

Literaturverzeichnis LSP 2 / 2025

Analytics auf dem Eis: Seite 24–28

¹ Grand View Research, Market Analysis Report, Sport Analytics Market Size & Trend

Resilienz: Seite 30–35

Literatur:

¹ Roth, G., 2022

² Kalisch, R., 2017

³ Mauritz, S., 2021

⁴ Herr, I., 2023

⁵ Storch, M., 2021

⁶ Mauritz, S., 2021

⁷ Langwara, R., 2023

⁸ Langwara, R., 2023

⁹ Schnell, T., 2016

¹⁰ Cornick, C., 2022

¹¹ Allen, S., 2018

Sport und Zyklus: Seite 36–40

¹ Dam, T.V., Dalgaard, L.B., Sevdalis, V., Bibby, B.M., de Jonge, X.J., Gravholt, C.H. & Hansen, M: (2022). Muscle Performance during the Menstrual Cycle Correlates with Psychological Well-Being, but Not Fluctuations in Sex Hormones. *Medicine & Science in Sports & Exercise*, 1678-1689.

² Sung, E., Han, A., Hinrichs, T., Vorgerd, M. & Platen, P. (2022). Effects of oral contraceptive use on muscle strength, muscle thickness, and fiber size and composition in young women undergoing 12 weeks of strength training: a cohort study. *BMC Womens Health*, 22 (1), 150.

³ Meignie, A., Duclos, M., Carling, C., Orhant, E., Provost, P., Toussaint, J.-F. & Antero, J. (2021). The Effects of Menstrual Cycle Phase on Elite Athlete Performance: A Critical and Systematic Review. *Front. Physiol.*, 12:654585.

⁴ Thompson, B., Almarjawi, A., Sculley, D. & Janse de Jonge, X. (2020). The effect of the menstrual cycle and oral contraceptives on acute responses and chronic adaptations to resistance training: A systematic review of the literature. *Sports Med.*, 50 (1), 171-185.

⁵ Sonntag, B. (2016), Zyklusstörungen-Diagnostik und Therapie, In: *Gynäkologe*, 49, 357-372, Springer-Verlag Berlin Heidelberg.

⁶ Toigo, M. (2015). *Muskelrevolution – Konzepte und Rezepte zum Muskel- und Kraftaufbau*. Springer Spektrum: Springer-Verlag Berlin Heidelberg.

⁷ Fillenberg, S. (2017). Störungen des menstruellen Zyklus. In: Lasch, L. & Fillenberg, S. (Hrsg.) *Basiswissen Gynäkologie und Geburtshilfe*, 139-147. Berlin: Springer.

⁸ Lee, H., Petrofsky, J., Shah, N., Awali, A., Shah, K., Alotaibi, M. & Yim, Y.E. (2014). Higher sweating rate and skin blood flow during the luteal phase of the menstrual cycle. *Tohoku J Exp Med*, Oct; 234(2), 117-22.