

Laura Guidetti

List of Publications by Year in Descending Order

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The third column is the impact factor (IF) of the journal, and the fourth column is the number of citations of the article.

129
papers

1,886
citations

24
h-index

35
g-index

155
ext. papers

2,183
ext. citations

2.6
avg, IF

4.46
L-index

#	Paper	IF	Citations
129	Influence of Geographical Area and Living Setting on Children's Weight Status, Motor Coordination, and Physical Activity.. <i>Frontiers in Pediatrics</i> , 2021 , 9, 794284	3.4	0
128	Recurrence quantification analysis of heart rate variability to detect both ventilatory thresholds. <i>PLoS ONE</i> , 2021 , 16, e0249504	3.7	5
127	Are there sex differences in physiological parameters and reaction time responses to overload in firefighters?. <i>PLoS ONE</i> , 2021 , 16, e0249559	3.7	1
126	Effects of Ballroom Dance on Physical Fitness and Reaction Time in Experienced Middle-Aged Adults of Both Genders. <i>International Journal of Environmental Research and Public Health</i> , 2021 , 18,	4.6	2
125	Interrelationship Between Age, Gender, and Weight Status on Motor Coordination in Italian Children and Early Adolescents Aged 6-13 Years Old. <i>Frontiers in Pediatrics</i> , 2021 , 9, 738294	3.4	2
124	Gross Motor Coordination: We Have a Problem! A Study With the Körperkoordinations Test für Kinder in Youth (6-13 Years).. <i>Frontiers in Pediatrics</i> , 2021 , 9, 785990	3.4	0
123	Effects of Acute Whole-Body Vibration Practice on Maximal Fat Oxidation in Adult Obese Males: A Pilot Study. <i>Obesity Facts</i> , 2020 , 13, 117-129	5.1	0
122	Effects of Open (Racket) and Closed (Running) Skill Sports Practice on Children's Attentional Performance. <i>The Open Sports Sciences Journal</i> , 2020 , 13, 105-113	0.5	2
121	Factors Influencing Weight Loss Practices in Italian Boxers: A Cluster Analysis. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 17,	4.6	5
120	Can Haematological and Hormonal Biomarkers Predict Fitness Parameters in Youth Soccer Players? A Pilot Study. <i>International Journal of Environmental Research and Public Health</i> , 2020 , 17,	4.6	2
119	Relationship between individual ventilatory threshold and maximal fat oxidation (MFO) over different obesity classes in women. <i>PLoS ONE</i> , 2019 , 14, e0215307	3.7	8
118	Characterization of the Effects of a Six-Month Dancing as Approach for Successful Aging. <i>International Journal of Endocrinology</i> , 2019 , 2019, 2048391	2.7	8
117	Dynamic motor imagery mentally simulates uncommon real locomotion better than static motor imagery both in young adults and elderly. <i>PLoS ONE</i> , 2019 , 14, e0218378	3.7	11
116	Energy Cost and Energy Sources of an Elite Female Soccer Player to Repeated Sprint Ability Test: A Case Study. <i>The Open Sports Sciences Journal</i> , 2019 , 12, 10-16	0.5	
115	Effect of pre-season training phase on anthropometric, hormonal and fitness parameters in young soccer players. <i>PLoS ONE</i> , 2019 , 14, e0225471	3.7	7
114	The Role of Physical Activity in Adult Obesity 2019 , 123-128		1
113	Effects of Continuous vs Discontinuous Aerobic Training on Cardiac Autonomic Remodeling. <i>International Journal of Sports Medicine</i> , 2019 , 40, 180-185	3.6	

112	Effects of body weight loss program on parameters of muscle performance in female obese adults. <i>Journal of Sports Medicine and Physical Fitness</i> , 2019 , 59, 624-631	1.4	1
111	Differential Effects of Continuous Versus Discontinuous Aerobic Training on Blood Pressure and Hemodynamics. <i>Journal of Strength and Conditioning Research</i> , 2018 , 32, 97-104	3.2	1
110	Motor proficiency and physical activity in preschool girls: a preliminary study. <i>Early Child Development and Care</i> , 2018 , 188, 1381-1391	0.9	4
109	Prediction equation to estimate heart rate at individual ventilatory threshold in female and male obese adults. <i>PLoS ONE</i> , 2018 , 13, e0197255	3.7	11
108	Gender differences in anthropometric parameters and technical performance of youth soccer players. <i>Sport Sciences for Health</i> , 2018 , 14, 399-405	1.3	5
107	Reaction Time to Visual Stimulus in Firefighters and Healthy Trained Subjects: A Preliminary Comparative Study. <i>The Open Sports Sciences Journal</i> , 2018 , 11, 69-77	0.5	2
106	Relationship Among Repeated Sprint Ability, Chronological Age, and Puberty in Young Soccer Players. <i>Journal of Strength and Conditioning Research</i> , 2018 , 32, 364-371	3.2	10
105	Response to: Comment #2 on "Differences in Ventilatory Threshold for Exercise Prescription in Outpatient Diabetic and Sarcopenic Obese Subjects". <i>International Journal of Endocrinology</i> , 2018 , 2018, 3093208	2.7	1
104	Validity, reliability and minimum detectable change of COSMED K5 portable gas exchange system in breath-by-breath mode. <i>PLoS ONE</i> , 2018 , 13, e0209925	3.7	44
103	Effects of Transcranial Direct Current Stimulation on Psychophysiological Responses to Maximal Incremental Exercise Test in Recreational Endurance Runners. <i>Frontiers in Psychology</i> , 2018 , 9, 1867	3.4	9
102	Physical activity and hypocaloric diet recovers osteoblasts homeostasis in women affected by abdominal obesity. <i>Endocrine</i> , 2017 , 58, 340-348	4	6
101	Effects of different physical education programmes on children's skill- and health-related outcomes: a pilot randomised controlled trial. <i>Journal of Sports Sciences</i> , 2017 , 35, 1547-1555	3.6	15
100	Reliability and Criterion Validity of the Smartphone Inclinometer Application to Quantify Cervical Spine Mobility. <i>Clinical Spine Surgery</i> , 2017 , 30, E1359-E1366	1.8	14
99	Response to: Comment on "Differences in Ventilatory Threshold for Exercise Prescription in Outpatient Diabetic and Sarcopenic Obese Subjects". <i>International Journal of Endocrinology</i> , 2017 , 2017, 7026597	2.7	2
98	Is Self-Administered Rating Scale for Pubertal Development a Predictor of Countermovement Jump in Young Soccer Players?. <i>The Open Sports Sciences Journal</i> , 2017 , 10, 122-131	0.5	2
97	Metabolomic Shifts Following Play-Based Activity in Overweight Preadolescents. <i>Current Pediatric Reviews</i> , 2017 , 13, 144-151	2.8	4
96	Exercise at lunchtime: effect on glycemic control and oxidative stress in middle-aged men with type 2 diabetes. <i>European Journal of Applied Physiology</i> , 2016 , 116, 573-82	3.4	23
95	Effects of combined physical education and nutritional programs on schoolchildren's healthy habits. <i>PeerJ</i> , 2016 , 4, e1880	3.1	18

94	Differences in Ventilatory Threshold for Exercise Prescription in Outpatient Diabetic and Sarcopenic Obese Subjects. <i>International Journal of Endocrinology</i> , 2016 , 2016, 6739150	2.7	18
93	A New Rehabilitation Tool in Fibromyalgia: The Effects of Perceptive Rehabilitation on Pain and Function in a Clinical Randomized Controlled Trial. <i>Evidence-based Complementary and Alternative Medicine</i> , 2016 , 2016, 7574589	2.3	6
92	The dynamic motor imagery of locomotion is task-dependent in patients with stroke. <i>Restorative Neurology and Neuroscience</i> , 2016 , 34, 247-56	2.8	14
91	Wii Fit is effective in women with bone loss condition associated with balance disorders: a randomized controlled trial. <i>Aging Clinical and Experimental Research</i> , 2016 , 28, 1187-1193	4.8	11
90	Acute effects of two different tennis sessions on dorsal and lumbar spine of adult players. <i>Journal of Sports Sciences</i> , 2015 , 33, 1173-81	3.6	2
89	Effects of tadalafil administration on plasma markers of exercise-induced muscle damage, IL6 and antioxidant status capacity. <i>European Journal of Applied Physiology</i> , 2015 , 115, 531-9	3.4	20
88	Acute physical activity and delayed attention in primary school students. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2015 , 25, e331-8	4.6	38
87	MMPI-2 profiles and illness perception in fibromyalgia syndrome: The role of therapeutic exercise as adapted physical activity. <i>Journal of Back and Musculoskeletal Rehabilitation</i> , 2015 , 28, 101-9	1.4	5
86	Age-related changes in upper body strength and lower limb power of professional Italian firefighters. <i>Sport Sciences for Health</i> , 2015 , 11, 279-285	1.3	4
85	Anthropometric and Somatotype Characteristics of Young Soccer Players: Differences Among Categories, Subcategories, and Playing Position. <i>Journal of Strength and Conditioning Research</i> , 2015 , 29, 2097-104	3.2	17
84	Impacts of coordinative training on normal weight and overweight/obese children's attentional performance. <i>Frontiers in Human Neuroscience</i> , 2015 , 9, 577	3.3	30
83	Absolute vs. weight-related maximum oxygen uptake in firefighters: fitness evaluation with and without protective clothing and self-contained breathing apparatus among age group. <i>PLoS ONE</i> , 2015 , 10, e0119757	3.7	7
82	Psychophysiological responses to Salsa dance. <i>PLoS ONE</i> , 2015 , 10, e0121465	3.7	5
81	Effects of Aerobic Exercise Based upon Heart Rate at Aerobic Threshold in Obese Elderly Subjects with Type 2 Diabetes. <i>International Journal of Endocrinology</i> , 2015 , 2015, 695297	2.7	26
80	PSYCHOPHYSICAL BENEFITS OF ROCK-CLIMBING ACTIVITY. <i>Perceptual and Motor Skills</i> , 2015 , 121, 675-82	2.2	4
79	Functional Evaluation (Joint and Muscle Problems, Cardiopulmonary Exercise Testing, Disability Evaluation) 2015 , 205-210		
78	Acute effects of physical exercise and phosphodiesterase's type 5 inhibition on serum 11 β hydroxysteroid dehydrogenases related glucocorticoids metabolites: a pilot study. <i>Endocrine</i> , 2014 , 47, 952-8	4	7
77	Testosterone responses to standardized short-term sub-maximal and maximal endurance exercises: issues on the dynamic adaptive role of the hypothalamic-pituitary-testicular axis. <i>Journal of Endocrinological Investigation</i> , 2014 , 37, 13-24	5.2	22

76	Whole body vibration: unsupervised training or combined with a supervised multi-purpose exercise for fitness?. <i>Journal of Sports Sciences</i> , 2014 , 32, 1033-41	3.6	10
75	Relationship among explosive power, body fat, fat free mass and pubertal development in youth soccer players: a preliminary study. <i>Sport Sciences for Health</i> , 2014 , 10, 67-73	1.3	9
74	Different performances in static and dynamic imagery and real locomotion. An exploratory trial. <i>Frontiers in Human Neuroscience</i> , 2014 , 8, 760	3.3	13
73	Which are the best VO2 sampling intervals to characterize low to severe swimming intensities?. <i>International Journal of Sports Medicine</i> , 2014 , 35, 1030-6	3.6	13
72	Abdominal Fat and Sarcopenia in Women Significantly Alter Osteoblasts Homeostasis In Vitro by a WNT/ β Catenin Dependent Mechanism. <i>International Journal of Endocrinology</i> , 2014 , 2014, 278316	2.7	10
71	Psychophysiological Responses of Firefighters to Emergencies: A Review. <i>The Open Sports Sciences Journal</i> , 2014 , 7, 8-15	0.5	23
70	Effects of supervised exercise program on metabolic function in overweight adolescents. <i>World Journal of Pediatrics</i> , 2013 , 9, 307-11	4.6	10
69	Effect of play-based summer break exercise on cardiovascular function in adolescents. <i>Acta Paediatrica, International Journal of Paediatrics</i> , 2013 , 102, e24-8	3.1	4
68	Intra- and interday reliability of spine rasterstereography. <i>BioMed Research International</i> , 2013 , 2013, 745480	3	48
67	Is the new AquaTrainer [®] snorkel valid for VO2 assessment in swimming?. <i>International Journal of Sports Medicine</i> , 2013 , 34, 336-44	3.6	25
66	Exercise intensity and gender difference of 3 different salsa dancing conditions. <i>International Journal of Sports Medicine</i> , 2013 , 34, 330-5	3.6	6
65	Physical exercise intensity prescription to improve health and fitness in overweight and obese subjects: A review of the literature. <i>Health</i> , 2013 , 05, 113-121	0.4	12
64	Acute exercise modulates BDNF and pro-BDNF protein content in immune cells. <i>Medicine and Science in Sports and Exercise</i> , 2012 , 44, 1871-80	1.2	52
63	The phosphodiesterases type 5 inhibitor tadalafil reduces the activation of the hypothalamus-pituitary-adrenal axis in men during cycle ergometric exercise. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 2012 , 302, E972-8	6	14
62	Different VO2max time-averaging intervals in swimming. <i>International Journal of Sports Medicine</i> , 2012 , 33, 1010-5	3.6	20
61	Effects of varying type of exertion on children's attention capacity. <i>Medicine and Science in Sports and Exercise</i> , 2012 , 44, 550-5	1.2	37
60	Basketball ability testing and category for players with mental retardation: 8-month training effect. <i>Journal of Strength and Conditioning Research</i> , 2012 , 26, 1524-31	3.2	1
59	Gender-based differences in substrate use during exercise at a self-selected pace. <i>Journal of Strength and Conditioning Research</i> , 2011 , 25, 2544-51	3.2	26

58	Validation of the OMNI-cycle scale of perceived exertion in the elderly. <i>Journal of Aging and Physical Activity</i> , 2011 , 19, 214-24	1.6	15
57	Does living setting influence training adaptations in young girls?. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2011 , 21, 324-9	4.6	3
56	Psychophysiological responses to self-paced treadmill and overground exercise. <i>Medicine and Science in Sports and Exercise</i> , 2011 , 43, 1114-24	1.2	57
55	Validation of the Italian version of the OMNI Scale of Perceived Exertion in a sample of Italian-speaking adults. <i>Perceptual and Motor Skills</i> , 2011 , 112, 201-10	2.2	3
54	Could Overweight and Obese Children Improve Their Motor Performance With A Qualitative Physical Activity Approach?. <i>Indian Journal of Applied Research</i> , 2011 , 4, 610-615	0	2
53	Postural control after a prolonged treadmill run at individual ventilatory and anaerobic threshold. <i>Journal of Sports Science and Medicine</i> , 2011 , 10, 515-9	2.7	6
52	Comparação das respostas fisiológicas e perceptuais obtidas durante caminhada na esteira em ritmo autoselecionado entre os sexos. <i>Revista Brasileira De Medicina Do Esporte</i> , 2010 , 16, 291-294	0.5	1
51	Comparação das respostas fisiológicas, perceptuais e afetivas durante caminhada em ritmo autoselecionado por mulheres adultas de três diferentes faixas etárias. <i>Revista Brasileira De Medicina Do Esporte</i> , 2010 , 16, 329-334	0.5	0
50	Age and physiological, perceptual, and affective responses during walking at a self-selected pace. <i>Perceptual and Motor Skills</i> , 2010 , 111, 963-78	2.2	8
49	Could sport specialization influence fitness and health of adults with mental retardation?. <i>Research in Developmental Disabilities</i> , 2010 , 31, 1070-5	2.7	44
48	Contributions of selected fundamental factors to basketball performance in adult players with mental retardation. <i>Journal of Strength and Conditioning Research</i> , 2010 , 24, 2166-71	3.2	3
47	Selected factors correlated to athletic performance in adults with mental retardation. <i>Journal of Strength and Conditioning Research</i> , 2010 , 24, 1059-64	3.2	13
46	Preexercise static stretching effect on leaping performance in elite rhythmic gymnasts. <i>Journal of Strength and Conditioning Research</i> , 2010 , 24, 1995-2000	3.2	13
45	Validation Of The Omni-cycle Scale Of Perceived Exertion In The Elderly. <i>Medicine and Science in Sports and Exercise</i> , 2010 , 42, 671	1.2	
44	Effects of Tennis Expertise and Type of Training Session on Dorsal and Lumbar Spine. <i>Medicine and Science in Sports and Exercise</i> , 2010 , 42, 490-491	1.2	
43	Predictors Of Physiological, Perceptual, And Affective Responses To Self-paced Exercise In Sedentary Women. <i>Medicine and Science in Sports and Exercise</i> , 2010 , 42, 560	1.2	
42	Examining the accumulated oxygen deficit method in breaststroke swimming. <i>European Journal of Applied Physiology</i> , 2010 , 109, 1129-35	3.4	12
41	Effect of supra-physiological dose administration of rhGH on pituitary-thyroid axis in healthy male athletes. <i>Regulatory Peptides</i> , 2010 , 165, 163-7		5

40	Respostas fisiológicas e perceptuais obtidas durante a caminhada em ritmo autoselecionado por mulheres com diferentes índices de massa corporal. <i>Revista Brasileira De Medicina Do Esporte</i> , 2009 , 15, 287-290	0.5	2
39	Assessing basketball ability in players with mental retardation. <i>British Journal of Sports Medicine</i> , 2009 , 43, 208-12	10.3	16
38	Is explosive performance influenced by androgen concentrations in young male soccer players?. <i>British Journal of Sports Medicine</i> , 2009 , 43, 191-4	10.3	21
37	Factors influencing performance of competitive and amateur rhythmic gymnastics--gender differences. <i>Journal of Science and Medicine in Sport</i> , 2009 , 12, 411-6	4.4	36
36	Accuracy, reliability, linearity of Accutrend and Lactate Pro versus EBIO plus analyzer. <i>European Journal of Applied Physiology</i> , 2009 , 107, 105-11	3.4	112
35	Linking coordinative and fitness training in physical education settings. <i>Scandinavian Journal of Medicine and Science in Sports</i> , 2009 , 19, 412-8	4.6	28
34	The influence of adiposity on physiological, perceptual, and affective responses during walking at a self-selected pace. <i>Perceptual and Motor Skills</i> , 2009 , 109, 41-60	2.2	21
33	Precompetition warm-up in elite and subelite rhythmic gymnastics. <i>Journal of Strength and Conditioning Research</i> , 2009 , 23, 1877-82	3.2	6
32	Using basketball test battery to monitor players with mental retardation across 2 sports seasons. <i>Journal of Strength and Conditioning Research</i> , 2009 , 23, 2345-50	3.2	4
31	The type 5 phosphodiesterase inhibitor tadalafil influences salivary cortisol, testosterone, and dehydroepiandrosterone sulphate responses to maximal exercise in healthy men. <i>Journal of Clinical Endocrinology and Metabolism</i> , 2008 , 93, 3510-4	5.6	29
30	The long-acting phosphodiesterase inhibitor tadalafil does not influence athletes' VO2max, aerobic, and anaerobic thresholds in normoxia. <i>International Journal of Sports Medicine</i> , 2008 , 29, 110-5	3.6	28
29	Effect of tadalafil on anaerobic performance indices in healthy athletes. <i>British Journal of Sports Medicine</i> , 2008 , 42, 130-3	10.3	15
28	Energy cost and energy sources of a ballet dance exercise in female adolescents with different technical ability. <i>European Journal of Applied Physiology</i> , 2008 , 103, 315-21	3.4	25
27	Gender differences on Physiological, Perceptual and Affective responses during treadmill walking at a Self-Selected Pace. <i>Medicine and Science in Sports and Exercise</i> , 2008 , 40, S366	1.2	
26	Comparison of Physiological, Perceptual, and Affective Responses During Overground and Treadmill Walking at a Self-Selected Pace. <i>Medicine and Science in Sports and Exercise</i> , 2008 , 40, S365-S366 ^{1,2}		
25	Effect of warm up on energy cost and energy sources of a ballet dance exercise. <i>European Journal of Applied Physiology</i> , 2007 , 99, 275-81	3.4	24
24	Exercise intensities during a ballet lesson in female adolescents with different technical ability. <i>International Journal of Sports Medicine</i> , 2007 , 28, 736-42	3.6	15
23	Do non-steroidal anti-inflammatory drugs influence the steroid hormone milieu in male athletes?. <i>International Journal of Sports Medicine</i> , 2007 , 28, 809-14	3.6	24

22	RELATIONSHIP BETWEEN OPTIMAL LACTATE REMOVAL POWER OUTPUT AND OLYMPIC TRIATHLON PERFORMANCE. <i>Journal of Strength and Conditioning Research</i> , 2007 , 21, 1160-1165	3.2	2
21	Relationship between optimal lactate removal power output and Olympic triathlon performance. <i>Journal of Strength and Conditioning Research</i> , 2007 , 21, 1160-5	3.2	4
20	Salivary steroids at rest and after a training load in young male athletes: relationship with chronological age and pubertal development. <i>International Journal of Sports Medicine</i> , 2006 , 27, 709-17	3.6	37
19	Music and physical activity in psychological well-being. <i>Perceptual and Motor Skills</i> , 2006 , 103, 285-95	2.2	16
18	Cortisol, dehydroepiandrosterone sulphate and dehydroepiandrosterone sulphate/cortisol ratio responses to physical stress in males are influenced by pubertal development. <i>Journal of Endocrinological Investigation</i> , 2006 , 29, 796-804	5.2	30
17	Effects of aging on visual attentional focusing. <i>Gerontology</i> , 2005 , 51, 266-76	5.5	25
16	Combined evaluation of resting IGF-I, N-terminal propeptide of type III procollagen (PIIINP) and C-terminal cross-linked telopeptide of type I collagen (ICTP) levels might be useful for detecting inappropriate GH administration in athletes: a preliminary report. <i>Clinical Endocrinology</i> , 2004 , 61, 487-93	3.4	24
15	Lactate removal during active recovery related to the individual anaerobic and ventilatory thresholds in soccer players. <i>European Journal of Applied Physiology</i> , 2004 , 93, 224-30	3.4	37
14	Heredity and pituitary response to exercise-related stress in trained men. <i>International Journal of Sports Medicine</i> , 2003 , 24, 551-8	3.6	17
13	Physical stress and qualitative gonadotropin secretion: LH biological activity at rest and after exercise in trained and untrained men. <i>International Journal of Sports Medicine</i> , 2002 , 23, 307-12	3.6	14
12	IGF-I, IGFBP-2, and -3: do they have a role in detecting rhGH abuse in trained men?. <i>Medicine and Science in Sports and Exercise</i> , 2002 , 34, 1270-8	1.2	10
11	Acute effect of physical exercise on serum insulin-like growth factor-binding protein 2 and 3 in healthy men: role of exercise-linked growth hormone secretion. <i>International Journal of Sports Medicine</i> , 2001 , 22, 103-10	3.6	9
10	Heart rate and match analysis in pre-pubescent soccer players. <i>Journal of Sports Sciences</i> , 2001 , 19, 379-84	3.6	85
9	Acetylsalicylic acid inhibits the pituitary response to exercise-related stress in humans. <i>Medicine and Science in Sports and Exercise</i> , 2001 , 33, 2029-35	1.2	21
8	A simple method for individual anaerobic threshold as predictor of max lactate steady state. <i>Medicine and Science in Sports and Exercise</i> , 2000 , 32, 1798-802	1.2	48
7	Energy cost and energy sources of ball routine in rhythmic gymnasts. <i>International Journal of Sports Medicine</i> , 2000 , 21, 205-9	3.6	12
6	Aspirin inhibits androgen response to chorionic gonadotropin in humans. <i>American Journal of Physiology - Endocrinology and Metabolism</i> , 1999 , 277, E1032-7	6	10
5	Acute amino acids supplementation enhances pituitary responsiveness in athletes. <i>Medicine and Science in Sports and Exercise</i> , 1999 , 31, 1748-54	1.2	22

4	Growth hormone and insulin-like growth factor I responses to moderate submaximal acute physical exercise in man: effects of octreotide, a somatostatin analogue, administration. <i>International Journal of Sports Medicine</i> , 1997 , 18, 257-63	3.6	18
3	EMG patterns during running: Intra- and inter-individual variability. <i>Journal of Electromyography and Kinesiology</i> , 1996 , 6, 37-48	2.5	51
2	Heart rate, alveolar gases and blood lactate during synchronized swimming. <i>Journal of Sports Sciences</i> , 1993 , 11, 103-7	3.6	8
1	Individuals' depression and anxiety might be influenced by the level of physical activity and expertise: a pilot study on elite volleyball players and amateur athletes. <i>Sport Sciences for Health</i> , 1	1.3	0