

SUGGESTED READINGS

- American Academy of Pediatrics. 2008. Strength training by children and adolescents. *Pediatrics*, 121: 835-840.
- American College of Sports Medicine. 2007. *ACSM's guidelines for exercise testing and prescription*. 7th ed. Baltimore: Lippincott, Williams & Wilkins.
- American Council on Exercise. 2009. *ACEs advanced health & fitness specialist manual*. C. Bryant & D. Green (Eds.). Monterey, CA: Healthy Learning.
- Annesi, J., Westcott, W., Faigenbaum, A., & Unruh, J. 2005. Effects of a 12-week physical activity protocol delivered by YMCA after-school counselors on fitness and self-efficacy changes in 5-12-year-old boys and girls. *Research Quarterly for Exercise and Sport*, 76: 468-476.
- Behm, D., Faigenbaum, A., Falk, B., & Klentrou, P. 2008. Canadian Society for Exercise Physiology position paper: Resistance training in children and adolescents. *Journal of Applied Physiology Nutrition Metabolism*, 33: 547-561.
- Benson, A., Torade, M., & Fiatarone, M. 2008. Effects of resistance training on metabolic fitness in children and adolescents. *Obesity Reviews*, 9: 43-66.
- British Association of Exercise and Sport Sciences. 2004. BASES position statement on guidelines for resistance exercise in young people. *Journal of Sports Sciences*, 22: 383-390.
- Chu, D., Faigenbaum, A., & Falkel, J. 2006. *Progressive plyometrics for kids*. Monterey, CA: Healthy Learning.
- Cooper Institute for Aerobics Research. 1999. *Fitness-gram test administration manual*. 2nd ed. Champaign, IL: Human Kinetics.
- Faigenbaum, A. 2007. Resistance training for children and adolescents: Are there health outcomes? *American Journal of Lifestyle Medicine*, 1: 190-200.
- Faigenbaum, A., Farrell, A., Radler, T., Zbojovsky, D., Chu, D., Ratamess, N., Kang, J., & Hoffman, J. 2009. "Plyo Play": A novel program of short bouts of moderate and high intensity exercise improves physical fitness in elementary school children. *The Physical Educator*, 66: 37-44.
- Faigenbaum, A., Kang, J., McFarland, J., Bloom, J., Magnatta, J., Ratamess, N., & Hoffman, J. 2006. Acute effects of different warm-up protocols on anaerobic performance in teenage athletes. *Pediatric Exercise Science*, 17: 64-75.
- Faigenbaum, A., Kraemer, W., Blimkie, C., Jeffreys, I., Micheli, L., Nitka, M., & Rowland, T. In press. Youth resistance training: Updated position statement paper from the National Strength and Conditioning Association. *Journal of Strength & Conditioning Research*.
- Faigenbaum, A., & McFarland, J. 2007. Guidelines for implementing a dynamic warm-up for physical education. *Journal of Physical Education, Recreation and Dance*, 78: 25-28.
- Faigenbaum, A., McFarland, J., Johnson, L., Kang, J., Bloom, J., Ratamess, N., & Hoffman, J. 2007. Preliminary evaluation of an after-school resistance training program. *Perceptual Motor Skills*, 104: 407-415.
- Faigenbaum, A., McFarland, J., Keiper, F., Tevlin, W., Kang, J., Ratamess, N., & Hoffman, J. 2007. Effects of a short term plyometric and resistance training program on fitness performance in boys age 12 to 15 years. *Journal of Sports Science and Medicine*, 6: 519-525.
- Faigenbaum, A., McFarland, J., Schwerdtman, J., Ratamess, N., Kang, N., & Hoffman, J. 2006. Dynamic warm-up protocols, with and without a weighted vest, and fitness performance in high school female athletes. *Journal of Athletic Training*, 41: 357-363.
- Faigenbaum, A., & Mediate, P. 2006. The effects of medicine ball training on physical fitness in high school physical education students. *The Physical Educator*, 63: 160-167.
- Faigenbaum, A., Milliken, L., Cloutier, C., & Westcott, W. 2004. Perceived exertion during resistance exercise in children. *Perceptual Motor Skills*, 98: 627-637.
- Faigenbaum, A., Milliken, L., LaRosa Loud, R., Burak, B., Doherty, C., & Westcott, W. 2002. Comparison of 1 day and 2 days per week of strength training in children. *Research Quarterly for Exercise and Sport*, 73: 416-424.
- Faigenbaum, A., Milliken, L., & Westcott, W. 2003. Maximal strength testing in children. *Journal of Strength and Conditioning Research*, 17: 162-166.
- Faigenbaum, A., Ratamess, N., McFarland, J., Kaczmarek, J., Coraggio, M., Kang, J., & Hoffman, J. 2008. Effect of rest interval length on bench press

- performance in boys, teens and men. *Pediatric Exercise Science*, 20: 457-469.
- Faigenbaum, A., & Westcott, W. 2001. *Youth fitness*. San Diego: American Council on Exercise.
- Faigenbaum, A., & Westcott, W. *Youth strength training*. 2005. San Diego: American Council on Exercise.
- Faigenbaum, A., & Westcott, W. 2007. Resistance training for obese children and adolescents. *President's Council on Physical Fitness and Sports Research Digest*, 8: 1-8.
- Faigenbaum, A., Westcott, W., Larosa Loud, R., & Long, C. 1999. The effects of different resistance training protocols on muscular strength and endurance development in children. *Pediatrics*, 104: e5.
- Faigenbaum, A., Westcott, W., Micheli, L., Outerbridge, A., Long, C., LaRosa Loud, R., & Zaichkowsky, L. 1996. The effects of strength training and detraining on children. *Journal of Strength and Conditioning Research*, 10: 109-114.
- Faigenbaum, A., Zaichkowsky, L., Westcott, W., Micheli, L., and Fehlandt, A. 1993. The effects of a twice per week strength training program on children. *Pediatric Exercise Science*, 5: 339-346.
- Hamill, B. Relative safety of weight lifting and weight training. 1994. *Journal of Strength & Conditioning Research*, 8: 53-57.
- Hebestreit, H., & Bar-Or, O. (Eds.). 2008. *The young athlete*. Malden, MA: Blackwell.
- Hoffman, J. 2006. *Norms for health, fitness, and performance*. Champaign IL: Human Kinetics.
- Jeffreys, I. 2008. *Coaches guide to enhancing recovery in athletes: A multidimensional approach to developing the performance lifestyle*. Monterey, CA: Healthy Learning.
- Malina, R. 2006. Weight training in youth-growth, maturation and safety: an evidenced based review. *Clinical Journal of Sport Medicine*, 16:478-487.
- Malina, R., Bouchard, C., & Bar-Or, O. 2004. *Growth, maturation, and physical activity*. 2nd ed. Champaign, IL: Human Kinetics.
- Mediate, P., & Faigenbaum, A. 2007. *Medicine ball for all kids*. Monterey, CA: Healthy Learning.
- Micheli, L., Glassman, R., & Klein, M. 2000. The prevention of sports injuries in youth. *Clinical Sports Medicine*, 19: 821-834.
- Micheli, L., & Purcell, L. 2007. *The adolescent athlete: A practical approach*. New York: Springer.
- Milliken, L., Faigenbaum, A., LaRosa Loud, R., & Westcott, W. 2008. Correlates of upper and lower body muscular strength in children. *Journal of Strength & Conditioning Research*, 22: 1-8.
- Mountjoy, M., Armstrong, N., Bizzini, L., Blimkie, C., Evans, J., Gerrard, D., Hangen, J., Knoll, K., Micheli, L., Sangenis, P., & Van Mechelen, W. 2008. IOC consensus statement: Training the elite young athlete. *Clinical Journal of Sport Medicine*, 18: 122-123.
- National Association for Sport and Physical Education. 2005. *Physical education for lifelong fitness*. 2nd ed. Champaign, IL: Human Kinetics.
- National Strength and Conditioning Association. 2008. *Essentials of strength training and conditioning*. 3rd ed. T. Baechle & R. Earle (Eds.). Champaign, IL: Human Kinetics.
- Ortega, F., Ruiz, J., Castillo, M., & Sjostrom, M. 2008. Physical fitness in childhood and adolescence: a powerful marker of health. *International Journal of Obesity*, 32: 1-11.
- Roberts, S., Ciapponi, T., & Lytle, R. 2008. *Strength training for children and adolescents*. Reston, VA: National Association for Sports and Physical Education.
- Rowland, T. 2005. *Children's exercise physiology*. 2nd ed. Champaign, IL: Human Kinetics.
- Strong, W., Malina, R., Blimkie, C., Daniels, S., Dishman, R., Gutin, B., Hergenroeder, A., Must, A., Nixon, P., Pivarnik, J., Rowland, T., Trost, S., & Trudeau, F. 2005. Evidence based physical activity for school-age youth. *Journal of Pediatrics*, 146: 732-737.
- Vaughn, J., & Micheli, L. 2008. Strength training recommendations for the young athlete. *Physical Medicine and Rehabilitation Clinics of North America*, 19: 235-245.
- Westcott, W. 1979. Female response to weight lifting. *Journal of Physical Education*, 77: 31-33.
- Westcott, W., Tolken, J., & Wessner, B. 1995. School-based conditioning programs for physically unfit children. *Strength and Conditioning Journal*, 17: 5-9.