

IDR4000 Portfolio assessment

Henrik Picton

Assignment 1 - Effect of resistance training on muscle hypertrophy

1.1 Choice of subject

Muscle hypertrophy is the growth of individual muscle fibers that results from an increase in the number of sarcomeres in parallel within the myofibrils (Goldspink, 1970). Traditional resistance training is known to increase hypertrophy, which in turn increase muscle size and strength (Schoenfeld, 2010).

1.2 Finding the literature

All literature discussed in this assignment were accessed through PubMed (*National Center for Biotechnology Information*, n.d.). Only one set of key words was used to find the studies: (((Strength training) AND (muscle hypertrophy)) OR (muscle mass)) OR (lean mass), «clinical trial» or «Randomized controlled trial» published between 2005 and 2025. Of 4121 results 10 studies including a measurement of muscle mass pre and post an intervention were chosen (Table 1).

Table 1: This is table 1

Author	Design
Chaves et al. (2024)	Randomized, Controlled, Single blinded, within-subject
Cribb et al. (2007)	Double-blinded randomized between group
Evangelista et al. (2021)	Randomized between group
Kassiano et al. (2023)	Randomized between group
Neves et al. (2022)	Randomized within and between-subject
Ruple et al. (2023)	Randomized between-group
Schoenfeld et al. (2015)	Randomized between-group
Schoenfeld et al. (2016)	Randomized between-group
Schoenfeld et al. (2019)	Randomized between-group
Wohllann et al. (2024)	Controlled

Bibliography

Goldspink, G. (1970). The Proliferation of Myofibrils during Muscle Fibre Growth. *Journal of Cell Science*, 6(2), 593–603. <https://doi.org/10.1242/jcs.6.2.593>

National Center for Biotechnology Information.

Schoenfeld, B. J. (2010). The Mechanisms of Muscle Hypertrophy and Their Application to Resistance Training. *Journal of Strength and Conditioning Research*, 24(10), 2857–2872. <https://doi.org/10.1519/JSC.0b013e3181e840f3>