

## References – AHHPS Level 3

## Male

Azzouni, F., & Mohler, J. (2012). Role of 5 $\alpha$ -reductase inhibitors in prostate cancer prevention and treatment. *Urology*, 79(6), 1197-1205.

<https://doi.org/10.1016/j.urology.2012.01.024>

Bianchi, V. E. (2018). The anti-inflammatory effects of testosterone. *Journal of the Endocrine Society*, 3(1), 91–107. <https://doi.org/10.1210/js.2018-00186>

Cabral, R. D., Busin, L., Rosito, T. E., & Koff, W. J. (2014). Performance of Massachusetts male aging study (MMAS) and androgen deficiency in the aging male (ADAM) questionnaires in the prediction of free testosterone in patients aged 40 years or older treated in outpatient regimen. *The Aging Male*, 17(3), 147–154.

<https://doi.org/10.3109/13685538.2014.908460>

Daly, W., Seegers, A. E. C., Rubin, E. D. A., Dobridge, J. D. & Hackney, A. A. (2021). Relationship between stress hormones and testosterone with prolonged endurance exercise. *European Journal of Applied Physiology*, 93(4), 375-80.

<https://doi.org/10.1007/s00421-004-1223-1>

Fowke, J. H., Phillips, S., Koyama, T., & Byerly, S., Concepcion, R., Motley, S. S., & Clark, P. E. (2012). Association between physical activity, lower urinary tract symptoms (LUTS) and prostate volume. *BJU International*, 111, 122–128. <https://doi.org/10.1111/j.1464-410X.2012.11287.x>

<https://doi.org/10.1111/j.1464-410X.2012.11287.x>

Goel, N., Workman, J. L., Lee, T. T., Innala, L., & Viau, V. (2014). Sex differences in the HPA axis. *Comprehensive Physiology*, 4(3), 1121-1155.

<https://doi.org/10.1002/cphy.c130054>

Hackney, A. C. (2020). Hypogonadism in exercising males: Dysfunction or adaptive-regulatory adjustment? *Frontiers in Endocrinology*, 11(11), 1-16.

<https://doi.org/10.3389/fendo.2020.00011>

Hill, E. E., Zack, E., Battaglini, C., Viru, M., Viru, A., & Hackney, A. C. (2008). Exercise and circulating Cortisol levels: The intensity threshold effect. *Journal of Endocrinological Investigation*, 31(7), 587-591. <https://doi.org/10.1007/BF03345606>

Kvorning, T., Kadi, F., Schjerling, P., Andersen, M., Brixen, K., Suetta, C., & Madsen, K. (2015). The activity of satellite cells and myonuclei following 8 weeks of strength training in young men with suppressed testosterone levels. *Acta Physiologica*, 213, 676–687. <https://doi.org/10.1111/apha.12404>

Kralik, M., Cvecka, J., Buzgo, G., Putala, M., Ukropcova, B., Ukropec, J., Killinger, Z., Payer, J., Kollarik, B., Bujdak, P., Raastad, T., & Sedliak, M. (2019). Strength training as a supplemental therapy for androgen deficiency of the aging male (ADAM): Study protocol for a three-arm clinical trial. *BMJ Open*, 9, 1-10. <https://doi.org/10.1136/bmjopen-2018-025991>

Mohamad, N., Wong, S. K., Hasan, W.N. W., Jolly, J. J., Nur-Farmhama, M. F., F. N., Ima-Nirwana S., & Chin, K. (2019). The relationship between circulating testosterone and

inflammatory cytokines in men. *The Aging Male*, 22(2), 129–140.

<https://doi.org/10.1080/13685538.2018.1482487>

Mazur, A. (2009). The age-testosterone relationship in black, white, and Mexican-American men, and reasons for ethnic differences. *The Aging Male*, 12(2/3), 66–76.

<https://doi.org/10.1080/13685530903071802>

Tyagi, V., Scordo, M., Yoon, r. S., Liporace, F. A., & Greene, L. W. (2017). Revisiting the role of testosterone: Are we missing something? *Reviews in Urology*, 19(1), 16-24

<https://doi.org/10.3909/riu0716>

### **Female: Menstrual Cycle, Pregnancy, Postpartum, Perimenopause, Menopause, Postmenopause**

Abate, M., Vanni, D., & Pantalone, A. (2013). Mechanisms of anterior cruciate ligament injuries in female athletes: a narrative review. *Journal of Orthopedics*, 5(1), 27-34.

Alves, A. R., Marta, C., Neiva, H. P., Izquierdo, M., & Marques, M. C. (2018). Concurrent training in prepubertal children: An update. *Journal of Human Sport & Exercise*, 13(3), 682-697. <http://doi.org/10.14198/jhse.2018.133.18>

American Council on Exercise (ACE) – Certified™, 2018.

Armstrong, N., & Welsman, J. (2002). *Young people and physical activity*. Oxford: University Press.

The American College of Obstetrics and Gynecologists. (2020, April 1). Physical activity and exercise during pregnancy and the postpartum period. Committee opinion 804.

<https://www.acog.org/clinical/clinical-guidance/committee->

**[opinion/articles/2020/04/physical-activity-and-exercise-during-pregnancy-and-the-postpartum-period](#)**

- Biro, F. M., Pinney, S. M., Huang, B., Baker, E. R., Chandler, D. W., & Dorn, L. D. (2014). Hormone changes in peripubertal girls. *Journal of Clinical Endocrinology Metabolism*, 99(10), 3829–3835. <http://doi.org/j10.1210/jc.2013-4528>
- Conrad, K. P. (2010). Emerging role of relaxin in the maternal adaptations to normal pregnancy: implications for preeclampsia. *Seminars in Nephrology*, 31(1), 15-32. <https://doi.org/10.1016/j.semnephrol.2010.10.003>
- Daniusevičiūtė, L., Brazaitis, M., Skurvydas, A., Ramanauskienė, I., Linonis, V., & Sventkauskaite, M. (2011). Knee and hip loading patterns at different phases in the menstrual cycle. *Mechanika Conference Issue*, 72-75.
- Dedrick, G. S., Sizer, P. S., Merkle, J. N., Hounshell, T. R., Robert-McComb, J. J., Sawyer, S. F., Brismée, J., & Roger J. C. (2008). Effect of sex hormones on neuromuscular control patterns during landing. *Journal of Electromyography & Kinesiology*, 18(1), 68-77.
- D'eon, T. M., Sharoff, C., Chipkin, S. R., Grow, D., Ruby, B. D., & Braun, B. (2002). Regulation of exercise carbohydrate metabolism by estrogen and progesterone in women. *American Journal of Physiology: Endocrinology & Metabolism*, 283, E1046–E1055.
- Draper, C. F., Duisters, K., Weger, B., Chakrabarti, A., Harms, A. C., Brennan, L., Hankemeier, T., Goulet, L., Konz, T., Martin, F. P., Moco, S., & van der Greef, J. (2018). Menstrual cycle rhythmicity: Metabolic patterns in healthy women. *Scientific Reports*, 8(1), 1-15.

DSD Genetics. (2021, July 19). *The HPG axis and its role in sex development*.

<http://www.dsdgenetics.org/index.php?id=48>

Ekenros, L., Papoutsis, Z., Fridén, C., Dahlman Wright, K., & Lindén Hirschberg, A. (2017).

Expression of sex steroid hormone receptors in human skeletal muscle during the menstrual cycle. *Acta Physiologica*, 219(2), 486-493.

Fard, E. Z., Rezaghali, B., Jalili, D., & Zandian, H. (2017). Evaluation of physical fitness, body composition and insulin resistance index in girl adolescent athletes and non-athletes in the early and late puberty. *International Journal of Pharmaceutical Research & Allied Sciences*, 6(3), 8-12.

Gianfaldoni, S., Tchernev, G., Tirant, M., Wollina, U., Castillo, D. E., França, K., & Lotti, T. (2020). *Atlas of dermatology, dermatopathology and venereology: Skin and skin diseases through life*. Springer.

Glasser, R., & Dimitrakakis, C. (2013). Testosterone therapy in women: Myths and misconceptions. *Maturitas*, 74, 230–234.

<http://dx.doi.org/10.1016/j.maturitas.2013.01.003>

Hackney, A. C. (Ed.). (2017). *Sex hormones, exercise and women*. Springer.

Hoyt, L. T., & Falcone, A. (2015). Puberty and perimenopause: Reproductive transitions and their implications for women's health. *Social Science and Medicine*, 132, 103-112.

<https://dx.doi.org/10.1016/j.socscimed.2015.03.031>

Kawaguchi, J. K., & Pickering, R. K. (2010). The pregnant athlete, part 1: Anatomy and physiology of pregnancy. *Athletic Therapy Today*, 15(2), 39-43.

- Klentrou, P., Angrish, K., Awadia, N., Kurgan, N., Kouvelioti, R., & Falk, B. (2018). Wnt signaling–related osteokines at rest and following plyometric exercise in prepubertal and early pubertal boys and girls. *Pediatric Exercise Science, 30*(4), 457-465.
- Khowailed, I. A., Petrofsky, J., Lohman, E., Daher, N., & Mohamed, O. (2015). 17B-estradiol induced effects on anterior cruciate ligament laxness and neuromuscular activation patterns in female runners. *Journal of Women's Health, 24*(8), 670-680.
- Lehnert, M., Croix, M. D. S., Svoboda, Z., Elfmark, M., Sikora, O., & Stastny, P. (2020). Gender and age-related differences in leg stiffness and reactive strength in adolescent team sports players. *Journal of Human Kinetics, 74*(1), 119-129.
- Lof, M., Hilakivi-Clarke, L., Sven, S. S., De Assis, W. Y., & Weiderpass, E. (2009). Dietary fat intake and gestational weight gain in relation to estradiol and progesterone plasma levels during pregnancy: a longitudinal study in Swedish women. *BMC Women's Health, 9*(S), 1-9. <https://doi.org/10.1186/1472-6874-9-10>.
- Marshal, W.A., & Tanner, J.M. (1969). Variations in pattern of pubertal changes in girls. *Archives of Disease in Childhood, 44*, 291-303.
- Oosthuyse, T., & Bosch, A. N. (2010). The effect of the menstrual cycle on exercise metabolism: Implications for exercise performance in eumenorrheic women. *Sports Medicine, 40*(3), 207-227.
- Payne, J. L. & Osborne, L. (Eds.). (2019). *Postpartum psychiatric disorders*. Elsevier.

- Prior, J. (2011). Progesterone for symptomatic perimenopause treatment – progesterone politics, physiology, and potential for perimenopause. *Facts View & Vision in ObGyn*, 3(2), 109-120.
- Robert-McComb, J. J., Norman, R. L., & Zumwalt, M. (2014). *The active female: Health issues throughout the lifespan*. Springer.
- Sarwar, R., Niclos, B. B., & Rutherford, O. M. (1996). Changes in muscle strength, relaxation rate and fatigability during the human menstrual cycle. *Journal of Physiology*, 493, 267–272.
- Sherman, S. (2005). Defining the menopausal transition. *The American Journal of Medicine*, 118(12B), 3S–7S.
- Soules, M. R., Sherman, S., Parrott, E., Rebar, R., Santoro, N., Utian, W., et al. (2011). Executive summary: Stages of reproductive aging workshop (STRAW). *Climacteric*, 4(4), 267–72.
- Stickel, S., Eickhoff, S. B., Habel, U., Stickeler, E., Goecke, T. W., Lang, J., & Checkko, N. (2021). Endocrine stress response in pregnancy and 12 weeks postpartum – exploring risk factors for postpartum depression. *Psychoneuroendocrinology*, 125(2021), 1-8.  
<https://doi.org/10.1016/j.psyneuen.2020.105122>
- Suuronen, J., Sjoblom, S., Tuppurainen, M., Honkanen, R., Rikkonen, T., Kroger, H., & Sirola, J. (2019). Effects of ethinyl estradiol-containing oral contraception and other factors on body composition and muscle strength among young healthy females in Finland—A cross-sectional study. *European Journal of Obstetrics & Gynecology and Reproductive Biology*, 1(232), 75-81.

- Tiidus, P. M. (2003). Influence of estrogen and gender on muscle damage, inflammation, and repair. *Exercise Science & Sports Reviews*, 31, 40-44.
- Vink, A. S., Clur, S. B., Wilde, A. A. M., & Blom, N. A. (2017). Effect of age and gender on the QTc-interval in healthy individuals and patients with Long-QT syndrome. *Trends in Cardiovascular Medicine* 28(1), 1-12. <http://dx.doi.org/10.1016/j.tcm.2017.07.012>
- Võsoberg, K., Tillmann, V., Tamm, A., Maasalu, K., & Jürimäe, J. (2017). Bone Mineralization in rhythmic gymnasts entering puberty: Associations with jumping performance and body composition variables. *Journal of Sports Science & Medicine*, 16(1), 99-103.
- Westbrook, A. E., Taylor, J. B., Nguyen, A., Paterno, M. V., & Ford, K. R. (2020). Effects of maturation on knee biomechanics during cutting and landing in young female soccer players. *PLoS ONE*, 15(5), 1-11. <https://doi.org/10.1371/journal.pone.0233701>
- Wang, Y., Cupul-Uicab, L. A., Rogan, W. J., Eggesbo, M., Travlos, G., Wilson, R., & Longnecker, M. P. (2015). Recreational exercise before and during pregnancy in relation to plasma c-reactive protein concentrations in pregnant women. *Journal of Physical Activity & Health*, 12(6), 770-775. <http://dx.doi.org/10.1123/jpah.2013-0390>
- Wild, C. Y., Munro, B. J., & Steele, J. R. (2017). Higher anterior knee laxity influences the landing biomechanics displayed by pubescent girls. *Journal of Sports Sciences*, 35(2), 159-165. <http://dx.doi.org/10.1080/02640414.2016.1159715>
- World Health Organization. (2021, April 1). Research on the menopause in the 1990s: Report of a WHO scientific group. <https://apps.who.int/iris/handle/10665/41526>



**Transgender Male and Transgender Female References**

- Adams, M. M., & Descoteaux, J. (2021). A mixed-methods analysis of a resistance training intervention for trans males. *International Journal of Sport & Society*, 12(1), 127-145. <https://doi.org/10.18848/2152-7857/CGP/v12i01/127-145>
- Allchin, D. (2006). Male, female and/or --?. *American Biology Teacher (National Association of Biology Teachers)*, 68(6), 372-375. [https://doi.org/10.1662/0002-7685\(2006\)68\[372:MFO\]2.0.CO;2](https://doi.org/10.1662/0002-7685(2006)68[372:MFO]2.0.CO;2)
- Asscheman, H., Giltay, E. J., Megens, J. A. J., de Ronde, W., van Trotsenburg, M. A. A., & Gooren, L. J., G. (2011). A long-term follow-up study of mortality in transsexuals receiving treatment with cross-sex hormones. *European Journal of Endocrinology*, 164, 635–642. <https://doi.org/10.1530/EJE-10-1038>
- Berg, E. G. (2015). The chemistry of the pill. *American Chemical Society*, 1(1), 5-7. <https://doi.org/10.1021/acscentsci.5b00066>
- Bianchi, A. (2017). Transgender women in sport. *Journal of the Philosophy of Sport*, 44(2), 229-242. <https://doi.org/10.1080/00948705.2017.1317602>
- Chan, K. J., Jolly, D., Liang, J. J., Weinand, J. D., & Safer, J. D. (2018). Estrogen levels do not rise with testosterone treatment for transgender men. *Endocrine Practice*, 24(4), 329-333. <https://doi.org/10.4158/EP-2017-0203>
- Chen, V. (2018). Ethical issues concerning transgender athletes. *Penn Bioethics Journal*, 14(1), 15-18.

- Crossway, A., Rogers, S. M., Nye, E. A., Games, K. E., & Eberman, L. E. (2019). Lesbian, gay, bisexual, transgender, and queer athletic trainers: Collegiate student-athletes' perceptions. *Journal of Athletic Training (Allen Press)*, 54(3), 324-333.  
<https://doi.org/10.4085/1062-6050-259-17>
- Cunningham, G. B. (2015). LGBT inclusive athletic departments as agents of social change. *Journal of Intercollegiate Sport*, 8(1), 43-56. <http://dx.doi.org/10.1123/jis.2014-0131>
- Cunningham, G. B., & Nite, C. (2020). LGBT diversity and inclusion, community characteristics, and success. *Journal of Sport Management.*, 34(6), 533-541.  
<https://doi.org/10.1123/jsm.2019-0338>
- Fischer, M., & McClearen, J. (2020). Transgender athletes and the queer art of athletic failure. *Communication & Sport*, 8(2), 147-167. <https://doi.org/10.1177/2167479518823207>
- Fukao, T., Ohi, K., & Shioiri, T. (2021). Gray matter volume differences between transgender men and cisgender women: A voxel-based morphometry study. *Australian & New Zealand Journal of Psychiatry*.  
<https://doi.org/10.1177/0004867421998801>
- Garcia-Falgueras, A. (2014). Gender dysphoria in DSM-5: Changes and continuities. *Psychology and Social Behavior Research*, 2(3), 74-79. <https://doi.org/10.12966/psbr.09.01.2014>
- Gooren, L. J., Kreukels, B., Lapauw, B., & Giltay, E. J. (2015). (Patho)physiology of cross-sex hormone administration to transsexual people: The potential impact of male–female genetic differences. *Andrologia*, 47, 5–19. <https://doi.org/10.1111/and.12389>

- Handelsman, D. J., Hirschberg, A. L., & Bermon, S. (2018). Circulating testosterone as the hormonal basis of sex differences in athletic performance. *Endocrine Reviews*, *39*(5), 803–829. <https://doi.org/10.1210/er.2018-00020>
- Harper, J., O'Donnell, E., Khorashad, B. S., McDermott, H., & Witcomb, G. L. (2021). How does hormone transition in transgender women change body composition, muscle strength and haemoglobin? Systematic review with a focus on the implications for sport participation. *British Journal of Sports Medicine*, *55*, 865–872. <https://doi.org/10.1136/bjsports-2020-103106>
- Jenkins, C. L., Ouellette, K., Thompson, B., Mullin, E. M., & Leinung, M. (2020). Performance in transgender females versus cisgender males and females. *Journal of Exercise Physiology Online*, *232*(6), 62-76.
- Jones, B. A., Haycraft, E., Bouman, W. P., & Arcelus, J. (2018). The levels and predictors of physical activity and engagement withing the treatment-seeking transgender population: A matched control study. *Journal of Physical Activity & Health*, *15*(2), 99-107. <https://doi.org/10.1123/jpah.2017-0298>
- Kalhan, S. C. (2000). Protein metabolism in pregnancy. *American Journal of Clinical Nutrition*, *55*, 1249S-1255S <https://doi.org.0.1093/ajcn/71.5.1249s>
- Kerry, S. (2018). Australian news media's representation of Cate McGregor, the highest ranking Australian transgender military officer. *Journal of Gender Studies*, *27*(6), 683-693. <https://doi.org/10.1080/09589236.2017.1287068>
- Kilpatrick, L. A., Holmberg, M., Manzouri, A., & Savic, I. (2019). Cross sex hormone treatment is linked with a reversal of cerebral patterns associated with gender dysphoria

- to the baseline of cisgender controls. *European Journal of Neuroscience*, 50(8), 3269-3281. <https://doi.org/10.1111/ejn.14420>
- Klaver, M., Dekker, M. J. H. J., Mutsert, R., Twisk, J. W. R., & Heijer, M. (2017). Cross-sex hormone therapy in transgender persons affects total body weight, body fat and lean body mass: a meta-analysis. *Andrologia*, 49(5), 1-11. <https://doi.org/10.1111/and.12660>
- Kreukels, B. P.C., & Guillamon, A. (2016). Neuroimaging studies in people with gender incongruence. *International Review of Psychiatry*, 28(1), 120-128. <https://doi.org/10.3109/09540261.2015.1113163>
- Miller, V. M. (2014). Why are sex and gender important to basic physiology and translational and individualized medicine? *American journal of physiology: Heart & circulatory physiology*, 306(6), H781-H788. <https://doi.org/10.1152/ajpheart.00994.2013>
- Morris, J. F., & Van Raalte, J. L. (2016). Transgender and gender nonconforming athletes: Creating safe spaces for all. *Journal of Sport Psychology in Action*, 7(2), 121-132. <https://doi.org/10.1080/21520704.2016.1184732>
- Munson, E. E., & Ensign, K. A. (2021). Transgender athletes' experiences with health care in the athletic training setting. *Journal of Athletic Training*, 56(1), 101-111. <https://doi.org/10.4085/1062-6050-0562.19>
- Roberts, T. A., Smalley, J., & Ahrendt, D. (2021). Effect of gender affirming hormones on athletic performance in transwomen and transmen: Implications for sporting organisations and legislators. *British Journal of Sports Medicine*, 55, 577–583. <https://doi.org/10.1136/bjsports-2020-102329>

- Wierckx, K., Elaut, E., Declercq, E., Heylens, G., De Cuypere, G., Taes, Y., Kaufman, J. M., & T'Sjoen, G. (2013). Prevalence of cardiovascular disease and cancer during cross-sex hormone therapy in a large cohort of trans persons: a case-control study. *European Journal of Endocrinology*, *169*, 471–478. <https://doi.org/10.1530/EJE-13-0493>
- Van Caenegem, E., Wierckx, K., Taes, Y., Schreiner, T., Vandewalle, S., Toye, K., Lapauw, B., & Kaufman, J. (2015). Body composition, bone turnover, and bone mass in trans men during testosterone treatment: 1-year follow-up data from a prospective case-controlled study (ENIGI). *European Journal of Endocrinology*, *172*(2), 163-171. <https://doi.org/10.1530/EJE-14-0586>