherd, S.O., et al. (2013), "Sprint Interval and Traditional Endurance Training Increase Net Intramuscular Triglyceride Breakdown and Expression of Perilipin 2 and 5", *Journal of Physiology*, 591, PP.657–675.
- Smith, T.P., Coombes, J.S. and Geraghty, D.P., (2013), "Optimising High-Intensity Treadmill Training Using the Running Speed at Maximal O<sub>2</sub> Uptake and the Time for which this can be Maintained", *European Journal of Applied Physiology*, 89(3-4), PP.337-43.
- Smith-Ryan, A.E., Melvin, M.N. and Wingfield, H.L., (2015), "High-Intensity Interval Training: Modulating Interval Duration in Overweight/Obese Men", *Body Fat Review*, 43(2), PP.107-13.
- Soulas, D., Voutselas, V. and Papnikolaou, Z., (2005), "Qualitative Training Aspects in Middle Distance Running", *Journal of Human Movement Studies*, (48) 6, PP.437-451.
- Sporis, G., Ruzik, L. and Leko, G., (2008), "The Anaerobic Endurance of Elite Soccer Players Improved After A High Intensity Training Intervention in the 8-Weeks Conditioning Programs", *Journal of Strength and Conditioning Research*, 22(2), PP.559-66.
- Tabata, I., Irisawa, K., Kouzaki, M., Nishimura, K., Ogita, F. and Miyachi, M. (1997), "Metabolic Profile of High Intensity Intermittent Exercises", *Medicine and Science in Sports and Exercise*, 29(3), PP.390-5.
- Tabata, I., Nishimura, K. and Kouzaki, M., (1996), "Effects of Moderate-Intensity Endurance and High-Intensity Intermittent Training on Anaerobic Capacity and VO", *Medicine Science in Sports Exercise*, 28(10), PP.1327Y30.
- Tabata, I., Nishimura, K., Kouzaki, M., Hirai, Y., Ogita, F., Miyachi, M. and Yamamoto K., (1996), "Effects of Moderate-Intensity Endurance and High-Intensity Intermittent Training on Anaerobic Capacity and VO<sub>2</sub>max", *Medical Science and Sports Exercise*, 28(10), PP.1327-30.

- Talisa Emberts, John Porcari, Scott Dobers-tein, Jeff Steffen, and Carl Foster, (2013), "Exercise Intensity and Energy Expenditure of a Tabata Workout", *Journal of Sports Science Medicine*, 12(3), PP.612–613.
- Talisa Emberts, M.S., John P. Porcari, Ph.D., Jeffery Steffen, Ph.D., Scott Doberstein, M.S., and Carl Foster, (2013), "Is Tabata All It's Cracked Up to Be?", *ACE Prosource*, P.1Y4.
- Tanaka, K., Okura, T., Shigematsu, R., Nakata, Y., Lee, D.J. and Wee, S.W., (2004), "Target Value of Intraabdominal Fat Area for Improving Coronary Heart Disease Risk Factors", *Obesity Research*, PP.695–703.
- Thomas, T.R., Adeniran, S.B., Etheridge, G.L., (1984), "Effects of Different Running Programs on VO<sub>2</sub>max, Percent Fat, and Plasma Lipids", *Canadian Journal of Applied Sport Sciences*, 9, PP.55-62.
- Tjonna, A.E., Leinan, I.M. and Bartnes, A.T., (2013), "Low- and High-Volume of Intensive Endurance Training Significantly Improves Maximal Oxygen Uptake After 10 Weeks of Training in Healthy Men", *Public Library of Science ONE*, 8(5), P.365282.
- Tomlin, D.L. and Wenger, H.A. (2001), "The Relationship Between Aerobic Fitness and Recovery from High Intensity Intermittent Exercise", *Sports Medicine*, 31(1), PP.1-11.
- Trapp, E.G. Chisholm, D.J., Freund, J. and Boutcher, S.H., (2008), "The Effects of High-Intensity Intermittent Exercise Training on Fat Loss and Fasting Insulin Levels of Young Women", *International Journal of Obesity*, 32, PP.684–691.
- Tremblay, A., Simoneau, J.A. and Bouchard, C., (1994), "Impact of Exercise Intensity on Body Fatness and Skeletal Muscle Metabolism", *Metabolic Clinical*, 43(7), PP.814Y8.
- Tsutsumi, T., Don, B.M., Zaichkowsky, L.D. and Delizonna, L.L., (1997), "Physical Fitness and Psychological Benefits of Strength Training in Community Dwelling Older Adults", *Applied Human Science*, 16(6), PP.257-66.
- Van Loon, L.J., (2004), "Use of Intramuscular Triacylglycerol as a Substrate Source During Exercise in Humans", *Journal of Applied Physiology*, 97, PP.1170–1187.
- Velmurugan, R. and Kalimuthu, M., (2011), "Effect of Interval Training on Selected Speed Parameters", *Emerging Trends in Physical Education and Sports Sciences*, PP.174-175.
- Vivekanand Upadhyay, Abhishek Chowdhery and Manabendra Bhattacharyya (2010), "Effect of High Intensity Interval Training and Slow, Continuous Training on VO<sub>2</sub>max of School Going Non-athlete Males: A Comparative Study", *British Journal of Sports Medicine*, 44, P.119.
- Wajchenberg, B.L., (2000), "Subcutaneous and Visceral Adipose Tissue: Their Relation to the Metabolic Syndrome", *Endocrinology Review*, 21(6), PP.697e738.

- Wakefield, B.R. and Glaister, M., (2009), "Influence of Work-Interval Intensity and Duration on Time Spent at a High Percentage of VO<sub>2</sub>max During Intermittent Supramaximal Exercise", *Journal of Strength and Conditioning Research*, 23(9), PP.2548-54.
- Whitlock, G., Lewington, S., Sherliker P, Clarke, R., Emberson, J. and Halsey, J., (2009), "Prospective Studies Collaboration. Body-Mass Index And Cause-Specific Mortality in 900000 Adults: Collaborative Analyses of 57 Prospective Studies", *Lancet*, 373(9669), PP.1083e96.
- World Health Organization, (2013). *Obesity and Overweight*, Fact Sheet No. 311, Updated March 2013.
- Williams, Brian M. and Kraemer, Robert R., (2015), "Comparison of Cardiorespiratory and Metabolic Responses in Kettlebell High-Intensity Interval Training versus Sprint Interval Cycling", *Journal of Strength and Conditioning Research*, 29(12), PP.3317-25
- Wong, P.L., Chaouachi, A., Chamari, K., Dellal, A. and Wisloff, U., (2010), "Effect of Preseason Concurrent Muscular Strength and High-Intensity Interval Training in Professional Soccer Players", *Journal of Strength Conditioning and Research*, 24(3), PP.653-60.
- Young, W.B., McDowell, M.H. and Scarlett, B.J. (2001), "Specificity of Spring and Agility Training Methods", *Journal of Strength and Conditioning Research*, 15, PP.315-319.
- Yusuke Osawa, Koichiro Azuma, Shogo Tabata, Fuminori Katsukawa, Hiroyuki Ishida, Yuko Oguma, Toshihide Kawai, Hiroshi Itoh, Shigeo Okuda, and Hideo Matsumoto, (2014), "Effects of 16-week high-intensity interval training using upper and lower body ergometers on aerobic fitness and morphological changes in healthy men: a preliminary study", *Open Access Journal of Sports Medicine*, 5, PP.257–265.
- Zacharogiannis, E., Tziortzis, S., & Paradisis, G. (2003), "Effects of Continuous, Interval, and Speed Training on Anaerobic Capacity", *Medicine and Science in Sports and Exercise*, 35(5), Supplement Abstract 2066.
- Ziemann, E., Grzywacz, T., Łuszczuk, M., Laskowski, R., Olek, R.A. and Gibson, A.L., (2011), "Aerobic and Anaerobic Changes with High-Intensity Interval Training in Active College-Aged Men", *Journal of Strength and Conditioning Research*, 25(4), PP.1104-1112.
- Zong, Y.U.Y., Tsuji, K. and Iemitsu, M., (2013), "Effects of Two Days with High-Intensity Intermittent Cross Training on Maximal Oxygen Uptake". In: *Proceedings of the 60th American College of Sports Medicine's Annual Meeting and 4th World Congress on Exercise is Medicine*. Indianapolis (IN): *American College of Sports Medicine*; P.171.
- (2005), "Obesity: Etiology, Treatment, Prevention, and Applications in Practice", *Journal of American Dietetic Association*;105 (Suppl 1), PP.S1e136.

**UNPUBLISHED THESES**

Carr, Natasha, (2011), "The Effect of High Intensity Interval Training on VO<sub>2</sub> Peak and Performance in Trained High School Rowers", *Unpublished Degree Master of Science*, Arizona State University, May 2011.

**WEBSITES**

<http://www.intervaltraining.net/tabata.html>

<https://www.verywell.com/how-to-increase-muscular-strength-3496121>

Ingle, S., (2013), “The Tabata Workout Programme: Harder, Faster, Fitter, Quicker? The Guardian”, [Internet]. [cited March 24, 2014]. Available from: <http://www.theguardian.com/lifeandstyle/2013/mar/25/tabata-harder-fasterfitter-quicker>.

Mappe, Popolazione, Statistiche Demografiche dell’Istituto Nazionale di Statistica (Accessed 01.05.2008, at <http://demo.istat.it/>).