

References

ACSM, (2000) American college of sport medicine “ACSM's Guidelines for Exercise Testing and Prescription”: **6**; 145.

ACSM, (2006) American college of sport medicine ACSM'S guidelines for exercise testing & prescription. 7th ed. New York: Lippincott Williams & Wilkins, 2006

Allport.G.W, (1937) “*Personality*”: Holt, New York.

American Psychiatric Association, (2000) “American Psychiatric Association “:Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition Text Revision (DSM-IV-TR), APA, Washington, DC 2000- 429–484.

Anshel.M.H& Kaissidis.A.N, (1997)”Coping style and situational appraisals as predictors of coping strategies following stressful events in sport as a function of gender and skill level”: *British Journal of Psychology*, 88, 263-276.

Babcock .M.A, Dempsey .J.A, (1994) “Pulmonary system adaptations”: limitations to exercise. In: Bouchard C, Shephard RJ, Stephens T, eds. Physical activity, fitness, and health, 1st ed. Champaign, IL: Human Kinetics Publishers; 1994. p. 320–330.

Balke.B, (1974) “The physiological factors in: fitness, health and work capacity, international standards for assessment”: Larson.L.A ed. Mcmillan Publishing Co.Inc., N.Y, 1974.

Barlow.D, (2000) “Unravelling the mysteries of anxiety and its disorders from the perspective of emotion theory”: *American Psychologist* 55 11, pp. 1247–1263.

Bray.S.R, Martin.K.A, & Widmeyer, W.N, (2000) “The relationship between evaluative concerns and sport competition state anxiety among youth skiers”: *Journal of Sports Sciences*, 18, 353–361.

Brian.B, Cook, Gordon.W.Steward, (1954) “Strength basics”: your guide to resistance training for health and optimal performance , Brian B. Cook, Gordon W. Stewart.

Brown.D.A, Miller.W.C, (1998) ”Normative data for strength and flexibility of women throughout life”: *European Journal of Application Physiology*. 1998; 78 (1): 77-82.

Burchfiel.C.M, Enright.P.L, Sharp.D.S, Chyou.P-H, Rodriguez.B.L, Curb.J.D, (1997) “Factors associated with variations in pulmonary function among elderly Japanese-American men”: *Chest* 1997; 112:87–97.

Carver.C.S, Scheier.M.F & Weintraub.J.K, (1989) “Assessing coping strategies”: a theoretically based approach”. *Journal of Personality and Social Psychology*, 56, 267–283.

Caspersen.C.J, Powell.K.E, Christenson.G.M, (1985) “Physical activity & exercise & physical fitness: definitions & distinctions for health related research. *Public health Rep*, 1985; 100:126-131.

- Cerin.E, Szabo.A, Hunt.N& Williams.C, (2000)** “Temporal patterning of competitive emotions”: a critical review. *Journal of Sport Sciences*, 18, 605–626.
- Chan. E.D, Welsh.C.H,(1998)** “Geriatric respiratory medicine”: *Chest* 1998; 114:1704–1733.
- Clarke, H.H, (1971)** “Basic understanding of physical fitness”: *Physical Fitness Research Digest*. President’s Council on Physical Fitness and Sports. Washington. DC.
- Committee of Experts on Sports Research EUROFIT ,(1993):** *Handbook for the EUROFIT Tests of Physical Fitness*. Council of Europe, Strasburg, GE
- Compas.B.E& Epping.J.E,(1993)** “Stress and coping in children and families”: In C. F. Saylor, *Children and disasters* (pp. 11–28). New York: Plenum Press.
- Connolly.S.D and Bernstein.G.A, (2007)** “Work Group on Quality Issues”: Practice parameter for the assessment and treatment of children and adolescents with anxiety disorders, *Journal American Academic Child Adolescent Psychiatry* **46** (2007), p. 267.
- Costill.D.L,Thomason.H, Robert.E, (1973)** “Fractional utilization of the aerobic capacity during distance running”: *Medicine and Science in Sport*: 5,284-52.
- Cottyn.J, De Clercq.D, Pannier.J.L, Crombez,G, Lenoir.M, (2006)** “The measurement of competitive anxiety during balance

beam performance in gymnasts”: *Journal of Sports science*; Feb; 24 (2):157-64.

Cox.B.J, Endler.N.S,(1991) “Clinical and non-clinical panic attacks”: an empirical test of a panic–anxiety continuum. *Journal of Anxiety Disorders* 5, pp. 21–34.

COX Richard.H, Thomas Tom.R, Donahue Owen.M, (2004) “Effects of acute 60 and 80% VO²max bouts of aerobic exercise on state anxiety of women of different age groups across time”: *Research Quarterly Exercise Sport*. 2004 Jun; 75(2):165-75.

Crocker. P.R.E & Graham, T.R, (1995) “Coping by competitive athletes with performance stress”: “Gender differences and relationships with affect”: *The Sport Psychologist*, 9, 325–338.

Dianne Hales, (2007) “An invitation to wellness: making healthy choices”2007, Thomson Wadsworth Corp.

Dunn.J.G.H, Syrotuik.D.G, (2003) “An investigation of multidimensional worry dispositions in a high contact sport”: *Psychology of Sport & Exercise*, 4: 265-282.

Endler.N.S and Parker.J.D.A, (1990) “The analysis of a construct that does not exist”: misunderstanding the multidimensional nature of trait anxiety. *Educational and Psychological Measurement* 50, pp. 265–271.

Endler.N.S and Parker. J.D.A, (1994) “Assessment of multidimensional coping”: task, emotion, and avoidance strategies. *Psychological Assessment* 6, pp. 50–60.

Falls.H.B, (1980) “Modern Concepts of Physical Fitness”: Joper.Vol.51 No.4, April 1980; 25 – 27.

Fazey.J&Hardy.L, (1987)”The Inverted-U Hypothesis: A Catastrophe for Sport Psychology?” Paper Presented at the Annual Conference of the North American Society For the Psychology of Sport and Physical Activity. Vancouver. June.

Franks.B.D& Howley.E.T, (1989): Fitness leader’s handbook. Champaign, IL: Human Kinetics.

Friedman.B.H, (2007) “An autonomic flexibility-neuro-visceral integration model of anxiety and cardiac vagal tone”. *Biological Psychology*, 74, 185-199.

Frost.R, Marten.P, Lahart.C and Rosenblate.R, (1990) “The dimensions of perfectionism”: *Cognitive Therapy and Research* 14 5, pp. 449–468.

Giam.C.K, Teh.K.C,(1977) “A study of the maximum aerobic capacity of 483 physically active and inactive adult males and females in Singapore. Pan Pacific Congress in Sports Medicine , October,1977.

Giam.C.K, Teh.K.C, (1980) “Unpublished results and observations of more than 3,000 laboratory studies on the maximum aerobic capacity of people of different age and sex groups on Singapore, 1975-1980”.

Golding.L.A, Myers. C.R, Sinning.W. E, (1989): The Y’s way to physical fitness (3rd ed.). Champaign, IL: Human Kinetics.

Gould.D, Eklund.R.C and Jackson.S.A, (1992) 1988 U.S. Olympic wrestling excellence: I. Mental preparation, precompetitive cognition, and affect. *The Sport Psychologist* **6**, pp. 358–382.

Graham.J, Mackay, and James T. Neill, (2010) “The effect of “green exercise” on state anxiety and the role of exercise duration, intensity, and greenness: A quasi-experimental study”: *Psychology of Sport and Exercise*, Volume 11, Issue 3, May 2010, Pages 238-245.

Grossbard.J.R, Smith and Smol.F.L, et al., (2009) “Competitive anxiety in young athletes”: differentiating somatic anxiety worry, and concentration disruption, anxiety *Stress Coping* **22** (2009), p. 153.

Grove.J.R, Eklund.R.C and Heard.N.P, (1997)” Coping with performance slumps”: factor analysis of the Ways of Coping in Sport Scale, *Australian Journal Science Medicine Sport* **29** (1997), p. 99.

Hackfort.D ,Schenwenkmezger.P, (1989):

“Anxiety in sports, an international prespective”: Hackfort.D, Spielberg, Charles.D Editors, New York Hemisphere pub.corp, P.P 55-74.

Hall.H.K. and Kerr.A.W, (1998) “Predicting achievement anxiety”: a social-cognitive perspective” *Journal of Sport and Exercise Psychology* **20** 1, pp. 98–111.

Hall.K, Sara.V.R, (1982) “Somatomedin levels in childhood, adolescence and adult life”: *J Clin Endocrinol Metabolism* 1982; **54**: 254-260.

Hankinson.J.L, Odencrantz.J.R, Fedan.K.B, (1999) “Spirometric reference values from a sample of the general U.S. population”. American Journal of Respiratory Critical Care Medicine 159:179-187, 1999.

Hanin.Y.I, (1986) “state - trait research on sports in USSR”: Speilberger CD,Diaz-Guerrero.R, eds. Cross cultural anxiety.USA: Washington, DC, Hemisphere publishing1986;3:45-64.

Hannon.B and Fitzgerald.P, (2006) “Anxiety and performance in elite non-professional athletes”:Irland Medical **Journal 99** (2006), p. 238.

Hanton.S, Mellalieu.S.D and Hall.R, (2002) “Re-examining the competitive anxiety trait-state relationship”: *Personality and Individual Differences* **33** 7, pp. 1125–1136.

Hardy.L, (1990) “A Catastrophe Model of Performance in Sport”: In J.G.Jones & L.Hardy (Eds.), “Stress and Performance in Sport” (pp. 81-106). Chichester, England: Wiley.

Harris& Rovins.D.S, (1981) “Interactive Effects of Generalized and Situational Expectancies on Cognitive and Emotional Components of Anxiety”: Journal of Research in Personality, 15, 302-311.

Heyward.V. H, (1991)” Advanced fitness assessment & exercise prescription”: 2nd ed.Champaign, IL: Human Kinetics.

(Hjortskov.N, Rissen.D, Blangsted.A.K, Falletin.D, Lundberg.U &Sogaard.K, 2004)” The effect of mental stress on heart rate variability and blood pressure during computer work. *European Journal of Applied Physiology*, 92, 84-89.

Hollmann.W, (1985) “Historical remarks on the development of the aerobic-anaerobic threshold up to 1966”: *International J Sports Med.* 1985; 6:109-16.

Hudek-Knezevic.J.Kardum.I & Vukmirovic, Z, (1999) “The structure of coping styles”: a comparative study of Croatian sample”. *European Journal of Personality*, 13, 149–161.

Hudson.J, & Williams.M, (2001) ”Associations between self-presentation and competitive A-trait”: A preliminary investigation. *Social Behavior and Personality*, 29, 1–9.

Hull.C,(1943) “Principles of Behavior” New York: Appleton-Century-Crofts.

Jakes.R.W, Day.N.E, Patel.B, Khaw.K-T, Oakes.S, Luben.R, Welch.A, Bingham.S, Wareham.N.J, (2002) “Physical inactivity is associated with lower forced expiratory volume in 1 second”: European Prospective Investigation into Cancer-Norfolk Prospective Population Study. *American Journal Epidemiology*, 2002; 156:139–147.

Janssens.J.P, Pache.J.C, Nicod.L.P, (1999) “Physiological changes in respiratory function associated with aging” *Europeean Respiratory Journal*, 1999; 13:197–205.

John.H.Kerr, Elisabeth.H, Vlaswinkel, (1990) “Effects of exercise on anxiety: A review”: *Anxiety, Stress & Coping*, Volume 2, Issue 4 May 1990 , pages 309 – 321.

John.R. Hughes, (2004) “Psychological effects of habitual aerobic exercise: A critical review” *Preventive Medicine*. Volume 13, Issue 1, January 1984, Pages 66-78.

Jonhson.B.D, Reddan.W.G, Seow. K.C, Dempsey.J.A, (1991)

“Mechanical constraints on exercise hyperapnea in a fit aging population”: *American Review Respiratory Diseases*, 1991; 143:968–977.

Jones. M.V, Mace.R.D and Williams.S, (2000) “Relationship between emotional state and performance during international field hockey matches”. *Perceptual and Motor Skills* **90**, pp. 691–701.

Jones.G, (1995) “More than just a game”: research developments and issues in competitive anxiety in sport. *British Journal of Psychology* **86**, pp. 449–478.

Kalamen.J, (1968) “*Measurement of maximum muscular power in man*”: Doctoral thesis, Ohio State University.

Kannin.B, Osei-Tutu and Phil.D. Campagna, (2004) “The effects of short vs. long-bout exercise on mood, VO_2^{max} and percent body fat”: *Preventive Medicine* Volume 40, Issue 1, January 2005, Pages 92-98

Kerr.J.H, (1997) “Motivation and emotion in sport”: Psychology Press, East Sussex.

Kramer.W.J & Fry.A.C, (1995) “Strength testing”: development and evaluation of methodology.

Krohne.H.W, (1993) “Vigilance and cognitive avoidance as concepts in coping research”: In H.W.Krohne (Ed.), *Attention and avoidance* (pp. 19–50). Seattle,WA: Hogrefe & Huber.

Kurl.S, J.A.Laukkanen, R.Rauramaa, T.A.Lakka, J.Sivenius and J.T. Salonen, (2003) “Cardiorespiratory fitness and the risk for stroke in men”: *Arch Intern Med* **163** (2003), pp. 1682–1688.

Lane. A.M, Sewell.D.F, Terry.P.C, Bartram.D and Nesti.M.S, (1999) “Confirmatory factor analysis of the Competitive state anxiety inventory-2”: *Journal of Sports Sciences* **17**, pp. 505–512.

Lazarus,R.S, (1966) “*Psychological stress and the coping process*”: New York: McGraw-Hill.

Lazarus.R.S& Folkman.S, (1984) “Stress, appraisal, and coping”: New York: Springer.

Lazarus.R.S, (1993) “From psychological stress to the emotions”: A history of changing outlooks. *Annual Review of Psychology*, **44**, 1–21.

Lehrer.P, Goldman.N and Strommen.E, (1990): “A principal components assessment of performance anxiety among musicians” *Medical Problems of Performing Artists* **5**, pp. 12–18.

Lewis.A, (1970) “The ambiguous word anxiety”: *International Journal of Psychiatry* **9**, pp. 62–79.

Mann.B.J, Grana W.A and Indelicato P.A, (2007) “A survey of Sports medicine physicians regarding psychological issues in patient-athletes”: American Journal of Medicine **35** (2007), p. 2140.

Margaria.R.P, Aghemo.P,Rovelli.E, (1966) “Measurement of muscular power (anaerobic) in man”: Journal of Applied Physiology, 21(5):1662-1664, 1966.

Martens.R, Burton.D, Vealey.R.S, Bump.L.A. and Smith.D.E, (1990) “Development and validation of the Competitive state anxiety inventory-2.” In: Martens.R, Vealey.R.S and Burton.D, Editors, 1990.*Competition in sport*, Human Kinetics, Champaign, IL, pp. 117–190.

McArdle.W.D, Katch.F.I, Katch.V.L, (1994) “Essentials of exercise Physiology”: Philadelphia: Lea and Febiger 1994; 271.

Morris.L, Davis.D& Hutchings.C, (1981) “Cognitive and Emotional Components of Anxiety”: Literature Review and Revised Worry-Emotionality Scale. Journal of Educational Psychology, 73, 541-555.

Nieman.D.C& Maud.I.P, (1995)” Fitness and sports medicine”: A health-related approach (3rd Ed.). Palo Alto, CA: Bull Publishing.

Neiss.R, (1988) “Reconceptualization arousal”: psychobiological states in motor performance. Psycho Bull 1988; 103:345- 66.

Ntoumanis.N, Biddle.S.J.H & Haddock.G, (1999) “The mediating role of coping strategies on the relationship between achievement motivation and affect in sport”: *Anxiety, Stress, and Coping*, 12, 299–327.

Oeland.A.M, Laessoe.U, Olesen.A.V, Munk-Jorgensen. P, (2010) “Impact of exercise on patients with depression and anxiety”: *Nordic Journal of Psychiatry*, 2010 May 4; 64(3):210-7.

Ortega.F.B, Ruiz.J.R, Castillo.M.J, Moreno.L.A,Gonzalez Gross.M,Warnberg.J, Gutierrez.A, Grupo AVENA , (2005) “Low level of physical fitness in Spanish adolescents”: Relevance for future cardiovascular health (AVENA study)]. *Rev Esp Cardiol* 58:898–909.

Parfitt.C.G, (1988)”Interactions between models of stress and models of motor control”: Unpublished PhD Thesis. University of Wales, Bangor.

Patel.D.R, Greydanus.D.E and H.D. Pratt, (2009) “Psychosocial aspects of youth sport” In: Patel.D.R, Greydanus.D.E and Baker.R.J, Editors, *Pediatric Practice: Sport Medicine*, McGraw Hill Medical, New York (2009).

Petruzzello.S.j, Landers.D.M, Hatfield,B.D., Kubitz, K.A and Salazar,W, (1991) “A meta-analysis on the anxiety reducing effects of acute and chronic exercise sport medicine”: 1991, pp. 143–182.

Powell.D.H, (2004) “Treating individuals with debilitating performance anxiety”: An introduction, *Clinical Psychology* **60** (2004), p. 801

Pretty.J, Peacock.J, Hine.R, Sellens.M, South.N and Griffen.M, (2007) “Green exercise in the UK countryside: effects on health and psychological well-being, and implications for policy and planning”: *Journal of Environmental Planning and Management* **50** (2007), pp. 211–231.

Raglin J.S, (2003) “Anxiety and sport performance”: *Exercise sport Science Rev* **20** (1992), p. 243. C.K. Varley and C.J. Smith, Anxiety disorders in the child and teen, *Pediatric Clinical North American* **50** (2003), p. 1107.

Rechler.M, Nissley.S.P, Roth.J, (1987) “Hormonal regulation of human growth”: *National English Journal Medicine* 1987; 316: 941-942.

Rokka.S, Mavridis.G, Bebetsos.E, Mavridis.K, (2008)

” Competitive State Anxiety among Junior Handball Players”:
Department of Physical Education & Sport Science, Democritus
University of Thrace.

Rubini .E.C, Costa.A.L, Gomes.P.S, (2007) “The effects of stretching on strength performance”: *Sports Medicine*. 2007; 37 (3): 213-24.

Salamon.P,(2001) “Effects of physical exercise on anxiety, depression, and sensitivity to stress: a unifying theory”: Clinical Psychology Review. 2001, Feb; 21:33-61.

Sanders.M, (1997) “Weight training and conditioning”: sport physical therapy, Sandra.B.ed, Norwalk,C.T, Application and lang, 1997.

Simon &Martens, (1979) “Situational and Intrapersonal Moderators of Sport Competition State Anxiety”: Journal article by Kathleen A. Martin, Craig R. Hall; Journal of Sport Behaviour, Vol. 20, 1997.

Simri.U, Sagir.M, Hirsch.N , (1972) “Comparison of two methods of testing forward trunk flexion”: Proc. Standardization of physical fitness tests, Magglingen Symposium, 1972, Pub. Birkenhauser Verlag, Basel.

Skinner.J.S, MCLellan.T.H, (1980) “The transition from aerobic to anaerobic metabolism”:Res.Quart. Exercise & Sports,1980:Vol 51, No1;234-248.

Skinner.E.A, (1996) “A guide to constructs of control”: Journal of Personality and Social Psychology, 71, 549–570.

Sloan.A.W, Burl.J.J,Blyth.C.S, (1962) “Estimation of body fat in young women” J.Appl.physiology17 (16):976-970, 1962.

Snyder.C.R, (1999) “*Coping:The Psychology of What Works*. New York”: Oxford University Press.

Spielberger.C.D, (1966) “Theory and research on anxiety” In: Spielberger.C.D, Editor, 1966: *Anxiety and behaviour*, Academic Press, New York, pp. 3–20.

Spielberger C.D and Sarason I.G, (2005) “*Stress and emotion*”: *anxiety, anger, and curiosity*: Vol 17, Routledge, Taylor, and Francis Group, New York, NY , 2005.

Stanhope.R, Preece.M.A, Grant.D.B, Brook.C.G.D, (1988) “New concepts of the growth spurt of puberty”: *Acta Pediatric Scand Suppl* 1988; 347: 30-37.

Stegmann.H, Kindermann.W and Schnabel.A, (1981) “Lactate kinetics and individual anaerobic threshold”: *international journal of sport medicine* 2, 160-165.

Steinhaus, (1936) “Physical fitness defined”: physiological assessment of human fitness “Peter.J.Maud, Carl Foster editors, 2nd ed. Human kinetic publisher Inc, Champaign,ILL P1.

Taylor .H.L, Buskirk.E, Henschel.A, (1955) “Maximal oxygen intake as an objective measure of cardiorespiratory performance”: *J Appl Physiol.* 1955; 8:73-80.

Taylor.A.H, (2003) “Physical activity, anxiety and stress”: Biddle. S.J.H.,. Fox.K.R and Boutcher.S.H, Editors, *Physical activity and psychological well-being*, Routledge, London ,2003, pp. 10–45.

Taylor, S.E, (2006) “*Health Psychology, international edition*”: McGraw-Hill Education, p. 193.

Tsutsumi.T, Don.B.M, Zaichkowsky.L.D, Delizonna.L.L, (1997) “Physical fitness and psychological benefits of strength training in community dwelling older adults”: *Applied Human science*, 1997 Nov; 16(6):257-66.

Twisk.J.W, Staal.B.J, Brinkman. M.N, Kemper .H.C.G, van Mechelen.W, (1998) “Tracking of lung function parameters and the longitudinal relationship with lifestyle” *Eur Respir J* 1998; 12:627–634.

Vicente-Rodriguez .G, Jimenez-Ramirez.J, Ara.I, Serrano-Sanchez. J.A,Dorado.C, Calbet.J.A , (2003) “Enhanced bone mass and physical fitness in prepubescent footballers”: *Bone* 33:853–859.

Vicente-Rodriguez.G, Ara.I, Perez-Gomez.J, Serrano-Sanchez.J.A, Dorado.C, Calbet.J.A, (2004a) “High femoral bone mineral density accretion in pre-pubertal soccer players”: *Medical Science Sports Exercise* 36:1789–1795.

Vicente-Rodriguez.G, Dorado.C, Perez-Gomez.J, Gonzalez-Henriquez. J.J, Calbet.J.A , (2004b) “Enhanced bone mass and physical fitness in young female handball players. *Bone* 35:1208–1215.

Wasserman.K, (1986) “The anaerobic threshold: definition, physiological significance and identification”: *Advances in cardiology*; 35, 1-23

Weiten.W& Lloyd.M.A, (2006) “*Psychology Applied to Modern Life*”: Thomson Wadsworth; Belmont California.

Willgoose, (1961) “Physical fitness defined”: physiological assessment of human fitness “Peter.J.Maud, Carl Foster editors, 2nd ed. Human kinetic publisher Inc, Champaign,ILL P1.

Wilson.P & Eklund. R.C, (1998) “The relationship between Competitive anxiety and self-presentational concerns”: *Journal of Sport and Exercise Psychology*, 20, 81–97.

Woodwan & Hardy, (2001) “Stress and anxiety” In: R. Singer, H.A. Hausenblas and C.M. Janelle, Editors, *Handbook of research on sport psychology*, Wiley, New York (2001), pp. 290–318.

Yerkes.R.M & Dodson.J.D, (1908) “The relation of strength of stimulus to rapidity of habit formation”: *Journal of Comparative and Neurological Psychology*, 18, 459-482.

Zautra.A.J, Sheets.V.L & Sandler.I.N, (1997) “An examination of the construct validity of coping dispositions for a sample of recently divorced mothers”: *Journal of Personality and Social Psychology*, 74, 256–264.

Zeidner.M & Endler.N.S, (1996) “*Handbook of coping: theory, research, and applications*”. New York: Wiley.

Zuti.W.B, Golding.I.A, (1973) “Equations for estimating percent body fat and body density of active adult males”: *Medical science Sports*, 5(4), 262-266, 1973.