****

**Day 2 Obesity and Diabetes**

[Contained within this document are links to academic evidence concerning obesity and diabetes, textbooks and primary sourced evidence]

**Lectures & Various Information Via Strength-Physiology.Online or Via the Exercise Science Academy**

**Exercise Science Academy** [Link](https://www.exercisescienceacademy.online/free-youtube-presentation)

* Exercise Prescription and Type 2 Diabetes NSCA Recommendations [Link](https://www.exercisescienceacademy.online/type-2-diabetes)
* Exercise Prescription and Type 1 Diabetes NSCA Recommendations [Link](https://www.exercisescienceacademy.online/type-2-diabetes)
* Lecture on the Endocrine System [Link](https://youtu.be/YE9cuKIRQqM)
* Gellish et al 2007 Calculation [Link](https://youtu.be/wye9sG15_UM)
* Obesity & Metabolic Syndrome [Link](https://www.strength-physiology.online/obesity-and-physical-inactivity)
* Free to Use Online Calculators [Link](https://www.strength-physiology.online/online-calculators)
* Fitness Testing [see body composition measurements within the page] [Link](https://www.strength-physiology.online/fitness-testing-an-introduction)
* Some Free Nutrition Template and Other Free Stuff [Link](https://www.strength-physiology.online/free-student-resources)
* Harris, R.B., 1990. Role of set‐point theory in regulation of body weight. The FASEB Journal, 4(15), pp.3310-3318. [Link](https://faseb.onlinelibrary.wiley.com/doi/epdf/10.1096/fasebj.4.15.2253845)
* Müller, M.J., Bosy-Westphal, A. and Heymsfield, S.B., 2010. Is there evidence for a set point that regulates human body weight? *F1000 medicine reports*, *2*. [Link](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2990627/)
* Belsha, D., 2020. Bodyweight Set Point Theory. An Ecological Approach to Obesity and Eating Disorders. [Link](https://btugman.pressbooks.com/chapter/body-weight-set-point-theory/)
* Peterli, R., Obesity and the Body Weight Set Point Regulation. [Link](http://downloads.hindawi.com/journals/specialissues/845921.pdf)

**Understanding Diabetes YouTube Animations & Quizzes**

* Understanding Type 2 Diabetes [Link](https://youtu.be/JAjZv41iUJU)
* The Role of Insulin in the Human Body [Link](https://youtu.be/OYH1deu7-4E)
* Insulin and glucagon | Chemical Processes | MCAT | Khan Academy [Link](https://youtu.be/Id2E72P8Fe0)
* Regulation of glycolysis and gluconeogenesis | Biomolecules | MCAT | Khan Academy [Link](https://youtu.be/7fuLw031H-g)
* Diabetes Mellitus Quizlet [Link](https://quizlet.com/8446378/diabetes-mellitus-flash-cards/)

**Academic Literature on Obesity & Diabetes**

* Pellegrini, M., Ponzo, V., Rosato, R., Scumaci, E., Goitre, I., Benso, A., Belcastro, S., Crespi, C., De Michieli, F., Ghigo, E. and Broglio, F., 2020. Changes in weight and nutritional habits in adults with obesity during the “lockdown” period caused by the COVID-19 virus emergency. *Nutrients*, 12(7), p.2016. [Link](https://www.mdpi.com/2072-6643/12/7/2016)
* Bird, S.R. and Hawley, J.A., 2012. Exercise and type 2 diabetes: new prescription for an old problem. *Maturitas*, *72*(4), pp.311-316. [Link](https://d1wqtxts1xzle7.cloudfront.net/42046864/Exercise_and_type_2_diabetes_new_prescri20160204-3118-1xaxaci.pdf?1454595544=&response-content-disposition=inline%3B+filename%3DExercise_and_type_2_diabetes_New_prescri.pdf&Expires=1600860310&Signature=TNPr3FF9cwXzlSdDnQO6qY7pGmVN96jdH3uQcy37g5qbdnR-WSD4abS4Wcog6pSiucVVvbBuiZqFUWDFslMZ-nvWp59v6IcRzReIxoLzfqs1TZ2cPu~WymtV4cURjh8h0jsN0tSAdnZzx4BTpRZqIPuoDxOqRcgdi2rETPDUEvsgT8k7bIs1AMe3BxSnpze6cdG8V4iGCBWz0TE7kXhOh87ygrcRv5-JTPZoIU~D0kFRltrDEfnmLESf5Cn1xTYFqb2LDnqYdH2AO~kFgIWQJqcmWWfo3wM22y0-yw6tsQUaTT9QJf5rzmo47R3tBP~AYZdzVJWYtn3isLtTr3mUrg__&Key-Pair-Id=APKAJLOHF5GGSLRBV4ZA)
* Hordern, M.D., Dunstan, D.W., Prins, J.B., Baker, M.K., Singh, M.A.F. and Coombes, J.S., 2012. Exercise prescription for patients with type 2 diabetes and pre-diabetes: a position statement from Exercise and Sport Science Australia. Journal of Science and Medicine in Sport, 15(1), pp.25-31. [Link](https://mhhub.com.au/wp-content/uploads/2020/05/ESSA_Diabetes-Position-Statement-1.pdf)
* Mendes, R., Sousa, N., Almeida, A., Subtil, P., Guedes-Marques, F., Reis, V.M. and Themudo-Barata, J.L., 2016. Exercise prescription for patients with type 2 diabetes—a synthesis of international recommendations: narrative review. British journal of sports medicine, 50(22), pp.1379-1381. [Link](http://efsma.eu/images/pdf/references/eph_and_endocrine_system/Br-J-Sports-Med-2016-Mendes-1379-81.pdf)
* Sato, Y., 2020. Overview of Exercise Prescription for Diabetes Patients and Its Application in Japan. Journal of Science in Sport and Exercise, pp.1-10. [Link](https://link.springer.com/article/10.1007/s42978-020-00061-6)
* Pesta, D.H., Goncalves, R.L., Madiraju, A.K., Strasser, B. and Sparks, L.M., 2017. Resistance training to improve type 2 diabetes: working toward a prescription for the future. Nutrition & metabolism, 14(1), pp.1-10. [Link](https://nutritionandmetabolism.biomedcentral.com/articles/10.1186/s12986-017-0173-7)
* Sigal, R.J., Armstrong, M.J., Bacon, S.L., Boulé, N.G., Dasgupta, K., Kenny, G.P. and Riddell, M.C., 2018. Physical activity and diabetes. Canadian journal of diabetes, 42, pp.S54-S63. [Link](https://guidelines.diabetes.ca/docs/cpg/Ch10-Physical-Activity-and-Diabetes.pdf)
* Kumar, A.S., Maiya, A.G., Shastry, B.A., Vaishali, K., Ravishankar, N., Hazari, A., Gundmi, S. and Jadhav, R., 2019. Exercise and insulin resistance in type 2 diabetes mellitus: a systematic review and meta-analysis. Annals of Physical and Rehabilitation Medicine, 62(2), pp.98-103. [Link](https://www.sciencedirect.com/science/article/pii/S1877065718314830)
* Diabetes Medications for Adults With Type 2 Diabetes: An Update [Link](https://documentcloud.adobe.com/link/review?uri=urn:aaid:scds:US:ab065cae-ff98-4ab8-9039-3c26d909b37c)
* Reid, R.E., Thivel, D. and Mathieu, M.E., 2019. Understanding the potential contribution of a third “T” to FITT exercise prescription: The case of timing in exercise for obesity and cardiometabolic management in children. Applied Physiology, Nutrition, and Metabolism, 44(8), pp.911-914. [Link](https://pdfs.semanticscholar.org/1993/deaf57630529fac9ab4a67ad76325bbe2a55.pdf)
* Petridou, A., Siopi, A. and Mougios, V., 2019. Exercise in the management of obesity. Metabolism, 92, pp.163-169. [Link](https://www.metabolismjournal.com/action/showPdf?pii=S0026-0495%2818%2930227-0)
* Bray, G.A., Frühbeck, G., Ryan, D.H. and Wilding, J.P., 2016. Management of obesity. *The Lancet*, *387*(10031), pp.1947-1956. [Link](https://livrepository.liverpool.ac.uk/3004049/1/Bray_Lancet%202015.10.12%20R5%20THELANCET-D-15-01286R5.pdf)
* Paley, C.A. and Johnson, M.I., 2018. Abdominal obesity and metabolic syndrome: exercise as medicine?. BMC Sports Science, Medicine and Rehabilitation, 10(1), pp.1-8. [Link](http://eprints.leedsbeckett.ac.uk/1945/3/Paley_ObesDiscuss_ClinJPain_Repository.pdf)
* ACSM 2009 Appropriate Physical Activity Intervention Strategies for Weight Loss and Prevention of Weight Regain for Adults [Link](https://documentcloud.adobe.com/link/review?uri=urn:aaid:scds:US:cc134ddc-3d8b-47ae-969a-0783d58ae7e9)
* Davis, J.N., Hodges, V.A. and Gillham, M.B., 2006. Physical activity compliance: differences between overweight/obese and normal‐weight adults. Obesity, 14(12), pp.2259-2265. [Link](https://onlinelibrary.wiley.com/doi/pdf/10.1038/oby.2006.265)
* Pinet, B.M., Prud'homme, D., Gallant, C.A. and Boulay, P., 2008. Exercise intensity prescription in obese individuals. Obesity, 16(9), pp.2088-2095. [Link](https://onlinelibrary.wiley.com/doi/pdf/10.1038/oby.2008.272)
* Davenport, M.H., Charlesworth, S., Vanderspank, D., Sopper, M.M. and Mottola, M.F., 2008. Development and validation of exercise target heart rate zones for overweight and obese pregnant women. Applied Physiology, Nutrition, and Metabolism, 33(5), pp.984-989. [Link](https://www.researchgate.net/profile/Michelle_Mottola/publication/23387559_Development_and_validation_of_exercise_target_heart_rate_zones_for_overweight_and_obese_pregnant_women/links/54328f6a0cf22395f29c27ce.pdf)
* DiPietro, L. and Stachenfeld, N.S., 2017. Exercise treatment of obesity. In Endotext [Internet]. MDText. com, Inc. [Link](https://www.ncbi.nlm.nih.gov/books/NBK278961/)
* O'Neill, E., 2019. Diabetic Skeletal Health and Potential Benefits of Exercise. Journal of Clinical Exercise Physiology, 8(3), pp.108-114. [Link](https://meridian.allenpress.com/jcep/article/8/3/108/433904/Diabetic-Skeletal-Health-and-Potential-Benefits-of)
* Lambrick, D., Stoner, L. and Faulkner, J., 2016. HIIT or miss: is high-intensity interval training (HIIT) the way forward for obese children?. Perspectives in public health, 136(6), pp.335-336. [Link](https://eprints.soton.ac.uk/396826/1/HIIT%2520or%2520miss%2520Is%2520high-intensity%2520interval%2520training%2520%2528HIIT%2529%2520the%2520way%2520forward%2520for%2520obese%2520children.pdf)
* Jakicic, J.M., Rogers, R.J., Davis, K.K. and Collins, K.A., 2018. Role of physical activity and exercise in treating patients with overweight and obesity. Clinical Chemistry, 64(1), pp.99-107. [Link](https://academic.oup.com/clinchem/article/64/1/99/5608823)