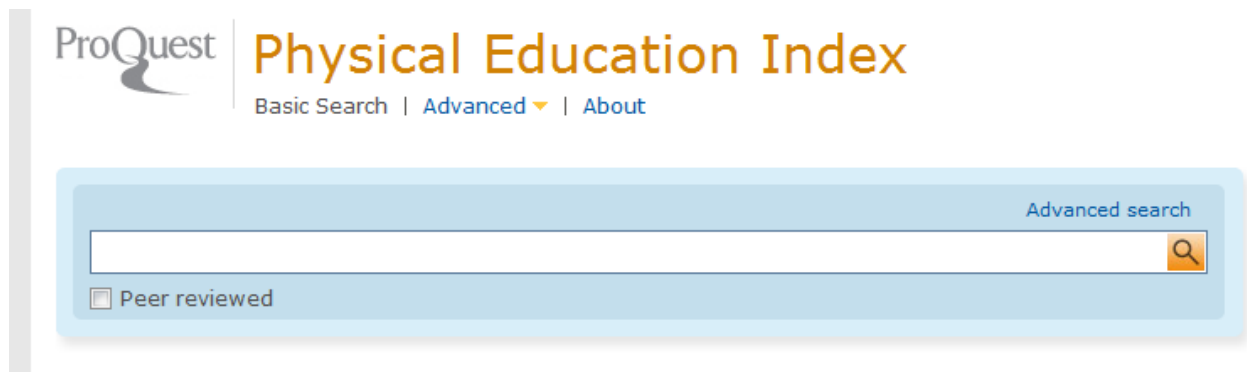


Sökexempel ProQuest – Physical Education Index

När man kommer till databasen möts man av följande uteseende



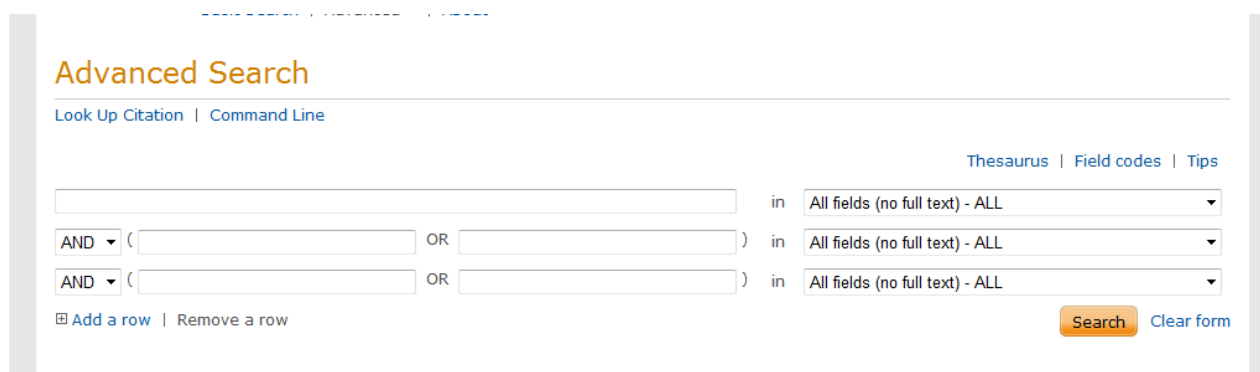
The screenshot shows the ProQuest Physical Education Index search page. The ProQuest logo is on the left, followed by the title "Physical Education Index" in orange. Below the title are links for "Basic Search", "Advanced" (with a dropdown arrow), and "About". A large light blue search bar is centered, containing a search input field and a magnifying glass icon. To the right of the search bar is a link for "Advanced search". Below the search bar is a checkbox labeled "Peer reviewed".

Vi börjar raskt att byta till



A close-up of the "Advanced search" button, which is a light blue rectangle with the text "Advanced search" in a darker blue font.

Nu kan man börja skriva in sökorden i respektive rutor...



The screenshot shows the "Advanced Search" interface. At the top, there are links for "Look Up Citation" and "Command Line". Below this is a "Thesaurus | Field codes | Tips" section. The main search area consists of three rows of search criteria. Each row starts with a dropdown menu set to "AND", followed by a search input field, the word "OR", another search input field, and the word "in". To the right of each "in" is a dropdown menu set to "All fields (no full text) - ALL". At the bottom left, there are links for "Add a row" and "Remove a row". At the bottom right, there are "Search" and "Clear form" buttons.

Men det kan vara lämpligt att kontrollera vilka ämnesord man använder sig av i denna databas så vi går till

Här skriver vi in de sökord som vi tror används för att se om vi har rätt

Physical Education thesaurus (subjects)

Search terms:

Contains word(s) Begins with

Browse terms:

Ser att vi hittar ett begrepp

Resistance training

Klickar på plusset för att få veta mer. Ser vilken term som används i PEI och bockar i rutan

Resistance training

Use terms:

Resistance exercise

Samt klickar på

Add to search

Så hoppar det in i sökrutan

Advanced Search

[Look Up Citation](#) | [Command Line](#)

[Thesaurus](#) | [Field codes](#) | [Tips](#)

EXACT(("Exercise tubing" OR "Resistance exercise")) in Subject heading — SU [Look up Subject](#)

AND () OR () in All fields (no full text) - ALL

AND () OR () in All fields (no full text) - ALL

[Add a row](#) | [Remove a row](#) [Search](#) [Clear form](#)

[Search options](#)

Så vi söker och finner


2342 Results* [Search within](#) [Create alert](#)

Suggested subjects [Hide](#) ▲

- Resistance exercise
- Resistance exercise AND Strength (training)
- Resistance exercise AND Exercise (intentional)
- Resistance exercise AND Strength
- Resistance exercise AND Gerontology
- Resistance exercise AND Training

0 Selected items [\[Clear\]](#) [Save to My Research](#) [Email](#)

Select 1-20 [Brief view](#) | [Detailed view](#)

1  [Exercise prescription for patients with type 2 diabetes and pre-diabetes: A position statement from Exercise and Sport Science Australia](#) [Preview](#)

Hordern, Matthew D; Dunstan, David W; Prins, Johannes B; Baker, Michael K; Singh, Maria A; Fiatarone, et al. Journal of Science and Medicine in Sport 15. 1 (Jan 2012): 25-31. References (73)

[Citation/Abstract](#) [Full text](#) [Full text - PDF \(1 MB\)](#) SFX@Lulea

Nu behöver vi ju fler slökord att arbeta med så vi klickar på

Modify search | T

Samt uppraper proceduren med Thesaurusen. Nu titar vi på vad man har för "träningsord".

Physical Education thesaurus (subjects)

Search terms:

Contains word(s) Begins with

Browse terms: [All](#) [0-9](#) [A](#) [B](#) [C](#) [D](#) [E](#) [F](#) [G](#) [H](#) [I](#) [J](#) [K](#) [L](#) [M](#) [N](#) [O](#) [P](#) [Q](#) [R](#) [S](#) [T](#) [U](#) [V](#) [W](#) [X](#) [Y](#) [Z](#) .

Scrollar vi ner bland alla träningsorden

- Swimming (training)
 - Teacher training
 - Track and field (training)
 - Training
 - Training (duration)
 - Training (effects)
 - Training (equipment)
 - Training (frequency)
 - Training (intensity)
 - Training (mode)
 - Training (periodization)
 - Training (physiological changes)
 - Training (programs)
 - Training (quantity)
 - Training (specificity)
 - Training (threshold)
 - Training (volume)
 - Training rooms
-

Hittar vi något som kan vara intressant

- ☰ Training (physiological characteristics)
- ☰ Training (programs)

Vi söker och ser vad resultatet blir.

Advanced Search

[Look Up Citation](#) | [Command Line](#)

[Thesaurus](#) | [Field codes](#) | [Tips](#)

EXACT(("Exercise tubing" OR "Resistance exercise")) in Subject heading — SU [Look up Subject](#)

AND EXACT("Training (programs)") in Subject heading — SU [Look up Subject](#)

AND () OR () in All fields (no full text) - ALL

[Add a row](#) | [Remove a row](#) [Search](#) [Clear form](#)

Vi hittar

su.EXACT(("Exercise tubing" OR "Resistance exercise")) AND su.EXACT("Training (programs)") [Modify search](#) | [Tips](#)

Peer reviewed

226 Results* [Search within](#) [Create alert](#) [Create RSS feed](#) [Save search](#)

Suggested subjects [Hide](#) Powered by ProQuest® Smart Search

There are no suggested subjects for your search. [View All >](#)

0 Selected items [\[Clear\]](#) [Save to My Research](#) [Email](#) [Print](#) [Cite](#) [Export/Save](#)

Select 1-20 [Brief view](#) | [Detailed view](#)

1 [Effect of resistance training regimens on treadmill running and neuromuscular performance in recreational endurance runners](#) [Preview](#)

Mikkola, Jussi; Vesterinen, Ville; Taipale, Ritva; Capostagno, Benoit; Hakkinen, Keijo; et al. Journal of Sports Sciences 29. 13 (Oct 2011): 1359-1371.

[Citation/Abstract](#) SFX@Lulea

2 [Effects of Linear vs. Daily Undulatory Periodized Resistance Training on Maximal](#) [Preview](#)

Sort results by:
 Relevance
[Sort](#)

Kanske en aning mycket så vi går till

[Modify search](#) |

Här kan vi göra vissa begränsningar

Search options

Limit to: Peer reviewed

Date range: Last 3 years ▼

Show less ▲

Source type:

- Select all
- Books
- Conference Papers & Proceedings
- Government & Official Publications
- Reports
- Scholarly Journals

Document type:

- Select all
- Book Monograph
- Conference
- Dissertation
- Journal Article
- Patent
- Report
- Review

Language:

- Select all
- Chinese
- Croatian
- Czech
- Danish
- Dutch
- English
- Finnish

Kvar blir då

su.EXACT(("Exercise tubing" OR "Resistance exercise")) AND su.EXACT("Training (programs)")

Peer reviewed Additional limits - Date: Last 3 years; Language: English [Modify search](#) | [Tips](#)

28 Results* [Search within](#) [Create alert](#) [Create RSS feed](#) [Save search](#)


Suggested subjects [Hide](#) Powered by ProQuest® Smart Search

- Resistance exercise
- Training (programs)
- Exercise (programs) AND Training (programs)
- Exercise AND Programs
- Resistance exercise AND Strength (training)
- Resistance exercise AND Exercise (intensity)
- Resistance exercise AND Strength

[View All >](#)


0 Selected items [Clear] [Save to My Research](#) [Email](#) [Print](#) [Cite](#) [Export/Save](#)

Select 1-20 [Brief view](#) | [Detailed view](#)

1  [Effect of resistance training regimens on treadmill running and neuromuscular performance in recreational endurance runners](#) [Preview](#)

Mikkola, Jussi; Vesterinen, Ville; Taipale, Ritva; Capostagno, Benoit; Hakkinen, Keijo; et al. Journal of Sports Sciences 29. 13 (Oct 2011): 1359-1371.

[Citation/Abstract](#) SFX@Lulea

2  [Effects of Linear vs. Daily Undulatory Periodized Resistance Training on Maximal and submaximal strength gains](#) [Preview](#)

Sort results by:

Relevance

Narrow results by

Nu kan vi titta närmare på dessa referenser.

Låt oss ta denna

[Citation/Abstract](#) SFX@Lulea

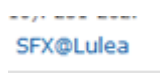
7  [Strength increases in upper and lower body are larger with longer inter-set rest intervals in trained men](#) [Preview](#)

De Salles, Belmiro Freitas; Simao, Roberto; Miranda, Humberto; Bottaro, Martim; Fontana, Fabio; et al. Journal of Science and Medicine in Sport 13. 4 (Jul 2010): 429-433.

[Cited by \(1\)](#) [References \(13\)](#)

[Citation/Abstract](#) [Full text](#) [Full text - PDF \(958 KB\)](#) SFX@Lulea

Här kan vi direkt ta fram den i fulltext eller alternativt via



se om artikeln finns tillgänglig i fulltext vid LTU. Vi kan även klicka på artikelns titel

Add to selected items Save to My Research Email Print Cite Export/Save Tags DELA

Strength increases in upper and lower body are larger with longer inter-set rest intervals in trained men

De Salles, Belmiro Freitas; Simao, Roberto; Miranda, Humberto; Bottaro, Martim; Fontana, Fabio; et al. *Journal of Science and Medicine in Sport* 13. 4 (Jul 2010): 429-433.

Abstract (summary) Translate

The purpose of the current study was to compare different rest interval durations on upper and lower body strength. Thirty-six recreationally trained men were randomly assigned to 1 min (G1; n = 12), 3 min (G3; n = 12) or 5 min (G5; n = 12) rest interval groups. Each group performed the same resistance training program. Maximal strength was assessed at baseline, mid-point (8 weeks) and post-training (16 weeks) for the bench press and leg press exercises. For the bench press, significant increases were demonstrated within G3 and G5 at 8 weeks and at 16 weeks versus baseline ($p < 0.05$). Additionally, for the bench press, G5 (98.2 +/- 3.7 kg) was significantly stronger than G1 (92.5 +/- 3.8 kg) at 16 weeks ($p < 0.05$). For the leg press, significant increases were demonstrated within all groups at 8 weeks and at 16 weeks versus baseline ($p < 0.05$). Additionally, for the leg press, G5 (290.8 +/- 23.5 kg) was significantly stronger than G1 (251.0 +/- 15.8 kg) at 8 weeks ($p < 0.01$) and G3 (305.0 +/- 23.9 kg) and G5 (321.7 +/- 21.7 kg) were significantly stronger than G1 (276.7 +/- 10.7 kg) at 16 weeks ($p < 0.05$). The findings of the current study indicate that utilising 3 or 5 min rest intervals between sets may result in significantly greater increases in upper and lower body strength beyond the initial weeks of training versus utilising 1-min rest intervals between sets.

Indexing (details) Cite

Subject	Strength; Men; Exercise (intensity); Training (programs); Rest; Sport science; Legs; Resistance exercise; Strength (training)
Classification	PE 090: Sports Medicine & Exercise Sport Science
Title	Strength increases in upper and lower body are larger with longer inter-set rest intervals in trained men
Author	De Salles, Belmiro Freitas; Simao, Roberto; Miranda, Humberto; Bottaro, Martim; Fontana, Fabio; et al.

Other formats

- Full text
- Full text - PDF (958 KB)
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References

- References (13)
- Cited by (1)
- Documents with shared references (169)

More like this

- See similar documents

Här får vi massor med information. Ett abstract, vilka ämnesord man har valt för att beskriva artikeln mm Se även på raden

Save to My Research Email Print Cite Export/Save Tags DELA



Där man kan hitta många bra funktioner bl a



Där man får ut en bra referens på artiklen i olika stilar.

Rest intervals in trained men

De Salles, Belmiro Freitas; Simao, Roberto; Miranda, Humberto; Bottaro, Martim; Fontana, Fabio; et al. *Journal of Science and Medicine in Sport* 13. 4 (Jul 2010): 429-433.

 Full text
 Full text - PDF (958 KB)

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 **Abstract (summary)** [Translate](#)

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Cite

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De Salles, B. F., Simao, R., Miranda, H., Bottaro, M., Fontana, F., & Willardson, J. M. (2010). Strength increases in upper and lower body are larger with longer inter-set rest intervals in trained men. *Journal of Science and Medicine in Sport*, 13(4), 429-433. doi:10.1016/j.jsams.2009.08.002

Till sist ska vi inte glömma bort att ta ut vår sökstrategi, Det gör vi via

[4 Recent searches](#)

<input type="checkbox"/>	S3	 su.EXACT(("Exercise tubing" OR "Resistance exercise")) AND su.EXACT("Training (programs)")  Limits applied	Physical Education Index	28*	Actions 
<input type="checkbox"/>	S2	 su.EXACT(("Exercise tubing" OR "Resistance exercise")) AND su.EXACT("Training (programs)")	Physical Education Index	226*	Actions 
<input type="checkbox"/>	S1	 su.EXACT(("Exercise tubing" OR "Resistance exercise"))	Physical Education Index	2342*	Actions 

*approximate result count without duplicates.