

# Sport & Exercise Medicine in Practice

MED5361

View Online



- 
1.  
Graf-Baumann, T. Medicolegal aspects of doping in football. *British Journal of Sports Medicine* **40**, i55–i57 (2006).
  
  2.  
Panhuyzen-Goedkoop, N. M. & Smeets, J. L. R. M. 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* **48**, 1193–1195 (2014).
  
  3.  
Greenfield, B. H. & West, C. R. Ethical Issues in Sports Medicine. *Sports Health: A Multidisciplinary Approach* **4**, 475–479 (2012).
  
  4.  
Anderson, L. Contractual obligations and the sharing of confidential health information in sport. *Journal of Medical Ethics* **34**, e6–e6 (2008).
  
  5.  
Holm, S. & McNamee, M. Ethics in sports medicine. *BMJ* **339**, b3898–b3898 (2009).
  
  6.  
McNamee, M. & Phillips, N. Confidentiality, disclosure and doping in sports medicine. *British Journal of Sports Medicine* **45**, 174–177 (2011).

7.

No pain, no gain. The dilemma of a team physician. *British Journal of Sports Medicine* **35**, 141-a-142 (2001).

8.

Ethics, molecular biology, and sports medicine. *British Journal of Sports Medicine* **35**, 142-143 (2001).

9.

Leatherwood, W. E. & Dragoo, J. L. Effect of airline travel on performance: a review of the literature. *British Journal of Sports Medicine* **47**, 561-567 (2013).

10.

Reilly, T. et al. Coping with jet-lag: A Position Statement for the European College of Sport Science. *European Journal of Sport Science* **7**, 1-7 (2007).

11.

Forbes-Robertson, S. et al. Circadian Disruption and Remedial Interventions. *Sports Medicine* **42**, 185-208 (2012).

12.

Manfredini, R., Manfredini, F., Fersini, C. & Conconi, F. Circadian rhythms, athletic performance, and jet lag. *British Journal of Sports Medicine* **32**, 101-106 (1998).

13.

Armstrong, L. E. Nutritional strategies for football: Counteracting heat, cold, high altitude, and jet lag. *Journal of Sports Sciences* **24**, 723-740 (2006).

14.

Reilly, T. & Waterhouse, J. Sports performance: is there evidence that the body clock plays a role? *European Journal of Applied Physiology* **106**, 321–332 (2009).

15.

Waterhouse, J., Reilly, T. & Atkinson, G. Melatonin and jet lag. *British Journal of Sports Medicine* **32**, 98–99 (1998).

16.

McSharry, P. E. Effect of altitude on physiological performance: a statistical analysis using results of international football games. *BMJ* **335**, 1278–1281 (2007).

17.

Foreign travel advice - UK government. <https://www.gov.uk/foreign-travel-advice>.

18.

Forbes-Robertson, S. et al. Circadian Disruption and Remedial Interventions. *Sports Medicine* **42**, 185–208 (2012).

19.

Levine, B. D., Stray-Gundersen, J. & Mehta, R. D. Effect of altitude on football performance. *Scandinavian Journal of Medicine & Science in Sports* **18**, 76–84 (2008).

20.

Périard, J. D. 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* **51**, 264–270 (2017).

21.

Dvorak, J. 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* **47**, 1199–1202 (2013).

22.

Herxheimer, A. & Petrie, K. J. Melatonin for the prevention and treatment of jet lag. in Cochrane Database of Systematic Reviews (John Wiley & Sons, Ltd, 1996). doi:10.1002/14651858.CD001520.

23.

Fit For Travel. <http://www.fitfortravel.nhs.uk/home.aspx>.

24.

Périard, J. D. 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* **51**, 264–270 (2017).

25.

Pryor, R. R., Bennett, B. L., O'Connor, F. G., Young, J. M. J. & Asplund, C. A. Medical Evaluation for Exposure Extremes. *Clinical Journal of Sport Medicine* **25**, 437–442 (2015).

26.

Racinais, S. et al. Consensus recommendations on training and competing in the heat. *British Journal of Sports Medicine* **49**, 1164–1173 (2015).

27.

Périard, J. D., Travers, G. J. S., Racinais, S. & Sawka, M. N. Cardiovascular adaptations supporting human exercise-heat acclimation. *Autonomic Neuroscience* **196**, 52–62 (2016).

28.

Nassis, G. P., Brito, J., Dvorak, J., Chalabi, H. & Racinais, S. The association of environmental heat stress with performance: analysis of the 2014 FIFA World Cup Brazil. *British Journal of Sports Medicine* **49**, 609–613 (2015).

29.

Wegmann, M. et al. Pre-Cooling and Sports Performance. *Sports Medicine* **42**, 545–564 (2012).

30.

Bongers, C. C. W. G., Thijssen, D. H. J., Veltmeijer, M. T. W., Hopman, M. T. E. & Eijssvogels, T. M. H. Precooling and percooling (cooling during exercise) both improve performance in the heat: a meta-analytical review. *British Journal of Sports Medicine* **49**, 377–384 (2015).

31.

Tyler, C. J., Sunderland, C. & Cheung, S. S. 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* **49**, 7–13 (2015).

32.

Nieto Estrada, V. H. et al. Interventions for preventing high altitude illness: Part 1. Commonly-used classes of drugs. *Cochrane Database of Systematic Reviews* (2017) doi:10.1002/14651858.CD009761.pub2.

33.

Chapman, R. F. The individual response to training and competition at altitude. *British Journal of Sports Medicine* **47**, i40–i44 (2013).

34.

Schommer, K., Menold, E., Subudhi, A. W. & Bärtsch, P. Health risk for athletes at moderate altitude and normobaric hypoxia. *British Journal of Sports Medicine* **46**, 828–832 (2012).

35.

Mazzeo, R. S. Physiological Responses to Exercise at Altitude. *Sports Medicine* **38**, 1–8

(2008).

36.

Chapman, R. F., Stickford, J. L. & Levine, B. D. Altitude training considerations for the winter sport athlete. *Experimental Physiology* **95**, 411–421 (2010).

37.

Luks, A. M., Swenson, E. R. & Bärtsch, P. Acute high-altitude sickness. *European Respiratory Review* **26**, (2017).

38.

Grant, S. Sea level and acute responses to hypoxia: do they predict physiological responses and acute mountain sickness at altitude? *British Journal of Sports Medicine* **36**, 141–146 (2002).

39.

Saunders, P. U., Garvican-Lewis, L. A., Schmidt, W. F. & Gore, C. J. Relationship between changes in haemoglobin mass and maximal oxygen uptake after hypoxic exposure. *British Journal of Sports Medicine* **47**, i26–i30 (2013).

40.

Imray, C., Wright, A., Subudhi, A. & Roach, R. Acute Mountain Sickness: Pathophysiology, Prevention, and Treatment. *Progress in Cardiovascular Diseases* **52**, 467–484 (2010).

41.

Carlsen, K.-H. Sports in extreme conditions: The impact of exercise in cold temperatures on asthma and bronchial hyper-responsiveness in athletes. *British Journal of Sports Medicine* **46**, 796–799 (2012).

42.

Brown, D. J. A., Brugger, H., Boyd, J. & Paal, P. Accidental Hypothermia. *New England*

Journal of Medicine **367**, 1930–1938 (2012).

43.

Bergeron, M. et al. International Olympic Committee consensus statement on thermoregulatory and altitude challenges for high-level athletes. *British Journal of Sports Medicine* **46**, 770–779 (2012).

44.

Tscholl, P. M., Vaso, M., Weber, A. & Dvorak, J. 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* **49**, 580–582 (2015).

45.

Baume, N. et al. Antidoping programme and biological monitoring before and during the 2014 FIFA World Cup Brazil. *British Journal of Sports Medicine* **49**, 614–622 (2015).

46.

Fitch, K. D. Therapeutic use exemptions (TUEs) at the Olympic Games 1992–2012. *British Journal of Sports Medicine* **47**, 815–818 (2013).

47.

Schobersberger, W., Dünwald, T., Gmeiner, G. & Blank, C. Story behind meldonium—from pharmacology to performance enhancement: a narrative review. *British Journal of Sports Medicine* **51**, 22–25 (2017).

48.

van der Gronde, T., de Hon, O., Haisma, H. J. & Pieters, T. Gene doping: an overview and current implications for athletes. *British Journal of Sports Medicine* **47**, 670–678 (2013).

49.

McNamee, M. & Phillips, N. Confidentiality, disclosure and doping in sports medicine.

British Journal of Sports Medicine **45**, 174–177 (2011).

50.

Dvorak, J. et al. Time for change: a roadmap to guide the implementation of the World Anti-Doping Code 2015. British Journal of Sports Medicine **48**, 801–806 (2014).

51.

Connor, J., Woolf, J. & Mazanov, J. Would they dope? Revisiting the Goldman dilemma. British Journal of Sports Medicine **47**, 697–700 (2013).

52.

Sjöqvist, F., Garle, M. & Rane, A. Use of doping agents, particularly anabolic steroids, in sports and society. The Lancet **371**, 1872–1882 (2008).

53.

Saugy, M., Lundby, C. & Robinson, N. Monitoring of biological markers indicative of doping: the athlete biological passport. British Journal of Sports Medicine **48**, 827–832 (2014).

54.

Corrado, D. et al. Trends in Sudden Cardiovascular Death in Young Competitive Athletes After Implementation of a Preparticipation Screening Program. JAMA **296**, (2006).

55.

Steinvil, A. et al. Mandatory Electrocardiographic Screening of Athletes to Reduce Their Risk for Sudden Death. Journal of the American College of Cardiology **57**, 1291–1296 (2011).

56.

Drezner, J. A. et al. International criteria for electrocardiographic interpretation in athletes: Consensus statement. British Journal of Sports Medicine **51**, 704–731 (2017).



57.

Drezner, J. A. et al. Abnormal electrocardiographic findings in athletes: recognising changes suggestive of cardiomyopathy. *British Journal of Sports Medicine* **47**, 137–152 (2013).

58.

Drezner, J. A. et al. Abnormal electrocardiographic findings in athletes: recognising changes suggestive of primary electrical disease. *British Journal of Sports Medicine* **47**, 153–167 (2013).

59.

Semsarian, C., Sweeting, J. & Ackerman, M. J. Sudden cardiac death in athletes. *British Journal of Sports Medicine* **49**, 1017–1023 (2015).

60.

Corrado, D., Basso, C., Rizzoli, G., Schiavon, M. & Thiene, G. Does sports activity enhance the risk of sudden death in adolescents and young adults? *Journal of the American College of Cardiology* **42**, 1959–1963 (2003).

61.

Asif, I. M. et al. 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* **50**, 163–166 (2016).

62.

Asif, I. M. et al. The psychological impact of cardiovascular screening: the athlete's perspective. *British Journal of Sports Medicine* **48**, 1162–1166 (2014).

63.

Gordon, S. & Gucciardi, D. F. A Strengths-Based Approach to Coaching Mental Toughness. *Journal of Sport Psychology in Action* **2**, 143–155 (2011).

64.

Bull, S. J., Shambrook, C. J., James, W. & Brooks, J. E. Towards an Understanding of Mental Toughness in Elite English Cricketers. *Journal of Applied Sport Psychology* **17**, 209–227 (2005).

65.

Connaughton, D., Wadey, R., Hanton, S. & Jones, G. The development and maintenance of mental toughness: Perceptions of elite performers. *Journal of Sports Sciences* **26**, 83–95 (2008).

66.

Hays, K., Maynard, I., Thomas, O. & Bawden, M. Sources and Types of Confidence Identified by World Class Sport Performers. *Journal of Applied Sport Psychology* **19**, 434–456 (2007).

67.

MacNamara, Á., Button, A. & Collins, D. The Role of Psychological Characteristics in Facilitating the Pathway to Elite Performance Part 1: Identifying Mental Skills and Behaviors. *The Sport Psychologist* **24**, 52–73 (2010).

68.

Bennett, J. & Maynard, I. Performance blocks in sport: Recommendations for treatment and implications for sport psychology practitioners. *Journal of Sport Psychology in Action* **8**, 60–68 (2017).

69.

Lohr, J. M., Lilienfeld, S. O. & Rosen, G. M. Anxiety and its treatment: Promoting science-based practice. *Journal of Anxiety Disorders* **26**, 719–727 (2012).

70.

Meeusen, R. 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* **13**, 1–24 (2013).

71.

Meeusen, R. et al. Prevention, diagnosis and treatment of the Overtraining Syndrome. *European Journal of Sport Science* **6**, 1–14 (2006).

72.

Lewis, N. A., Collins, D., Pedlar, C. R. & Rogers, J. P. Can clinicians and scientists explain and prevent unexplained underperformance syndrome in elite athletes: an interdisciplinary perspective and 2016 update. *BMJ Open Sport & Exercise Medicine* **1**, (2015).

73.

Armstrong, L. E. & VanHeest, J. L. The Unknown Mechanism of the Overtraining Syndrome. *Sports Medicine* **32**, 185–209 (2002).

74.

Cadegiani, F. A. & Kater, C. E. Hormonal aspects of overtraining syndrome: a systematic review. *BMC Sports Science, Medicine and Rehabilitation* **9**, (2017).

75.

Saw, A. E., Main, L. C. & Gatin, P. B. Monitoring the athlete training response: subjective self-reported measures trump commonly used objective measures: a systematic review. *British Journal of Sports Medicine* **50**, 281–291 (2016).

76.

Schmikli, S. L., de Vries, W. R., Brink, M. S. & Backx, F. J. 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* **46**, 1019–1023 (2012).

77.

Budgett, R., Hiscock, N., Arida, R. & Castell, L. M. The effects of the 5-HT<sub>2C</sub> agonist m-chlorophenylpiperazine on elite athletes with unexplained underperformance syndrome (overtraining). *British Journal of Sports Medicine* **44**, 280–283 (2010).

78.

Meeusen, R. et al. Diagnosing overtraining in athletes using the two-bout exercise protocol. *British Journal of Sports Medicine* **44**, 642–648 (2010).

79.

Schmikli, S. L., Brink, M. S., de Vries, W. R. & Backx, F. J. G. 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* **45**, 631–636 (2011).

80.

Cadegiani, F. A. & Kater, C. E. 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* **3**, (2017).

81.

Angeli, A., Minetto, M., Dovio, A. & Paccotti, P. The overtraining syndrome in athletes: A stress-related disorder. *Journal of Endocrinological Investigation* **27**, 603–612 (2004).

82.

Halson, S. L. Monitoring Training Load to Understand Fatigue in Athletes. *Sports Medicine* **44**, 139–147 (2014).

83.

Robson, P. J. Elucidating the Unexplained Underperformance Syndrome in Endurance Athletes. *Sports Medicine* **33**, 771–781 (2003).

84.

Robson-Ansley, P. J., Blannin, A. & Gleeson, M. Elevated plasma interleukin-6 levels in trained male triathletes following an acute period of intense interval training. *European Journal of Applied Physiology* **99**, 353–360 (2007).

85.

SCAT3 (Sport Concussion Assessment Tool). *British Journal of Sports Medicine* **47**, 259–259 (2013).

86.

McCrory, P. 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* **47**, 250–258 (2013).

87.

McCrory, P. 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* (2017) doi:10.1136/bjsports-2017-097699.

88.

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

89.

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

90.

Makdissi, M. et al. Approach to investigation and treatment of persistent symptoms following sport-related concussion: a systematic review. *British Journal of Sports Medicine* **51**, 958–968 (2017).

91.

Price, J., Malliaras, P. & Hudson, Z. Current practices in determining return to play following head injury in professional football in the UK. *British Journal of Sports Medicine* **46**, 1000–1003 (2012).

92.

McCrea, M. 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* **51**, 919–929 (2017).

93.

Iverson, G. L. et al. Predictors of clinical recovery from concussion: a systematic review. *British Journal of Sports Medicine* **51**, 941–948 (2017).

94.

Kamins, J. et al. What is the physiological time to recovery after concussion? A systematic review. *British Journal of Sports Medicine* **51**, 935–940 (2017).

95.

McLendon, L. A., Kralik, S. F., Grayson, P. A. & Golomb, M. R. The Controversial Second Impact Syndrome: A Review of the Literature. *Pediatric Neurology* **62**, 9–17 (2016).

96.

Wetjen, N. M., Pichelmann, M. A. & Atkinson, J. L. D. Second Impact Syndrome: Concussion and Second Injury Brain Complications. *Journal of the American College of Surgeons* **211**, 553–557 (2010).

97.

Schneider, K. J. et al. Cervicovestibular rehabilitation in sport-related concussion: a randomised controlled trial. *British Journal of Sports Medicine* **48**, 1294–1298 (2014).

98.

Concussion recognition tool 5©. British Journal of Sports Medicine (2017)  
doi:10.1136/bjsports-2017-097508CRT5.

99.

Dijkstra, H. P., Pollock, N., Chakraverty, R. & Alonso, J. M. Managing the health of the elite athlete: a new integrated performance health management and coaching model. British Journal of Sports Medicine **48**, 523–531 (2014).

100.

Mountjoy, M. et al. The IOC consensus statement: beyond the Female Athlete Triad—Relative Energy Deficiency in Sport (RED-S). British Journal of Sports Medicine **48**, 491–497 (2014).

101.

Statuta, S. M., Asif, I. M. & Drezner, J. A. Relative energy deficiency in sport (RED-S). British Journal of Sports Medicine **51**, 1570–1571 (2017).

102.

Ljungqvist, A. et al. The International Olympic Committee (IOC) Consensus Statement on periodic health evaluation of elite athletes March 2009. British Journal of Sports Medicine **43**, 631–643 (2009).

103.

Soligard, T. 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 **51**, 1265–1271 (2017).

104.

Soligard, T. et al. Sports injuries and illnesses in the Sochi 2014 Olympic Winter Games. British Journal of Sports Medicine **49**, 441–447 (2015).

105.

Speed, C. High-performance sports medicine. *Clinical Medicine* **13**, 47–49 (2013).

106.

Fallon, K. E. Screening for haematological and iron-related abnormalities in elite athletes—Analysis of 576 cases. *Journal of Science and Medicine in Sport* **11**, 329–336 (2008).

107.

Holick, M. F. Vitamin D Deficiency. *New England Journal of Medicine* **357**, 266–281 (2007).

108.

Hainline, B., Turner, J. A., Caneiro, J. P., Stewart, M. & Lorimer Moseley, G. Pain in elite athletes—neurophysiological, biomechanical and psychosocial considerations: a narrative review. *British Journal of Sports Medicine* **51**, 1259–1264 (2017).

109.

CANNELL, J. J., HOLLIS, B. W., SORENSON, M. B., TAFT, T. N. & ANDERSON, J. J. B. Athletic Performance and Vitamin D. *Medicine & Science in Sports & Exercise* **41**, 1102–1110 (2009).

110.

Grout, A. et al. Basic Principles of Sports Nutrition. *Current Nutrition Reports* **5**, 213–222 (2016).

111.

Thomas, D. T., Erdman, K. A. & Burke, L. M. 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* **116**, 501–528 (2016).



112.

Close, G. L., Hamilton, D. L., Philp, A., Burke, L. M. & Morton, J. P. New strategies in sport nutrition to increase exercise performance. *Free Radical Biology and Medicine* **98**, 144–158 (2016).

113.

Maughan, R. J., King, D. S. & Lea, T. Dietary supplements. *Journal of Sports Sciences* **22**, 95–113 (2004).

114.

Maughan, R. The athlete's diet: nutritional goals and dietary strategies. *Proceedings of the Nutrition Society* **61**, 87–96 (2002).

115.

Goldstein, E. R. et al. International society of sports nutrition position stand: caffeine and performance. *Journal of the International Society of Sports Nutrition* **7**, (2010).

116.

Maughan, R. J., Fallah, J. & Coyle, E. F. The effects of fasting on metabolism and performance. *British Journal of Sports Medicine* **44**, 490–494 (2010).

117.

Noakes, T. D. & Windt, J. Evidence that supports the prescription of low-carbohydrate high-fat diets: a narrative review. *British Journal of Sports Medicine* **51**, 133–139 (2017).

118.

Heung-Sang Wong, S. et al. Effect of pre-exercise carbohydrate diets with high vs low glycemic index on exercise performance: a meta-analysis. *Nutrition Reviews* **75**, 327–338 (2017).

119.

Exercise and Fluid Replacement. *Medicine & Science in Sports & Exercise* **39**, 377–390 (2007).

120.

Lapinskienė, I., Mikulevičienė, G., Laubner, G. & Badaras, R. Consequences of an extreme diet in the professional sport: Refeeding syndrome to a bodybuilder. *Clinical Nutrition ESPEN* **23**, 253–255 (2018).

121.

Ekstrand, J., Timpka, T., Hagglund, M. & Karlsson, J. Risk of injury in elite football played on artificial turf versus natural grass: a prospective two-cohort study \* Commentary. *British Journal of Sports Medicine* **40**, 975–980 (2006).

122.

Donnelly, A. E., McCormick, K., Maughan, R. J., Whiting, P. H. & Clarkson, P. M. Effects of a non-steroidal anti-inflammatory drug on delayed onset muscle soreness and indices of damage. *British Journal of Sports Medicine* **22**, 35–38 (1988).

123.

Sargent, C. et al. The impact of altitude on the sleep of young elite soccer players (ISA3600). *British Journal of Sports Medicine* **47**, i86–i92 (2013).

124.

Asif, I. M. et al. Psychological impact of electrocardiogram screening in National Collegiate Athletic Association athletes. *British Journal of Sports Medicine* **51**, 1489–1492 (2017).