

Football for Health, Reviews (8), Editorials (8) and Books (5) from 2010-2020

Topical reviews, systematic reviews, meta-analyses:

- 1) Krstrup P, Aagaard P, Nybo L, Petersen J, Mohr M, Bangsbo J (2010). Recreational football as a health promoting activity: a topical review. *Scand J Med Sci Sports* 20, suppl 1: 1-13. <https://www.ncbi.nlm.nih.gov/pubmed/20210908>
- 2) Bangsbo J, Hansen PR, Dvorak J, Krstrup P (2015). Recreational football for disease prevention and treatment in untrained men: a narrative review examining cardiovascular health, lipid profile, body composition, muscle strength and functional capacity. *Br J Sports Med.* 49(9):568-576. <https://bjsm.bmj.com/content/bjsports/49/9/568.full.pdf>
- 3) Milanović Z, Pantelić S, Čović N, Sporiš G, Krstrup P (2015). Is Recreational Soccer Effective for Improving VO₂max? A Systematic Review and Meta-Analysis. *Sports Med.* 45(9):1339-1353. <https://link.springer.com/content/pdf/10.1007%2Fs40279-015-0361-4.pdf>
- 4) Oja P, Titze S, Kokko S, Kujala UM, Heinonen A, Kelly P, Koski P, Foster C (2015). Health benefits of different sport disciplines for adults: systematic review of observational and intervention studies with meta-analysis. *Br J Sports Med.* Apr;49(7):434-40. <https://bjsm.bmj.com/content/49/7/434.long>
- 5) Krstrup P, Helge EW, Hansen PR, Aagaard P, Hagman M, Randers MB, de Sousa M, Mohr M (2018). Effects of recreational football on women's fitness and health: adaptations and mechanisms. *Eur J Appl Physiol.* Jan;118(1):11-32. Review. <https://www.ncbi.nlm.nih.gov/pubmed/29164325>
- 6) Milanović Z, Pantelić S, Čović N, Sporiš G, Mohr M, Krstrup P (2019). Broad-spectrum physical fitness benefits of recreational football: a systematic review and meta-analysis. *Br J Sports Med.* Aug;53(15):926-939. <https://bjsm.bmj.com/content/bjsports/53/15/926.full.pdf>
- 7) Sarmiento H, Manuel Clemente F, Marques A, Milanovic Z, David Harper L, Figueiredo A (2019). Recreational football is medicine against non-communicable diseases: A systematic review. *Scand J Med Sci Sports [Epub] Review.* <https://onlinelibrary.wiley.com/doi/pdf/10.1111/sms.13611>
- 8) Zouhal H, Hammami A, Tijani JM, Jayavel A, de Sousa M, Krstrup P, Sghaeir Z, Granacher U, Ben Abderrahman A (2020). Effects of Small-Sided Soccer Games on Physical Fitness, Physiological Responses, and Health Indices in Untrained Individuals and Clinical Populations: A Systematic Review. *Sports Med.* 2020 Jan 27. doi: 10.1007/s40279-019-01256-w. <https://link.springer.com/article/10.1007%2Fs40279-019-01256-w>

Editorials, expert statement papers, executive summaries:

- 1) Krstrup P, Dvorak J, Junge A, Bangsbo J (2010). Executive summary: The health and fitness benefits of regular participation in small-sided football games. *Scand J Med Sci Sports.* 20, suppl 1: 132-135. <https://onlinelibrary.wiley.com/doi/pdf/10.1111/j.1600-0838.2010.01106.x>
- 2) Bangsbo J, Junge A, Dvorak J, Krstrup P (2014). Executive summary: Football for health - prevention and treatment of non-communicable diseases across the lifespan through football. *Scand J Med Sci Sports.* 24(S1): 147-150. <https://onlinelibrary.wiley.com/doi/full/10.1111/sms.12271>
- 3) Krstrup P, Dvorak J, Bangsbo J (2016). Small-sided football in schools and leisure-time sport clubs improves physical fitness, health profile, wellbeing and learning of children. *Br J Sports Med* 50(19):1166-7. <https://bjsm.bmj.com/content/50/19/1166.long>
- 4) Krstrup P, Krstrup BR (2018). Football is medicine: it is time for patients to play! *Br J Sports Med.* 2018 Nov;52(22):1412-1414. <https://bjsm.bmj.com/content/bjsports/52/22/1412.full.pdf>
- 5) Krstrup P, Williams CA, Mohr M, Hansen PR, Helge EW, Elbe AM, de Sousa M, Dvorak J, Junge A, Hammami A, Holtermann A, Larsen MN, Kirkendall D, Schmidt JF, Andersen TR, Buono P,

- Rørth M, Parnell D, Ottesen L, Bennike S, Nielsen JJ, Mendham AE, Zar A, Uth J, Hornstrup T, Brasso K, Nybo L, Krstrup BR, Meyer T, Aagaard P, Andersen JL, Hubball H, Reddy PA, Ryom K, Lobelo F, Barene S, Helge JW, Fatouros IG, Nassis GP, Xu JC, Pettersen SA, Calbet JA, Seabra A, Rebelo AN, Figueiredo P, Póvoas S, Castagna C, Milanovic Z, Bangsbo J, Randers MB, Brito J (2018). The "Football is Medicine" platform-scientific evidence, large-scale implementation of evidence-based concepts and future perspectives. *Scand J Med Sci Sports* 28(S1): 1:3-7. <https://onlinelibrary.wiley.com/doi/epdf/10.1111/sms.13220>
- 6) Brito J, Williams CA, Randers MB (2018). Executive summary: Recreational football training as medicine. *Scand J Med Sci Sports*. Aug;28 Suppl 1:74-76. <https://onlinelibrary.wiley.com/doi/full/10.1111/sms.13246>
- 7) Castagna C, de Sousa M, Krstrup P, Kirkendall DT (2018). Recreational team sports: The motivational medicine. *J Sport Health Sci*. Apr;7(2):129-131. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6180543/pdf/main.pdf>
- 8) Ring-Dimitriou S, Krstrup P, Coelho-E-Silva MJ, Mota J, Seabra A, Rego C, Mazur A, Vlachopapadopoulou E, Caroli M, Frelut ML, Erhardt E, Forslund A, Boyland E, Weghuber D, Thivel D (2019). Could sport be part of pediatric obesity prevention and treatment? Expert conclusions from the 28th European Childhood Obesity Group Congress. *J Sport Health Sci*. 8(4):350-352. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6620416/pdf/main.pdf>

Books and book chapters:

- 1) Krstrup P (2017). Soccer Fitness: Prevention and Treatment of Lifestyle Diseases. Book Chapter, pp. 61-70. In Bangsbo J, Krstrup P, Hansen PR, Ottesen L, Pfister G, Elbe AM (Eds.), *Science and Soccer VIII: Proceedings from XIII WCSF congress, 2015*. 1-70). London: Routledge. https://www.google.com/search?ei=IbY7XqajDLKHwPAP9OK62A4&q=Chapter+6+Soccer+Fitness%3A++Peter+Krustup&oq=Chapter+6+Soccer+Fitness%3A++Peter+Krustup&gs_l=psy-ab.3...7939.14143..14338...0.0..0.101.1008.13j1.....0....1..gws-wiz.2U8n4hdfFqQ&ved=0ahUKEwjmt9D-qbznAhWyAxAIHXSxDusQ4dUDCAo&uact=5
- 2) Krstrup P and Bangsbo J (2017). Boldspil for Livet - Spil Sammen om Sundhed og Velvære, pp. 151 (In Danish). Frydenlund, Frederiksberg, Danmark. <https://www.frydenlund.dk/varebeskrivelse/4125>
- 3) Parnell D & Krstrup P (Eds) (2018). *Sport and Health – Exploring the Current State of Play*. Taylor & Francis. ISBN. 9781315266459. <https://www.routledge.com/Sport-and-Health-Exploring-the-Current-State-of-Play-1st-Edition/Parnell-Krustup/p/book/9781138290228>
- 4) Krstrup, P., & Randers, M. B. (2018). Sport and health: The prevention and treatment of non-communicable diseases. In D. Parnell, & P. Krstrup (Eds.), *Sport and Health: Exploring the Current State of Play* (pp. 198-218). Taylor & Francis. <https://doi.org/10.4324/9781315266459>
- 5) Krstrup P & Parnell D (Eds) (2020). *Football as Medicine - Prescribing Football for Global Health Promotion*, London: Routledge. <https://www.routledge.com/Football-as-Medicine-Prescribing-Football-for-Global-Health-Promotion/Krustup-Parnell/p/book/9780367248888>