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**The Benefits of Resistance Training with and Without Weightlifting for Athletic
Performance in Adolescent Males**

Andrew Warren Richards

A thesis submitted to Auckland University of Technology in fulfillment of the requirements
for the degree of Doctor of Philosophy (PhD)

2019

Primary Supervisor: Dr Craig Harrison

Co-Supervisor: Dr Jon Oliver

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The rate of growth, therefore, reflects the child's state at any particular time better than the distance achieved or size attained.

As stated previously, maturation refers to the timing and tempo (rate) of progress from prepubertal childhood to adulthood.. Skeletal age assessment is the single best maturational index, but it is costly, requires specialized equipment and interpretation, and incurs radiation safety issues.. The primary concern is that training may delay pubertal growth and maturation On the other hand, there have also been claims of positive influences of intensive training for sport on the growing and maturing athlete.. Cool edit pro 2 1 words on win7 upgrade | Assessment of Maturation Biologic maturation differs fundamentally from the measurement of growth in that every child reaches the same endpoint by becoming fully mature.. The rate of growth increases until it reaches a peak (PHV); then, it gradually decreases, and growth in height eventually ceases.

| Assessment of Growth Assessing the longitudinal growth of an individual child is a dynamic statement of the general health of that child.. Measurements should be performed often and accurately to detect alterations from expected growth.. In addition, familial effects can be investigated by obtaining information with regard to the mother's age of menarche.

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This is another important consideration, because many studies of young athletes are short-term, and rarely span the entire period of the adolescent spurt.. Menarcheal status (i.e., whether menarche has or has not occurred) and chronologic age at menarche in individual girls can be obtained from a careful and sensitive interview.. To examine the effects of sports participation on a young girl's subsequent growth and maturation, it is important first to review the concepts of somatic growth and sexual maturation in the healthy child.. Continuous measure from a fixed milestone, such as PHV or menarche, provides a continuous and probably more accurate indicator of biologic maturity.

Each of these secondary sex characteristics goes through a series of changes as the girl passes through puberty to maturity.. At times, it may be more appropriate to interview the girl's mother to obtain this information.. Dental age and morphologic age are broader measurement techniques for maturation with limited applicability.. Reference percentiles or standards are based on cross-sectional data derived from large, representative samples of children from infancy to young adulthood.. It is imperative to

assess maturity or biologic age in the study of growth Chronologic age is of limited utility in the assessment of maturity.. Girls, on average, start their growth spurt, reach PHV, and stop growing about 2 years earlier than boys.

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