

Sport & Exercise Medicine in Practice

MED5361

View Online



[1]

T. Graf-Baumann, 'Medicolegal aspects of doping in football', *British Journal of Sports Medicine*, vol. 40, no. Supplement 1, pp. i55–i57, Jul. 2006, doi: 10.1136/bjism.2006.027979.

[2]

N. M. Panhuyzen-Goedkoop and J. L. R. M. Smeets, 'Legal responsibilities of physicians when making participation decisions in athletes with cardiac disorders: Do guidelines provide a solid legal footing?', *British Journal of Sports Medicine*, vol. 48, no. 15, pp. 1193–1195, Aug. 2014, doi: 10.1136/bjsports-2013-093023.

[3]

B. H. Greenfield and C. R. West, 'Ethical Issues in Sports Medicine', *Sports Health: A Multidisciplinary Approach*, vol. 4, no. 6, pp. 475–479, Nov. 2012, doi: 10.1177/1941738112459327.

[4]

L. Anderson, 'Contractual obligations and the sharing of confidential health information in sport', *Journal of Medical Ethics*, vol. 34, no. 9, pp. e6–e6, Sep. 2008, doi: 10.1136/jme.2008.024794.

[5]

S. Holm and M. McNamee, 'Ethics in sports medicine', *BMJ*, vol. 339, no. sep29 2, pp. b3898–b3898, Sep. 2009, doi: 10.1136/bmj.b3898.

[6]

M. McNamee and N. Phillips, 'Confidentiality, disclosure and doping in sports medicine', *British Journal of Sports Medicine*, vol. 45, no. 3, pp. 174–177, Mar. 2011, doi: 10.1136/bjism.2009.064253.

[7]

'No pain, no gain. The dilemma of a team physician', *British Journal of Sports Medicine*, vol. 35, no. 3, pp. 141-a-142, Jun. 2001, doi: 10.1136/bjism.35.3.141-a.

[8]

'Ethics, molecular biology, and sports medicine', *British Journal of Sports Medicine*, vol. 35, no. 3, pp. 142–143, Jun. 2001, doi: 10.1136/bjism.35.3.142.

[9]

W. E. Leatherwood and J. L. Drago, 'Effect of airline travel on performance: a review of the literature', *British Journal of Sports Medicine*, vol. 47, no. 9, pp. 561–567, Jun. 2013, doi: 10.1136/bjsports-2012-091449.

[10]

T. Reilly et al., 'Coping with jet-lag: A Position Statement for the European College of Sport Science', *European Journal of Sport Science*, vol. 7, no. 1, pp. 1–7, Mar. 2007, doi: 10.1080/17461390701216823.

[11]

S. Forbes-Robertson, E. Dudley, P. Vadgama, C. Cook, S. Drawer, and L. Kilduff, 'Circadian Disruption and Remedial Interventions', *Sports Medicine*, vol. 42, no. 3, pp. 185–208, Mar. 2012, doi: 10.2165/11596850-000000000-00000.

[12]

R. Manfredini, F. Manfredini, C. Fersini, and F. Conconi, 'Circadian rhythms, athletic performance, and jet lag', *British Journal of Sports Medicine*, vol. 32, no. 2, pp. 101–106, Jun. 1998, doi: 10.1136/bjism.32.2.101.

[13]

L. E. Armstrong, 'Nutritional strategies for football: Counteracting heat, cold, high altitude, and jet lag', *Journal of Sports Sciences*, vol. 24, no. 7, pp. 723–740, Jul. 2006, doi: 10.1080/02640410500482891.

[14]

T. Reilly and J. Waterhouse, 'Sports performance: is there evidence that the body clock plays a role?', *European Journal of Applied Physiology*, vol. 106, no. 3, pp. 321–332, Jun. 2009, doi: 10.1007/s00421-009-1066-x.

[15]

J. Waterhouse, T. Reilly, and G. Atkinson, 'Melatonin and jet lag', *British Journal of Sports Medicine*, vol. 32, no. 2, pp. 98–99, Jun. 1998, doi: 10.1136/bjism.32.2.98.

[16]

P. E. McSharry, 'Effect of altitude on physiological performance: a statistical analysis using results of international football games', *BMJ*, vol. 335, no. 7633, pp. 1278–1281, Dec. 2007, doi: 10.1136/bmj.39393.451516.AD.

[17]

'Foreign travel advice - UK government'. [Online]. Available: <https://www.gov.uk/foreign-travel-advice>

[18]

S. Forbes-Robertson, E. Dudley, P. Vadgama, C. Cook, S. Drawer, and L. Kilduff, 'Circadian Disruption and Remedial Interventions', *Sports Medicine*, vol. 42, no. 3, pp. 185–208, Mar. 2012, doi: 10.2165/11596850-000000000-00000.

[19]

B. D. Levine, J. Stray-Gundersen, and R. D. Mehta, 'Effect of altitude on football performance', *Scandinavian Journal of Medicine & Science in Sports*, vol. 18, pp. 76–84, Jul.

2008, doi: 10.1111/j.1600-0838.2008.00835.x.

[20]

J. D. Périard et al., 'Strategies and factors associated with preparing for competing in the heat: a cohort study at the 2015 IAAF World Athletics Championships', *British Journal of Sports Medicine*, vol. 51, no. 4, pp. 264–270, Feb. 2017, doi: 10.1136/bjsports-2016-096579.

[21]

J. Dvorak et al., 'The FIFA medical emergency bag and FIFA 11 steps to prevent sudden cardiac death: setting a global standard and promoting consistent football field emergency care', *British Journal of Sports Medicine*, vol. 47, no. 18, pp. 1199–1202, Dec. 2013, doi: 10.1136/bjsports-2013-092767.

[22]

A. Herxheimer and K. J. Petrie, 'Melatonin for the prevention and treatment of jet lag', in *Cochrane Database of Systematic Reviews*, Chichester, UK: John Wiley & Sons, Ltd, 1996 [Online]. Available: <http://doi.wiley.com/10.1002/14651858.CD001520>

[23]

'Fit For Travel'. [Online]. Available: <http://www.fitfortravel.nhs.uk/home.aspx>

[24]

J. D. Périard et al., 'Strategies and factors associated with preparing for competing in the heat: a cohort study at the 2015 IAAF World Athletics Championships', *British Journal of Sports Medicine*, vol. 51, no. 4, pp. 264–270, Feb. 2017, doi: 10.1136/bjsports-2016-096579.

[25]

R. R. Pryor, B. L. Bennett, F. G. O'Connor, J. M. J. Young, and C. A. Asplund, 'Medical Evaluation for Exposure Extremes', *Clinical Journal of Sport Medicine*, vol. 25, no. 5, pp. 437–442, Sep. 2015, doi: 10.1097/JSM.0000000000000248.

[26]

S. Racinais et al., 'Consensus recommendations on training and competing in the heat', *British Journal of Sports Medicine*, vol. 49, no. 18, pp. 1164–1173, Sep. 2015, doi: 10.1136/bjsports-2015-094915.

[27]

J. D. Périard, G. J. S. Travers, S. Racinais, and M. N. Sawka, 'Cardiovascular adaptations supporting human exercise-heat acclimation', *Autonomic Neuroscience*, vol. 196, pp. 52–62, Apr. 2016, doi: 10.1016/j.autneu.2016.02.002.

[28]

G. P. Nassis, J. Brito, J. Dvorak, H. Chalabi, and S. Racinais, 'The association of environmental heat stress with performance: analysis of the 2014 FIFA World Cup Brazil', *British Journal of Sports Medicine*, vol. 49, no. 9, pp. 609–613, May 2015, doi: 10.1136/bjsports-2014-094449.

[29]

M. Wegmann, O. Faude, W. Poppendieck, A. Hecksteden, M. Fröhlich, and T. Meyer, 'Pre-Cooling and Sports Performance', *Sports Medicine*, vol. 42, no. 7, pp. 545–564, Jul. 2012, doi: 10.2165/11630550-000000000-00000.

[30]

C. C. W. G. Bongers, D. H. J. Thijssen, M. T. W. Veltmeijer, M. T. E. Hopman, and T. M. H. Eijssvogels, 'Precooling and percooling (cooling during exercise) both improve performance in the heat: a meta-analytical review', *British Journal of Sports Medicine*, vol. 49, no. 6, pp. 377–384, Mar. 2015, doi: 10.1136/bjsports-2013-092928.

[31]

C. J. Tyler, C. Sunderland, and S. S. Cheung, 'The effect of cooling prior to and during exercise on exercise performance and capacity in the heat: a meta-analysis', *British Journal of Sports Medicine*, vol. 49, no. 1, pp. 7–13, Jan. 2015, doi: 10.1136/bjsports-2012-091739.

[32]

V. H. Nieto Estrada, D. Molano Franco, R. D. Medina, A. G. Gonzalez Garay, A. J. Martí-Carvajal, and I. Arevalo-Rodriguez, 'Interventions for preventing high altitude illness: Part 1. Commonly-used classes of drugs', *Cochrane Database of Systematic Reviews*, Jun. 2017, doi: 10.1002/14651858.CD009761.pub2.

[33]

R. F. Chapman, 'The individual response to training and competition at altitude', *British Journal of Sports Medicine*, vol. 47, no. Suppl 1, pp. i40-i44, Dec. 2013, doi: 10.1136/bjsports-2013-092837.

[34]

K. Schommer, E. Menold, A. W. Subudhi, and P. Bärtsch, 'Health risk for athletes at moderate altitude and normobaric hypoxia', *British Journal of Sports Medicine*, vol. 46, no. 11, pp. 828-832, Sep. 2012, doi: 10.1136/bjsports-2012-091270.

[35]

R. S. Mazzeo, 'Physiological Responses to Exercise at Altitude', *Sports Medicine*, vol. 38, no. 1, pp. 1-8, 2008, doi: 10.2165/00007256-200838010-00001.

[36]

R. F. Chapman, J. L. Stickford, and B. D. Levine, 'Altitude training considerations for the winter sport athlete', *Experimental Physiology*, vol. 95, no. 3, pp. 411-421, Mar. 2010, doi: 10.1113/expphysiol.2009.050377.

[37]

A. M. Luks, E. R. Swenson, and P. Bärtsch, 'Acute high-altitude sickness', *European Respiratory Review*, vol. 26, no. 143, Mar. 2017, doi: 10.1183/16000617.0096-2016.

[38]

S. Grant, 'Sea level and acute responses to hypoxia: do they predict physiological responses and acute mountain sickness at altitude?', *British Journal of Sports Medicine*, vol. 36, no. 2, pp. 141-146, Apr. 2002, doi: 10.1136/bjism.36.2.141.

[39]

P. U. Saunders, L. A. Garvican-Lewis, W. F. Schmidt, and C. J. Gore, 'Relationship between changes in haemoglobin mass and maximal oxygen uptake after hypoxic exposure', *British Journal of Sports Medicine*, vol. 47, no. Suppl 1, pp. i26-i30, Dec. 2013, doi: 10.1136/bjsports-2013-092841.

[40]

C. Imray, A. Wright, A. Subudhi, and R. Roach, 'Acute Mountain Sickness: Pathophysiology, Prevention, and Treatment', *Progress in Cardiovascular Diseases*, vol. 52, no. 6, pp. 467-484, May 2010, doi: 10.1016/j.pcad.2010.02.003.

[41]

K.-H. Carlsen, 'Sports in extreme conditions: The impact of exercise in cold temperatures on asthma and bronchial hyper-responsiveness in athletes', *British Journal of Sports Medicine*, vol. 46, no. 11, pp. 796-799, Sep. 2012, doi: 10.1136/bjsports-2012-091292.

[42]

D. J. A. Brown, H. Brugger, J. Boyd, and P. Paal, 'Accidental Hypothermia', *New England Journal of Medicine*, vol. 367, no. 20, pp. 1930-1938, Nov. 2012, doi: 10.1056/NEJMra1114208.

[43]

M. Bergeron et al., 'International Olympic Committee consensus statement on thermoregulatory and altitude challenges for high-level athletes', *British Journal of Sports Medicine*, vol. 46, no. 11, pp. 770-779, Sep. 2012, doi: 10.1136/bjsports-2012-091296.

[44]

P. M. Tscholl, M. Vaso, A. Weber, and J. Dvorak, 'High prevalence of medication use in professional football tournaments including the World Cups between 2002 and 2014: a narrative review with a focus on NSAIDs', *British Journal of Sports Medicine*, vol. 49, no. 9, pp. 580-582, May 2015, doi: 10.1136/bjsports-2015-094784.

[45]

N. Baume et al., 'Antidoping programme and biological monitoring before and during the 2014 FIFA World Cup Brazil', *British Journal of Sports Medicine*, vol. 49, no. 9, pp. 614-622,

May 2015, doi: 10.1136/bjsports-2015-094762.

[46]

K. D. Fitch, 'Therapeutic use exemptions (TUEs) at the Olympic Games 1992–2012', *British Journal of Sports Medicine*, vol. 47, no. 13, pp. 815–818, Sep. 2013, doi: 10.1136/bjsports-2013-092460.

[47]

W. Schobersberger, T. Dünwald, G. Gmeiner, and C. Blank, 'Story behind meldonium—from pharmacology to performance enhancement: a narrative review', *British Journal of Sports Medicine*, vol. 51, no. 1, pp. 22–25, Jan. 2017, doi: 10.1136/bjsports-2016-096357.

[48]

T. van der Gronde, O. de Hon, H. J. Haisma, and T. Pieters, 'Gene doping: an overview and current implications for athletes', *British Journal of Sports Medicine*, vol. 47, no. 11, pp. 670–678, Jul. 2013, doi: 10.1136/bjsports-2012-091288.

[49]

M. McNamee and N. Phillips, 'Confidentiality, disclosure and doping in sports medicine', *British Journal of Sports Medicine*, vol. 45, no. 3, pp. 174–177, Mar. 2011, doi: 10.1136/bjism.2009.064253.

[50]

J. Dvorak et al., 'Time for change: a roadmap to guide the implementation of the World Anti-Doping Code 2015', *British Journal of Sports Medicine*, vol. 48, no. 10, pp. 801–806, May 2014, doi: 10.1136/bjsports-2014-093561.

[51]

J. Connor, J. Woolf, and J. Mazanov, 'Would they dope? Revisiting the Goldman dilemma', *British Journal of Sports Medicine*, vol. 47, no. 11, pp. 697–700, Jul. 2013, doi: 10.1136/bjsports-2012-091826.

[52]

F. Sjöqvist, M. Garle, and A. Rane, 'Use of doping agents, particularly anabolic steroids, in sports and society', *The Lancet*, vol. 371, no. 9627, pp. 1872–1882, May 2008, doi: 10.1016/S0140-6736(08)60801-6.

[53]

M. Saugy, C. Lundby, and N. Robinson, 'Monitoring of biological markers indicative of doping: the athlete biological passport', *British Journal of Sports Medicine*, vol. 48, no. 10, pp. 827–832, May 2014, doi: 10.1136/bjsports-2014-093512.

[54]

D. Corrado, C. Basso, A. Pavei, P. Michieli, M. Schiavon, and G. Thiene, 'Trends in Sudden Cardiovascular Death in Young Competitive Athletes After Implementation of a Preparticipation Screening Program', *JAMA*, vol. 296, no. 13, Oct. 2006, doi: 10.1001/jama.296.13.1593.

[55]

A. Steinvil et al., 'Mandatory Electrocardiographic Screening of Athletes to Reduce Their Risk for Sudden Death', *Journal of the American College of Cardiology*, vol. 57, no. 11, pp. 1291–1296, Mar. 2011, doi: 10.1016/j.jacc.2010.10.037.

[56]

J. A. Drezner et al., 'International criteria for electrocardiographic interpretation in athletes: Consensus statement', *British Journal of Sports Medicine*, vol. 51, no. 9, pp. 704–731, May 2017, doi: 10.1136/bjsports-2016-097331.

[57]

J. A. Drezner et al., 'Abnormal electrocardiographic findings in athletes: recognising changes suggestive of cardiomyopathy', *British Journal of Sports Medicine*, vol. 47, no. 3, pp. 137–152, Feb. 2013, doi: 10.1136/bjsports-2012-092069.

[58]

J. A. Drezner et al., 'Abnormal electrocardiographic findings in athletes: recognising

changes suggestive of primary electrical disease', *British Journal of Sports Medicine*, vol. 47, no. 3, pp. 153–167, Feb. 2013, doi: 10.1136/bjsports-2012-092070.

[59]

C. Semsarian, J. Sweeting, and M. J. Ackerman, 'Sudden cardiac death in athletes', *British Journal of Sports Medicine*, vol. 49, no. 15, pp. 1017–1023, Aug. 2015, doi: 10.1136/bjsports-2015-h1218rep.

[60]

D. Corrado, C. Basso, G. Rizzoli, M. Schiavon, and G. Thiene, 'Does sports activity enhance the risk of sudden death in adolescents and young adults?', *Journal of the American College of Cardiology*, vol. 42, no. 11, pp. 1959–1963, Dec. 2003, doi: 10.1016/j.jacc.2003.03.002.

[61]

I. M. Asif, D. E. Price, A. Ewing, A. L. Rao, K. G. Harmon, and J. A. Drezner, 'The impact of diagnosis: measuring the psychological response to being diagnosed with serious or potentially lethal cardiac disease in young competitive athletes', *British Journal of Sports Medicine*, vol. 50, no. 3, pp. 163–166, Feb. 2016, doi: 10.1136/bjsports-2015-095560.

[62]

I. M. Asif et al., 'The psychological impact of cardiovascular screening: the athlete's perspective', *British Journal of Sports Medicine*, vol. 48, no. 15, pp. 1162–1166, Aug. 2014, doi: 10.1136/bjsports-2014-093500.

[63]

S. Gordon and D. F. Gucciardi, 'A Strengths-Based Approach to Coaching Mental Toughness', *Journal of Sport Psychology in Action*, vol. 2, no. 3, pp. 143–155, Sep. 2011, doi: 10.1080/21520704.2011.598222.

[64]

S. J. Bull, C. J. Shambrook, W. James, and J. E. Brooks, 'Towards an Understanding of Mental Toughness in Elite English Cricketers', *Journal of Applied Sport Psychology*, vol. 17, no. 3, pp. 209–227, Sep. 2005, doi: 10.1080/10413200591010085.

[65]

D. Connaughton, R. Wadey, S. Hanton, and G. Jones, 'The development and maintenance of mental toughness: Perceptions of elite performers', *Journal of Sports Sciences*, vol. 26, no. 1, pp. 83–95, Jan. 2008, doi: 10.1080/02640410701310958.

[66]

K. Hays, I. Maynard, O. Thomas, and M. Bawden, 'Sources and Types of Confidence Identified by World Class Sport Performers', *Journal of Applied Sport Psychology*, vol. 19, no. 4, pp. 434–456, Oct. 2007, doi: 10.1080/10413200701599173.

[67]

Á. MacNamara, A. Button, and D. Collins, 'The Role of Psychological Characteristics in Facilitating the Pathway to Elite Performance Part 1: Identifying Mental Skills and Behaviors', *The Sport Psychologist*, vol. 24, no. 1, pp. 52–73, Mar. 2010, doi: 10.1123/tsp.24.1.52.

[68]

J. Bennett and I. Maynard, 'Performance blocks in sport: Recommendations for treatment and implications for sport psychology practitioners', *Journal of Sport Psychology in Action*, vol. 8, no. 1, pp. 60–68, Jan. 2017, doi: 10.1080/21520704.2016.1227414.

[69]

J. M. Lohr, S. O. Lilienfeld, and G. M. Rosen, 'Anxiety and its treatment: Promoting science-based practice', *Journal of Anxiety Disorders*, vol. 26, no. 7, pp. 719–727, Oct. 2012, doi: 10.1016/j.janxdis.2012.06.007.

[70]

R. Meeusen et al., 'Prevention, diagnosis and treatment of the overtraining syndrome: Joint consensus statement of the European College of Sport Science (ECSS) and the American College of Sports Medicine (ACSM)', *European Journal of Sport Science*, vol. 13, no. 1, pp. 1–24, Jan. 2013, doi: 10.1080/17461391.2012.730061.

[71]

R. Meeusen, M. Duclos, M. Gleeson, G. Rietjens, J. Steinacker, and A. Urhausen, 'Prevention, diagnosis and treatment of the Overtraining Syndrome', *European Journal of Sport Science*, vol. 6, no. 1, pp. 1–14, Mar. 2006, doi: 10.1080/17461390600617717.

[72]

N. A. Lewis, D. Collins, C. R. Pedlar, and J. P. Rogers, 'Can clinicians and scientists explain and prevent unexplained underperformance syndrome in elite athletes: an interdisciplinary perspective and 2016 update', *BMJ Open Sport & Exercise Medicine*, vol. 1, no. 1, Nov. 2015, doi: 10.1136/bmjsem-2015-000063.

[73]

L. E. Armstrong and J. L. VanHeest, 'The Unknown Mechanism of the Overtraining Syndrome', *Sports Medicine*, vol. 32, no. 3, pp. 185–209, 2002, doi: 10.2165/00007256-200232030-00003.

[74]

F. A. Cadegiani and C. E. Kater, 'Hormonal aspects of overtraining syndrome: a systematic review', *BMC Sports Science, Medicine and Rehabilitation*, vol. 9, no. 1, Dec. 2017, doi: 10.1186/s13102-017-0079-8.

[75]

A. E. Saw, L. C. Main, and P. B. Gatin, 'Monitoring the athlete training response: subjective self-reported measures trump commonly used objective measures: a systematic review', *British Journal of Sports Medicine*, vol. 50, no. 5, pp. 281–291, Mar. 2016, doi: 10.1136/bjsports-2015-094758.

[76]

S. L. Schmikli, W. R. de Vries, M. S. Brink, and F. J. Backx, 'Monitoring performance, pituitary–adrenal hormones and mood profiles: how to diagnose non-functional over-reaching in male elite junior soccer players', *British Journal of Sports Medicine*, vol. 46, no. 14, pp. 1019–1023, Nov. 2012, doi: 10.1136/bjsports-2011-090492.

[77]

R. Budgett, N. Hiscock, R. Arida, and L. M. Castell, 'The effects of the 5-HT_{2C} agonist m-chlorophenylpiperazine on elite athletes with unexplained underperformance syndrome (overtraining)', *British Journal of Sports Medicine*, vol. 44, no. 4, pp. 280–283, Mar. 2010, doi: 10.1136/bjism.2008.046425.

[78]

R. Meeusen, E. Nederhof, L. Buyse, B. Roelands, G. de Schutter, and M. F. Piacentini, 'Diagnosing overtraining in athletes using the two-bout exercise protocol', *British Journal of Sports Medicine*, vol. 44, no. 9, pp. 642–648, Jul. 2010, doi: 10.1136/bjism.2008.049981.

[79]

S. L. Schmikli, M. S. Brink, W. R. de Vries, and F. J. G. Backx, 'Can we detect non-functional overreaching in young elite soccer players and middle-long distance runners using field performance tests?', *British Journal of Sports Medicine*, vol. 45, no. 8, pp. 631–636, Jun. 2011, doi: 10.1136/bjism.2009.067462.

[80]

F. A. Cadegiani and C. E. Kater, 'Hypothalamic-Pituitary-Adrenal (HPA) Axis Functioning in Overtraining Syndrome: Findings from Endocrine and Metabolic Responses on Overtraining Syndrome (EROS)—EROS-HPA Axis', *Sports Medicine - Open*, vol. 3, no. 1, Dec. 2017, doi: 10.1186/s40798-017-0113-0.

[81]

A. Angeli, M. Minetto, A. Dovio, and P. Paccotti, 'The overtraining syndrome in athletes: A stress-related disorder', *Journal of Endocrinological Investigation*, vol. 27, no. 6, pp. 603–612, Jun. 2004, doi: 10.1007/BF03347487.

[82]

S. L. Halson, 'Monitoring Training Load to Understand Fatigue in Athletes', *Sports Medicine*, vol. 44, no. S2, pp. 139–147, Nov. 2014, doi: 10.1007/s40279-014-0253-z.

[83]

P. J. Robson, 'Elucidating the Unexplained Underperformance Syndrome in Endurance

Athletes', *Sports Medicine*, vol. 33, no. 10, pp. 771–781, 2003, doi: 10.2165/00007256-200333100-00004.

[84]

P. J. Robson-Ansley, A. Blannin, and M. Gleeson, 'Elevated plasma interleukin-6 levels in trained male triathletes following an acute period of intense interval training', *European Journal of Applied Physiology*, vol. 99, no. 4, pp. 353–360, Feb. 2007, doi: 10.1007/s00421-006-0354-y.

[85]

'SCAT3 (Sport Concussion Assessment Tool)', *British Journal of Sports Medicine*, vol. 47, pp. 259–259, Apr. 2013 [Online]. Available: <https://ezproxy.lib.gla.ac.uk/login?url=https://bjsm.bmj.com/content/47/5/259.full.pdf+html>

[86]

P. McCrory et al., 'Consensus statement on concussion in sport: the 4th International Conference on Concussion in Sport held in Zurich, November 2012', *British Journal of Sports Medicine*, vol. 47, no. 5, pp. 250–258, Apr. 2013, doi: 10.1136/bjsports-2013-092313.

[87]

P. McCrory et al., 'Consensus statement on concussion in sport—the 5th international conference on concussion in sport held in Berlin, October 2016', *British Journal of Sports Medicine*, Apr. 2017, doi: 10.1136/bjsports-2017-097699.

[88]

'Sport concussion assessment tool - 5th edition', *British Journal of Sports Medicine*, Apr. 2017, doi: 10.1136/bjsports-2017-097506SCAT5.

[89]

'Sport concussion assessment tool for childrens ages 5 to 12 years', *British Journal of Sports Medicine*, Apr. 2017, doi: 10.1136/bjsports-2017-097492childscat5.

[90]

M. Makdissi et al., 'Approach to investigation and treatment of persistent symptoms following sport-related concussion: a systematic review', *British Journal of Sports Medicine*, vol. 51, no. 12, pp. 958–968, Jun. 2017, doi: 10.1136/bjsports-2016-097470.

[91]

J. Price, P. Malliaras, and Z. Hudson, 'Current practices in determining return to play following head injury in professional football in the UK', *British Journal of Sports Medicine*, vol. 46, no. 14, pp. 1000–1003, Nov. 2012, doi: 10.1136/bjsports-2011-090687.

[92]

M. McCrea et al., 'Role of advanced neuroimaging, fluid biomarkers and genetic testing in the assessment of sport-related concussion: a systematic review', *British Journal of Sports Medicine*, vol. 51, no. 12, pp. 919–929, Jun. 2017, doi: 10.1136/bjsports-2016-097447.

[93]

G. L. Iverson et al., 'Predictors of clinical recovery from concussion: a systematic review', *British Journal of Sports Medicine*, vol. 51, no. 12, pp. 941–948, Jun. 2017, doi: 10.1136/bjsports-2017-097729.

[94]

J. Kamins et al., 'What is the physiological time to recovery after concussion? A systematic review', *British Journal of Sports Medicine*, vol. 51, no. 12, pp. 935–940, Jun. 2017, doi: 10.1136/bjsports-2016-097464.

[95]

L. A. McLendon, S. F. Kralik, P. A. Grayson, and M. R. Golomb, 'The Controversial Second Impact Syndrome: A Review of the Literature', *Pediatric Neurology*, vol. 62, pp. 9–17, Sep. 2016, doi: 10.1016/j.pediatrneurol.2016.03.009.

[96]

N. M. Wetjen, M. A. Pichelmann, and J. L. D. Atkinson, 'Second Impact Syndrome: Concussion and Second Injury Brain Complications', *Journal of the American College of Surgeons*, vol. 211, no. 4, pp. 553–557, Oct. 2010, doi: 10.1016/j.jamcollsurg.2010.05.020.

[97]

K. J. Schneider et al., 'Cervicovestibular rehabilitation in sport-related concussion: a randomised controlled trial', *British Journal of Sports Medicine*, vol. 48, no. 17, pp. 1294–1298, Sep. 2014, doi: 10.1136/bjsports-2013-093267.

[98]

'Concussion recognition tool 5©', *British Journal of Sports Medicine*, Apr. 2017, doi: 10.1136/bjsports-2017-097508CRT5.

[99]

H. P. Dijkstra, N. Pollock, R. Chakraverty, and J. M. Alonso, 'Managing the health of the elite athlete: a new integrated performance health management and coaching model', *British Journal of Sports Medicine*, vol. 48, no. 7, pp. 523–531, Apr. 2014, doi: 10.1136/bjsports-2013-093222.

[100]

M. Mountjoy et al., 'The IOC consensus statement: beyond the Female Athlete Triad—Relative Energy Deficiency in Sport (RED-S)', *British Journal of Sports Medicine*, vol. 48, no. 7, pp. 491–497, Apr. 2014, doi: 10.1136/bjsports-2014-093502.

[101]

S. M. Statuta, I. M. Asif, and J. A. Drezner, 'Relative energy deficiency in sport (RED-S)', *British Journal of Sports Medicine*, vol. 51, no. 21, pp. 1570–1571, Nov. 2017, doi: 10.1136/bjsports-2017-097700.

[102]

A. Ljungqvist et al., 'The International Olympic Committee (IOC) Consensus Statement on periodic health evaluation of elite athletes March 2009', *British Journal of Sports Medicine*, vol. 43, no. 9, pp. 631–643, Sep. 2009, doi: 10.1136/bjism.2009.064394.

[103]

T. Soligard et al., 'Sports injury and illness incidence in the Rio de Janeiro 2016 Olympic Summer Games: A prospective study of 11274 athletes from 207 countries', *British Journal of Sports Medicine*, vol. 51, no. 17, pp. 1265–1271, Sep. 2017, doi: 10.1136/bjsports-2017-097956.

[104]

T. Soligard et al., 'Sports injuries and illnesses in the Sochi 2014 Olympic Winter Games', *British Journal of Sports Medicine*, vol. 49, no. 7, pp. 441–447, Apr. 2015, doi: 10.1136/bjsports-2014-094538.

[105]

C. Speed, 'High-performance sports medicine', *Clinical Medicine*, vol. 13, no. 1, pp. 47–49, Feb. 2013, doi: 10.7861/clinmedicine.13-1-47.

[106]

K. E. Fallon, 'Screening for haematological and iron-related abnormalities in elite athletes—Analysis of 576 cases', *Journal of Science and Medicine in Sport*, vol. 11, no. 3, pp. 329–336, Jun. 2008, doi: 10.1016/j.jsams.2007.02.017.

[107]

M. F. Holick, 'Vitamin D Deficiency', *New England Journal of Medicine*, vol. 357, no. 3, pp. 266–281, Jul. 2007, doi: 10.1056/NEJMra070553.

[108]

B. Hainline, J. A. Turner, J. P. Caneiro, M. Stewart, and G. Lorimer Moseley, 'Pain in elite athletes—neurophysiological, biomechanical and psychosocial considerations: a narrative review', *British Journal of Sports Medicine*, vol. 51, no. 17, pp. 1259–1264, Sep. 2017, doi: 10.1136/bjsports-2017-097890.

[109]

J. J. CANNELL, B. W. HOLLIS, M. B. SORENSON, T. N. TAFT, and J. J. B. ANDERSON, 'Athletic Performance and Vitamin D', *Medicine & Science in Sports & Exercise*, vol. 41, no. 5, pp. 1102–1110, May 2009, doi: 10.1249/MSS.0b013e3181930c2b.

[110]

A. Grout et al., 'Basic Principles of Sports Nutrition', *Current Nutrition Reports*, vol. 5, no. 3, pp. 213–222, Sep. 2016, doi: 10.1007/s13668-016-0177-3.

[111]

D. T. Thomas, K. A. Erdman, and L. M. Burke, 'Position of the Academy of Nutrition and Dietetics, Dietitians of Canada, and the American College of Sports Medicine: Nutrition and Athletic Performance', *Journal of the Academy of Nutrition and Dietetics*, vol. 116, no. 3, pp. 501–528, Mar. 2016, doi: 10.1016/j.jand.2015.12.006.

[112]

G. L. Close, D. L. Hamilton, A. Philp, L. M. Burke, and J. P. Morton, 'New strategies in sport nutrition to increase exercise performance', *Free Radical Biology and Medicine*, vol. 98, pp. 144–158, Sep. 2016, doi: 10.1016/j.freeradbiomed.2016.01.016.

[113]

R. J. Maughan, D. S. King, and T. Lea, 'Dietary supplements', *Journal of Sports Sciences*, vol. 22, no. 1, pp. 95–113, Jan. 2004, doi: 10.1080/0264041031000140581.

[114]

R. Maughan, 'The athlete's diet: nutritional goals and dietary strategies', *Proceedings of the Nutrition Society*, vol. 61, no. 01, pp. 87–96, Feb. 2002, doi: 10.1079/PNS2001132.

[115]

E. R. Goldstein et al., 'International society of sports nutrition position stand: caffeine and performance', *Journal of the International Society of Sports Nutrition*, vol. 7, no. 1, 2010, doi: 10.1186/1550-2783-7-5.

[116]

R. J. Maughan, J. Fallah, and E. F. Coyle, 'The effects of fasting on metabolism and performance', *British Journal of Sports Medicine*, vol. 44, no. 7, pp. 490–494, Jun. 2010, doi: 10.1136/bjism.2010.072181.

[117]

T. D. Noakes and J. Windt, 'Evidence that supports the prescription of low-carbohydrate high-fat diets: a narrative review', *British Journal of Sports Medicine*, vol. 51, no. 2, pp. 133–139, Jan. 2017, doi: 10.1136/bjsports-2016-096491.

[118]

S. Heung-Sang Wong, F.-H. Sun, Y.-J. Chen, C. Li, Y.-J. Zhang, and W. Ya-Jun Huang, 'Effect of pre-exercise carbohydrate diets with high vs low glycemic index on exercise performance: a meta-analysis', *Nutrition Reviews*, vol. 75, no. 5, pp. 327–338, May 2017, doi: 10.1093/nutrit/nux003.

[119]

'Exercise and Fluid Replacement', *Medicine & Science in Sports & Exercise*, vol. 39, no. 2, pp. 377–390, Feb. 2007, doi: 10.1249/mss.0b013e31802ca597.

[120]

I. Lapinskienė, G. Mikulevičienė, G. Laubner, and R. Badaras, 'Consequences of an extreme diet in the professional sport: Refeeding syndrome to a bodybuilder', *Clinical Nutrition ESPEN*, vol. 23, pp. 253–255, Feb. 2018, doi: 10.1016/j.clnesp.2017.10.003.

[121]

J. Ekstrand, T. Timpka, M. Hagglund, and J. Karlsson, 'Risk of injury in elite football played on artificial turf versus natural grass: a prospective two-cohort study * Commentary', *British Journal of Sports Medicine*, vol. 40, no. 12, pp. 975–980, Dec. 2006, doi: 10.1136/bjism.2006.027623.

[122]

A. E. Donnelly, K. McCormick, R. J. Maughan, P. H. Whiting, and P. M. Clarkson, 'Effects of a non-steroidal anti-inflammatory drug on delayed onset muscle soreness and indices of damage.', *British Journal of Sports Medicine*, vol. 22, no. 1, pp. 35–38, Mar. 1988, doi:

10.1136/bjism.22.1.35.

[123]

C. Sargent et al., 'The impact of altitude on the sleep of young elite soccer players (ISA3600)', *British Journal of Sports Medicine*, vol. 47, no. Suppl 1, pp. i86-i92, Dec. 2013, doi: 10.1136/bjsports-2013-092829.

[124]

I. M. Asif et al., 'Psychological impact of electrocardiogram screening in National Collegiate Athletic Association athletes', *British Journal of Sports Medicine*, vol. 51, no. 20, pp. 1489-1492, Oct. 2017, doi: 10.1136/bjsports-2017-097909.