Publications per subtheme

Physical health and fitness

Table of Contents:

Physical capacity of specific populations 2
Underlying mechanisms of physical function and capacity 3
Physical function test evaluation 4
Rehabilitation and physical fitness and capacity 5
Effect (of physical activity) on physical functions: 6

1. Physical fitness
2. Functional status
3. Physical capacity

Relation between physical activity and health related factors 8
Relationship between physical activity and Quality of Life 9
Improvement of physical activity 11
Motor imagery 12

Different kinds of physical activity: 12

1. Resistance training
2. Daily physical activity
3. Aerobic training
4. Inactivity
5. Upper body exercise
6. Eccentric exercise
7. Exercise at different intensities
8. Acute and chronic exercise

Training and therapy 14
Publications per subtheme

Physical health and fitness

Physical capacity of specific populations


Underlying mechanisms of physical function and capacity


scientists, clinicians, and patients. Archives of Physical Medicine and Rehabilitation, 93(3), 446-457.


**Physical function test evaluation**


van valangst bij Nederlandse niet-geinstitutionaliseerde ouderen?] Tijdschrift Voor Gerontologie En Geriatrie, 36(4), 146-154.


Rehabilitation and physical fitness and capacity


www.sportsciencegroningen


Effect (of physical activity) on physical functions:

1. Physical fitness


de Jong, J., Lemmink, K. A., King, A. C., Huisman, M., & Stevens, M. (2007). Twelve-month effects of the groningen active living model (GALM) on physical activity, health and fitness outcomes in


2. Functional status


www.sportsciencegroningen

3. Physical capacity

Relationship between physical capacity and health related factors


**Relationship between physical activity and quality of life**


Improvement of physical activity


Motor imagery

Different kinds of physical activity:

1. **Resistance training**


2. **Daily physical activity**


3. **Aerobic training**

4. **Inactivity**


5. **Upper body exercise**

6. **Eccentric exercise**

7. **Exercise at different intensities**
8. Acute and chronic exercise

Training and Therapy