

Literatur

- Areta, J. L., Burke, L. M., Camera, D. M., West, D. W. D., Crawshay, S., Moore, D. R., . . . Coffey, V. G. (2014). Reduced resting skeletal muscle protein synthesis is rescued by resistance exercise and protein ingestion following short-term energy deficit. *American Journal of Physiology. Endocrinology and Metabolism*, 306(8), E989-97. <https://doi.org/10.1152/ajpendo.00590.2013>
- Artioli, G. G., Iglesias, R. T., Franchini, E., Gualano, B., Kashiwagura, D. B., Solis, M. Y., . . . Lancha Junior, A. H. (2010). Rapid weight loss followed by recovery time does not affect judo-related performance. *Journal of Sports Sciences*, 28(1), 21–32. <https://doi.org/10.1080/02640410903428574>
- Burke, L. M., Close, G. L., Lundy, B., Mooses, M., Morton, J. P., & Tenforde, A. S. (2018). Relative Energy Deficiency in Sport in Male Athletes: A Commentary on Its Presentation Among Selected Groups of Male Athletes. *International Journal of Sport Nutrition and Exercise Metabolism*, 28(4), 364–374. <https://doi.org/10.1123/ijsnem.2018-0182>
- Carbone, J. W., McClung, J. P., & Pasiakos, S. M. (2019). Recent Advances in the Characterization of Skeletal Muscle and Whole-Body Protein Responses to Dietary Protein and Exercise during Negative Energy Balance. *Advances in Nutrition (Bethesda, Md.)*, 10(1), 70–79. <https://doi.org/10.1093/advances/nmy087>
- Churchward-Venne, T. A., Murphy, C. H., Longland, T. M., & Phillips, S. M. (2013). Role of protein and amino acids in promoting lean mass accretion with resistance exercise and attenuating lean mass loss during energy deficit in humans. *Amino Acids*, 45(2), 231–240. <https://doi.org/10.1007/s00726-013-1506-0>
- Donnelly, J. E., Jakicic, J., & Gunderson, S. (1991). Diet and body composition. Effect of very low calorie diets and exercise. *Sports Medicine (Auckland, N.Z.)*, 12(4), 237–249. <https://doi.org/10.2165/00007256-199112040-00003>
- Fagerberg, P. (2018). Negative Consequences of Low Energy Availability in Natural Male Bodybuilding: A Review. *International Journal of Sport Nutrition and Exercise Metabolism*, 28(4), 385–402. <https://doi.org/10.1123/ijsnem.2016-0332>
- Fogelholm, M. (1994). Effects of bodyweight reduction on sports performance. *Sports Medicine (Auckland, N.Z.)*, 18(4), 249–267. <https://doi.org/10.2165/00007256-199418040-00004>
- Goldenberg, N., & Barkan, A. (2007). Factors regulating growth hormone secretion in humans. *Endocrinology and Metabolism Clinics of North America*, 36(1), 37–55. <https://doi.org/10.1016/j.ecl.2006.11.003>
- Helms, E. R., Fitschen, P. J., Aragon, A. A., Cronin, J., & Schoenfeld, B. J. (2015). Recommendations for natural bodybuilding contest preparation: Resistance and cardiovascular training. *The Journal of Sports Medicine and Physical Fitness*, 55(3), 164–178.
- Hoppeler, H. (2016). Molecular networks in skeletal muscle plasticity. *The Journal of Experimental Biology*, 219(Pt 2), 205–213. <https://doi.org/10.1242/jeb.128207>
- Hulmi, J. J., Walker, S., Ahtiainen, J. P., Nyman, K., Kraemer, W. J., & Häkkinen, K. (2012). Molecular signaling in muscle is affected by the specificity of resistance exercise protocol. *Scandinavian Journal of Medicine & Science in Sports*, 22(2), 240–248. <https://doi.org/10.1111/j.1600-0838.2010.01198.x>
- James, L. P., Gregory Haff, G., Kelly, V. G., Connick, M. J., Hoffman, B. W., & Beckman, E. M. (2018). The impact of strength level on adaptations to combined weightlifting, plyometric, and ballistic training. *Scandinavian Journal of Medicine & Science in Sports*, 28(5), 1494–1505. <https://doi.org/10.1111/sms.13045>
- Longland, T. M., Oikawa, S. Y., Mitchell, C. J., Devries, M. C., & Phillips, S. M. (2016). Higher compared with lower dietary protein during an energy deficit combined with intense exercise promotes greater lean mass gain and fat mass loss: A randomized trial. *The American Journal of Clinical Nutrition*, 103(3), 738–746. <https://doi.org/10.3945/ajcn.115.119339>
- Maclean, P. S., Bergouignan, A., Cornier, M.-A., & Jackman, M. R. (2011). Biology's response to dieting: The impetus for weight regain. *American Journal of Physiology. Regulatory, Integrative and Comparative Physiology*, 301(3), R581-600. <https://doi.org/10.1152/ajpregu.00755.2010>
- Maughan, R. J., Watson, J. S., & Weir, J. (1983). Strength and cross-sectional area of human skeletal muscle. *The Journal of Physiology*, 338, 37–49.
- Mettler, S., Mitchell, N., & Tipton, K. D. (2010). Increased protein intake reduces lean body mass loss during weight loss in athletes. *Medicine and Science in Sports and Exercise*, 42(2), 326–337. <https://doi.org/10.1249/MSS.0b013e3181b2ef8e>
- Moher, D., Schulz, K. F., & Altman, D. G. (2001). The CONSORT statement: Revised recommendations for improving the quality of reports of parallel group randomized trials. *BMC Medical Research Methodology*, 1(1), 408. <https://doi.org/10.1186/1471-2288-1-2>
- O'Connor, H., Olds, T., & Maughan, R. J. (2007). Physique and performance for track and field events. *Journal of Sports Sciences*, 25 Suppl 1, S49-60. <https://doi.org/10.1080/02640410701607296>
- Slater, G. J., Rice, A. J., Mujika, I., Hahn, A. G., Sharpe, K., & Jenkins, D. G. (2005). Physique traits of lightweight rowers and their relationship to competitive success. *British Journal of Sports Medicine*, 39(10), 736–741. <https://doi.org/10.1136/bjsm.2004.015990>
- Sundgot-Borgen, J., Meyer, N. L., Lohman, T. G., Ackland, T. R., Maughan, R. J., Stewart, A. D., & Müller, W. (2013). How to minimise the health risks to athletes who compete in weight-sensitive sports review and position statement on behalf of the Ad Hoc Research Working Group on Body Composition, Health and Performance, under the auspices of the IOC Medical Commission. *British Journal of Sports Medicine*, 47(16), 1012–1022. <https://doi.org/10.1136/bjsports-2013-092966>
- Ward, W. E., Chilibeck, P. D., Comelli, E. M., Duncan, A. M., Phillips, S. M., Robinson, L. E., & Stellingwerff, T. (2019). Research in nutritional supplements and nutraceuticals for health, physical activity, and performance: Moving forward 1. *Applied Physiology, Nutrition, and Metabolism = Physiologie Appliquée, Nutrition Et Métabolisme*, 1–6. <https://doi.org/10.1139/apnm-2018-0781>
- Wilson, G., Hawken, M. B., Poole, I., Sparks, A., Bennett, S., Drust, B., . . . Close, G. L. (2014). Rapid weight-loss impairs simulated riding performance and strength in jockeys: Implications for making-weight. *Journal of Sports Sciences*, 32(4), 383–391. <https://doi.org/10.1080/02640414.2013.825732>