

## Wissenschaftliche Literatur / Scientific publications

### 1 Atmungs-Ausdauertraining (AAT) im Sport

#### *Respiratory endurance training in sports*

1.9	Paige Holm, Angela Sattler and Ralph F Fregosi <b>Endurance training of respiratory muscles improves cycling performance in fit young cyclists</b> <i>BMC Physiology</i> <b>2004</b> , 4:9	<input type="checkbox"/>
1.8	Ch. Stuessi, Ch. M. Spengler, C. Knöpfli, G. Markov, U. Boutellier <b>Respiratory muscle endurance training in humans increases cycling endurance without affecting blood gas concentrations</b> <i>Eur J Appl Physiol</i> <b>84</b> : 582-586 , <b>2001</b>	<input type="checkbox"/>
1.7	G. Markov, C.M. Spengler, C. Knöpfli, C. Stuessi, U. Boutellier <b>Respiratory muscle training increases cycling endurance without affecting cardiovascular responses to exercise</b> <i>Eur J Appl Physiol</i> <b>85</b> : 233-239, <b>2001</b>	<input type="checkbox"/>
1.6	Christina M. Spengler and U. Boutellier <b>Breathless Legs? Consider Training your Respiration</b> <i>News Physiol. Sci. Volume 15</i> : 101-105, <b>2000</b>	<input type="checkbox"/>
1.5	C.M. Spengler, M. Roos, S.M. Laube and U. Boutellier <b>Decreased exercise blood lactate concentrations after respiratory endurance training in humans</b> <i>Eur J Appl. Physiol</i> <b>79</b> : 299-305, <b>1999</b>	<input type="checkbox"/>
1.4	U. Boutellier <b>Respiratory muscle fitness and exercise endurance in healthy humans</b> <i>Med&amp;Sci. in Sports &amp; Exerc.</i> <b>30</b> : 1169-1172, <b>1998</b>	<input type="checkbox"/>
1.3	U. Boutellier <b>Auch die Atmung limitiert die körperliche Leistung bei gesunden Personen</b> <i>Naturforschende Gesellschaft in Zürich</i> <b>142/4</b> 153-159, <b>1997</b>	<input type="checkbox"/>
1.2	U. Boutellier <b>Die Atmung als leistungslimitierender Faktor bei Normalpersonen und Sportlern</b> <i>Deutsche Zeitschrift f. Sportmedizin</i> <b>47 (Sonderheft)</b> : 216-219, <b>1996</b>	<input type="checkbox"/>

1.1	U. Boutellier, R. Büchel, A. Kundert, and C. Spengler <b>The respiratory system as an exercise limiting factor in normal trained subjects</b> <i>Eur. J. Appl. Physiol.</i> 65: 347-353, 1992	<input type="checkbox"/>
1.0	U. Boutellier and P. Piwko <b>The respiratory system as an exercise limiting factor in normal sedentary subjects</b> <i>Eur J Appl Physiol.</i> 64: 145-152, 1992	<input type="checkbox"/>

## 2 Wirkungsmechanismen des Atmungs-Ausdauertrainings

### *Mechanisms of respiratory endurance training*

2.3	Jerome A. Dempsey, A. William Sheel, Claudette M. St. Croix, Barbara J. Morgan <b>Respiratory influences on sympathetic vasomotor outflow in humans</b> <i>Respiratory Physiology &amp; Neurobiology</i> 130 (2002) 3-20	<input type="checkbox"/>
2.2	Douglas R. Seals <b>Robin Hood for the lungs? A respiratory metaboreflex that 'steals' blood from locomotor muscles</b> <i>J. Physiol.</i> 537.1, 2001	<input type="checkbox"/>
2.1	C. Perret, C.M. Spengler, G. Egger and U. Boutellier <b>Influence of endurance exercise on respiratory muscle performance</b> <i>Medicine &amp; Science in Sports &amp; Exercise</i> 0195-9131/00/3212: 2052-2058, 2000	<input type="checkbox"/>
2.0	U. Boutellier und C.M. Spengler <b>VO<sub>2</sub>max als Mass für die Ausdauerleistungsfähigkeit?</b> <i>Sportmedizin</i> 47 (3): 118-122, 1999	<input type="checkbox"/>

## 3 Atmungs-Ausdauertraining in der pulmonalen Rehabilitation-COPD

### *Respiratory endurance training in pulmonary rehabilitation with COPD*

3.1	T.A. Scherer, C.M. Spengler, D. Owassapian, E. Imhof and U. Boutellier <b>Respiratory Muscle Endurance Training in Chronic Obstructive Pulmonary Disease</b> <i>Am J Respir Crit Care Med</i> Vol 162: pp 1709-1714, 2000	<input type="checkbox"/>
3.0	Paltiel Weiner, MD; Rasmi Magadle, MD; Noa Berar-Yanay, MD; Avi Davidovich, MD; and Margalit Weiner, PhD <b>The Cumulative Effect of Long-Acting Bronchodilators, Exercise, and Inspiratory Muscle Training on the Perception of Dyspnea in Patients With Advanced COPD</b> <i>Am J Respir Crit Care Med</i> 162: pp 1709-1714, 2000	<input type="checkbox"/>

**4 Atmungs-Ausdauertraining bei Schnarchern**  
***Respiratory endurance training against snoring***

4.0	Elisabeth Furrer-Boschung <b>Training der Atmungsmuskulatur als Therapie des Schnarchens</b> <i>Dissertation Med. Fakultät der Universität ZH, 1997</i>	<input type="checkbox"/>
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**5 Atmungs-Ausdauertraining bei Blasmusik**  
***Respiratory endurance training in music application***

5.0	Matthias Müller <b>Atemfunktionssteigerung durch den Spirotiger beim Klarinettenspiel</b> Forschung und Entwicklung an der HMT Zürich: 23.,2004	<input type="checkbox"/>
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