Avhandlingsserie för
Gymnastik- och Idrottshögskolan

Nr 999

DETERMINANTS OF INTRA-INDIVIDUAL VARIATION IN ADAPTABILITY TO RESISTANCE TRAINING OF DIFFERENT VOLUMES WITH SPECIAL REFERENCE TO SKELETAL MUSCLE PHENOTYPES

Determinants of intra-individual variation in adaptability to resistance training of different volumes with special reference to skeletal muscle phenotypes

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ISBN Provided by the library

Printed by Printer service, Stockholm, 2019

Distributor: Gymnastik- och idtrottshögskolan

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THESIS FOR DOCTORAL DEGREE (Ph.D.)

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by
Your name

Thesis for Philosophy of Doctoral Degree in Sport Sciences, at The Swedish School of Sport and Health Sciences (GIH), which, according to the decision of the dean, will be publicly defended on *DATE*. The thesis defense will be held at the auditorium at The Swedish School of Sport and Health Sciences (GIH), Stockholm.

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Abstract

The preface pretty much says it all.

Second paragraph of abstract starts here.

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1. Introduction

(Pinedo-Villanueva et al., 2019)

2. Background

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2.1 Exercise training variables affecting training outcomes

2.2 Exercise volume

2.2.1 Meta-analysis of exercise volume

2.3 Molecular determinants of training-induced muscle hypertrophy

2.3.1 Protein synthesis

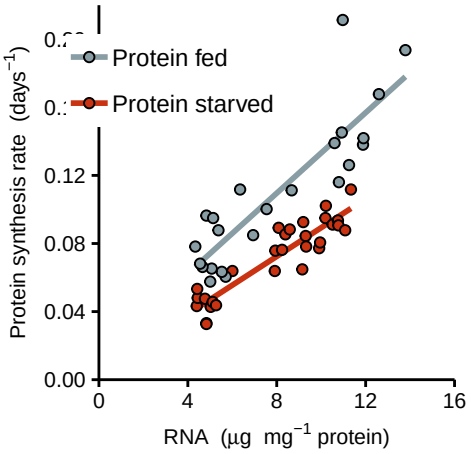

Figure 2.1: Data from Millward et al. 1973. Group A were fed a diet containing protein, group B were starved or fed a diet not containing protein.

2.3.2 mTOR and translational efficiency

2.3.3 Ribsome biogenesis

Transcription of ribsomal RNA (rRNA)

2.4 Transcriptional activity related to muscle hypertrophy

2.4.1 Methods for studying transcriptional regulation

3. Aims and hypotheses

4. Methods

4.1 Training protocols

A full body protocol was used in study I including

5. Results

6. Discussion

Conclusion

If we don't want Conclusion to have a chapter number next to it, we can add the `{-}` attribute.

More info

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References

Pinedo-Villanueva, R., Westbury, L. D., Syddall, H. E., Sanchez-Santos, M. T., Dennison, E. M., Robinson, S. M., & Cooper, C. (2019). Health care costs associated with muscle weakness: A uk population-based estimate. *Calcif Tissue Int*, *104*(2), 137–144. Journal Article. http://doi.org/10.1007/s00223-018-0478-1