

Table 4 - Comparison of bone parameters according to the type of sport practiced (reference category = high BLU) in university athletes by sex.*

	Male (n = 92)†				Female (n = 75)‡			
B (CI 95%)	β	R^2	p	B (CI 95%)	β	R^2	p	
BMD total body (g·cm ⁻²)								
Crude model	0.01 (-0.03 to 0.06)	0.06	<0.01	0.56	-0.01 (-0.04 to 0.04)	<0.01	<0.01	0.94
Adjusted model	0.01 (-0.03 to 0.06)	0.06	0.24	0.57	0.01 (-0.03 to 0.05)	0.06	0.18	0.61
BMD lumbar (L1-L4) (g·cm ⁻²)								
Crude model	-0.02 (-0.08 to 0.05)	<0.04	<0.01	0.64	-0.01 (-0.07 to 0.06)	<0.02	<0.01	0.88
Adjusted model	-0.03 (-0.11 to 0.04)	<0.19	0.11	0.39	-0.01 (-0.08 to 0.06)	<0.03	<0.02	0.85
BMD proximal femur (g·cm ⁻²)								
Crude model	0.05 (-0.03 to 0.13)	0.12	0.01	0.25	0.03 (-0.03 to 0.09)	0.12	0.01	0.30
Adjusted model	0.03 (-0.06 to 0.12)	0.07	0.07	0.54	0.05 (-0.01 to 0.12)	0.20	0.07	0.12
Strength Index								
Crude model	0.16 (-0.05 to 0.37)	0.16	0.01	0.13	-0.08 (-0.27 to 0.11)	<0.19	<0.01	0.39
Adjusted model	0.11 (-0.10 to 0.32)	0.11	0.22	0.32	-0.16 (-0.38 to 0.06)	<0.29	<0.01	0.15
CSMI (mm ⁴)								
Crude model	816.87 (-1,652.68 to 3,286.42)	0.07	<0.01	0.51	-187.51 (-1,428.02 to 1,053.00)	<0.03	<0.01	0.76
Adjusted model	304.99 (-2065.12 to 2,675.11)	0.03	0.28	0.80	-420.80 (-1,272.12 to 430.53)	<0.08	0.65	0.33
Z (mm ³)								
Crude model	41.06 (-74.76 to 156.88)	0.07	<0.01	0.48	-16.09 (-82.01 to 49.84)	<0.06	<0.01	0.63
Adjusted model	12.18 (-100.68 to 124.94)	0.02	0.26	0.83	-18.30 (-67.32 to 30.71)	<0.06	0.59	0.46
CSA (mm ²)								
Crude model	3.97 (-12.71 to 20.66)	0.06	<0.01	0.64	0.79 (-10.62 to 12.22)	0.02	<0.01	0.89
Adjusted model	-2.28 (-17.85 to 13.28)	<0.03	0.32	0.77	0.92 (-8.97 to 10.82)	0.02	0.44	0.86
NSA (degrees)								
Crude model	-0.33 (-2.18 to 1.52)	<0.04	<0.01	0.72	2.42 (0.13 to 4.71)	0.24	0.04	0.04§
Adjusted model	-0.82 (-2.93 to 1.28)	<0.09	<0.01	0.44	3.16 (0.58 to 5.75)	0.31	0.11	0.02§
HAL (mm)								
Crude model	-3.60 (-7.10 to -0.10)	<0.21	0.03	0.04§	0.57 (-2.70 to 3.85)	0.04	<0.01	0.73
Adjusted model	-3.66 (-7.63 to -0.28)	<0.21	0.30	0.03§	-0.20 (-3.16 to 2.75)	<0.01	0.48	0.89

*n = sample number; B = coefficients of regression; β = coefficients of regression standardized; CI = confidence interval; R^2 = adjusted coefficient of determination; BMD = bone mineral density; g·cm⁻² = grams per centimeter squared; CSMI = cross-sectional area at the moment of inertia; mm⁴ = millimeters to the fourth power; Z = section modulus; mm³ = millimeters to the cube; CSA = cross-sectional area; mm² = millimeters squared; NSA = neck-shaft angle; HAL = hip axis length; mm = millimeters; Crude model = without covariates. †Adjusted model for age, fat mass, lean tissue mass, weekly training volume, total practice time in the sport, and use of supplementation (calcium, vitamin D, and protein). ‡Adjusted model for age, fat mass, lean tissue mass, weekly training volume, total practice time in the sport and use of supplementation (calcium, vitamin D, and protein), and regular menstruation and use of oral contraceptives. §Bold indicates p-value < 0.05. Multiple linear regression.

Journal Of Strength And Conditioning Research Impact Factor 201

Ronald J. Maughan



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Advanced Strength and Conditioning Anthony Turner, Paul Comfort, 2022-02-14 Becoming an effective strength and conditioning practitioner requires the development of a professional skills set and a thorough understanding of the scientific basis of best practice Aimed at advanced students and novice to expert practitioners in this book the authors explore the latest scientific evidence and apply it to exercise selection and programming choices across the full range of areas in strength and conditioning from strength and power speed and agility to aerobic conditioning Since the first edition of this text was written extensive research has expanded the supporting evidence base that provides the theoretical foundation for each chapter In addition some areas that were previously under researched have now been expanded and some key concepts have been further challenged Each chapter is written by experts with experience in a wide variety of sports including both applied and research experience ensuring this concise but sophisticated textbook is the perfect bridge from introductory study to effective professional practice While advanced concepts are explored within the book the coach must not forget that consistency in the application of the basic principles of strength and conditioning is the foundation of athletic development **Advanced Strength and Conditioning An Evidence based Approach** is a valuable resource for all advanced students and practitioners of strength and conditioning and fitness training

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Cumulated Index Medicus, 1998 *Physiological Aspects of Sport Training and Performance* Jay Hoffman, 2014-03-31 *Physiological Aspects of Sport Training and Performance* Second Edition With Web Resource updates and expands on the popular first edition providing an in depth discussion of physiological adaptation to exercise Students will learn the importance of an evidence based approach in prescribing exercise while sports medicine professionals and health care providers will appreciate using the text as a primary reference on conditioning and performance of athletes A range of topics are covered including environmental influences on performance hydration status sport nutrition sport supplements and performance enhancing drugs The book is focused on physiological adaptation to exercise with a goal of providing practical applications to facilitate exercise prescriptions for a variety of athletes *Physiological Aspects of Sport Training and Performance* Second Edition is organized into five parts The first part examines physiological adaptation and the effects of various modes of training on biochemical hormonal muscular cardiovascular neural and immunological adaptations The second part covers principles of exercise training and prescription

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