

ERGOGENIC RESOURCES IN EXERCISE AND SPORT (CODE: 2024068)

COURSE SYLLABUS:

The course covers investigations related to studies of methods and artifacts used in performance improvement, including biomechanical, physiological, endocrine and psychological aspects, combined or not.

GOALS:

- To present the main components of physical and sports performance.
- To update the knowledge about the exercise sciences researches.
- To discuss the methods used to increase the physical performance.

BIBLIOGRAPHY:

Básica:

BROOKS, G.; FAHEY, D.; BALDWIN, K.; Fisiologia do exercício: Bioenergética humana e suas aplicações. 4ª edição. São Paulo, Phorte editora.

MCARDLE, W.; KATCH, F. I.; KATCH, V. L. Fisiologia do Exercício. Energia, Nutrição e Desempenho Humano. 6ª edição. Rio de Janeiro: Guanabara Koogan, 2008.

POWERS, S. K. & HOWELEY. Fisiologia do Exercício – Teoria e Aplicação ao condicionamento e ao desempenho. 6ª edição. Editora Manole, São Paulo, 2009.

Complementar:

Lactate metabolism: a new paradigm for the third millennium J Physiol. 2004 Jul 1;558(Pt 1):5-30

Evidence that a central governor regulates exercise performance during acute hypoxia and hyperoxia J Exp Biol. 2001 Sep;204(Pt 18):3225-34.

Steroid hormones and psychological responses to soccer matches: Insights from a systematic review and meta-analysis. PLoS One. 2017 Oct 12;12(10):e0186100

Effect of Conjugated Linoleic Acid Intake on Endurance Exercise Performance and Anti-fatigue in Student Athletes. J Oleo Sci. 2017 Jul 1;66(7):723-733

Can Cold Water Immersion Enhance Recovery in Elite Olympic Weightlifters? An Individualized Perspective. J Strength Cond Res. 2017 Jun;31(6):1569-1576

Physiological basis behind ergogenic effects of anabolic androgens. *Mol Cell Endocrinol.* 2017 Jan 31. pii: S0303-7207(17)30060-6

Impact of caloric and dietary restriction regimens on markers of health and longevity in humans and animals: A summary of available findings *Nutrition Journal* 2011, 10:107 doi:10.1186/1475-2891-10-107.

Yesalis, C. E. B., M.S. (2002). "History of doping in sport." *Int Sport Studies* 24(1): 35.