

SCHRIFTENVERZEICHNIS

Artikel in wissenschaftlichen Fachzeitschriften mit peer-review (*geteilte Eck-Autorenschaft)

2023

- 1) Keller S., Ji S., Feuerbacher J., Dragutinovic B., **Schumann M.** & Wahl P. (2023). Development and interplay of metabolic and mechanical performance determinants over an annual training period in adolescent national-level squad swimmers. *Accepted for publication in the International Journal of Sports Physiology and Performance*. **IF: 4.21, Q1**
- 2) Notbohm HL., Umlauff L., Bloch W. & **Schumann M.** (2023). Comparison of the cytokine response to acute strength exercise between oral contraceptive users and naturally cycling women. *Accepted for publication in the European Journal of Applied Physiology*. **IF: 3.35, Q2**
- 3) Ledergerber RJ., Jacobs MW., Roth R. & **Schumann M.** (2023). Contribution of different strength determinants on distinct phases of Olympic rowing performance in adolescent athletes. *European Journal of Sport Science, published online on July 3*. **IF: 3.98, Q2**
- 4) Devantier-Thomas B., Deakin G., Crowther F., **Schumann M.** & Doma K. (2023). The impact of exercise-induced muscle damage on various cycling performance metrics: a systematic review and meta-analysis. *Accepted for publication in the Journal of Strength and Conditioning Research*. **IF: 4.42, Q1**
- 5) Notbohm HL., Moser F., Goh J., Feuerbacher JF., Bloch W. & **Schumann M.** (2023). The effects of menstrual cycle phases on immune function and inflammation at rest and after acute exercise: A systematic review and meta-analysis. *Acta Physiologica, published online on June 12*. **IF: 7.52, Q1**
- 6) Dragutinovic B., Jacobs MW., Feuerbacher JF., Goldmann J-P., Cheng S. & **Schumann M.** (2023). Evaluation of the vmaxpro sensor for assessing movement velocity and load-velocity variables: accuracy and implications for practical use. *Biology of Sport, published online on May 25*. **IF: 4.61, Q1**
- 7) Le S., **Schumann M.**, Cheng S. & Yiao W. (2023). Exercise precision medicine for type 2 diabetes. Targeted benefit or risk? A case report. *Sports Medicine and Health Science, published online on February 19*. **IF:-**
- 8) Feuerbacher JF., Dragutinovic B., Jacobs MW. & **Schumann M.** (2022). Acute effects of combined lower body endurance and upper body strength exercise on explosive strength performance in naturally menstruating women. *International Journal of Sports Physiology and Performance published online on February 9*. **IF: 4.21, Q1**

2022

- 9) Le S., Wang X., Zhang T., Lei SM., Cheng S., Yao W.* & **Schumann M.*** (2022). Validity of three smartwatches in estimating energy expenditure during outdoor walking and running. *Frontiers in Physiology, 13:995575*. **IF: 4.76, Q1**
- 10) Keller S.*, Notbohm H.*, Bloch W. & **Schumann M.** (2022). Reduced concentrations of reactive oxygen and nitrogen species following strenuous exercise in the heat are not associated with an upregulation in systemic antioxidative capacity. *Accepted for publication in the Baltic Journal of Health and Physical Activity*. **IF:/**
- 11) Seipp D., Feuerbacher JF., Jacobs M., Dragutinovic B. & **Schumann M.** (2022). Acute effects of high-intensity interval running on lower and upper body explosive strength and throwing velocity in handball players. *Accepted for publication in the Journal of Strength and Conditioning Research*. **IF: 4.42, Q1**
- 12) Grau M., Zollmann, E., Bros J., Seeger B., Dietz T., Ureña JAN., Grolle A., Zacher J., Notbohm H., Suck G., Bloch W. & **Schumann M.** (2022). Autologous blood doping induced changes in red blood cell rheologic parameters, RBC age distribution, and performance. *Biology, 11(5):647*. **IF: 5.17, Q1**
- 13) Lundberg TR., Feuerbacher JF., Sünkeler M. & **Schumann M.** (2021). The effects of concurrent aerobic and strength training on muscle fiber hypertrophy: A systematic review and meta-analysis. *Sports Medicine, published online on April 27th*. **IF: 11.93, Q1**

- 14) Dragutinovic B., Feuerbacher JF., Jacobs MW., Bloch W. & **Schumann M.** (2022). Acute Effects of Concurrent High-intensity Interval Cycling and Bench Press Loading on Upper- and Lower-Body Explosive Strength Performance. *International Journal of Sports Physiology and Performance*, published online on April 13th. **IF: 4.21, Q1**
- 15) Argent R., Hetherington-Rauth M., Tarp J., Ortega FB., Molina-Garcia P., **Schumann M.**, Bloch W., Cheng S., Grøntved A., Brønd JC., Ekelund U., Sardinha LB. & Caulfield B. (2022). Recommendations for determining the validity of consumer wearables and smartphones for the estimation of energy expenditure: expert statement and checklist of the INTERLIVE network. *Sports Medicine*, published online on March 9th. **IF: 11.93, Q1**
- 16) Boullousa D., Dragutinovic B., Feuerbacher J., Benitez-Flores S., Coyle E. & **Schumann M.** (2022). Effects of short sprint interval training (≤ 10 s) on aerobic and anaerobic indices: A systematic review and meta-analysis. *Scandinavian Journal of Medicine and Science in Sports and Exercise*, 32(5):810-820. **IF: 4.65, Q1**
- 17) Molina-Garcia P., Notbohm HL., **Schumann M.**, Argent R., Hetherington-Rauth M., Bloch W., Cheng S., Ekelund U., Sardinha LB., Caulfield B., Brønd JC., Grøntved A. & Ortega FB. (2022). Validity of estimating the maximal oxygen consumption by consumer wearables: A systematic review with meta-analysis and expert statement of the INTERLIVE network. *Sports Medicine*, published online on January 24th. **IF: 11.93, Q1**
- 18) Feuerbacher JF., Jacobs MW., Dragutinovic B., Goldmann JP., Cheng S. & **Schumann M.** (2022). Validity and Test-Retest Reliability of the Vmaxpro Sensor for Evaluation of Movement Velocity in the Deep-Squat. *Journal of Strength and Conditioning Research*, published online on January 5th. **IF: 4.42, Q1**

2021

- 19) **Schumann M.**, Feuerbacher JF., Sünkel M., Freitag N., Rønnestad BR., Doma K. & Lundberg TR. (2021). Compatibility of concurrent aerobic and strength training for skeletal muscle size and function: an updated systematic review and meta-analysis. *Sports Medicine*, published online November 10th. **IF: 11.93, Q1**
- 20) Isenmann E., **Schumann M.**, Notbohm HL., Flenker U. & Zimmer P. (2021). Hormonal response after masturbation in young healthy men – A randomized controlled cross-over study. *Basic and Clinical Andrology* 31:32. **IF: 2.89, Q1**
- 21) Boullousa D., Dragutinovic B., Deutsch J-P., Held S., Donath L., Bloch W. & **Schumann M.** (2021). Acute and delayed effects of time-matched very short “all out” efforts in concentric vs. eccentric cycling. *International Journal of Environmental Research and Public Health*, 28;18(15):7968. **IF: 4.61, Q1**
- 22) Umlauff L., Weber M., Freitag N., Fairman CF., Heidenreich A, Bloch W & **Schumann M.** (2021). Dietary interventions to improve body composition in men treated with androgen deprivation therapy for prostate cancer: A solution for the growing problem? *Prostate Cancer and Prostatic Diseases*, published online on June 30th. **IF: 5.46, Q1**
- 23) Notbohm HL., Feuerbacher JF., Papendorf F., Friese N., Jacobs MW., Predel HG., Zacher J., Bloch W. & **Schumann M.** (2021). Metabolic, hormonal and performance effects of isomaltulose ingestion before prolonged aerobic exercise: a double-blind, randomised, cross-over trial. *Journal of the International Society of Sports Nutrition*, 18:38. **IF: 4.95, Q1**
- 24) **Schumann M.**, Chen Z., Wang X., Waller K., Le S. & Cheng S. (2021). Maximal isometric strength indices are associated with the oxygen of cost walking and running in recreationally active men and women. *Research in Sports Medicine*, 18;1-14. **IF: 3.66, Q2**
- 25) Notbohm H., **Schumann M.**, Fuhrmann S., Klocke J., Theurich S. & Bloch W. (2021). Longterm physical training in adolescent sprint and middle distance swimmers alters the composition of circulating T and NK cells which correlates with soluble ICAM-1 serum concentrations. *European Journal of Applied Physiology*, 121(6):1773-1781. **IF: 3.35, Q2**
- 26) Feuerbacher JF., von Schöning V., Melcher J., Notbohm HL., Freitag N. & **Schumann M.** (2021). Short-term creatine loading improves total work and repetitions to failure but not load-velocity characteristics in strength-trained men. *Nutrients*, 13(3):826. **IF: 6.71, Q1**
- 27) Zhao T., Le S., Freitag N., **Schumann M.**, Wang X. & Cheng S. (2021). Effect of chronic exercise training on blood lactate metabolism during rest and exercise among patients with type 2 diabetes mellitus: a systematic review and meta-analysis. *Frontiers in Physiology*, 12:652023. **IF: 4.76, Q1**
- 28) Zacher J., Dillschmitter K., **Schumann M.** & Predel HG. (2021). Sport und Vorhofflimmern: Schutzfaktor, Risikofaktor und Therapeutikum. *Herzmedizin*. **IF: -**

- 29) Umlauff L., Weil P., Zimmer P., Hackney AC., Bloch W. & **Schumann M.** (2021). Oral contraceptives do not affect physiological responses to strength exercise. *Journal of Strength and Conditioning Research, published online on February 4th*. **IF: 4.42, Q1**
- 30) Keller S., Kohne S., Notbohm HL., Bloch W. & **Schumann M.** (2021). Cooling during endurance cycling in the heat: Blunted core temperature but not inflammatory responses. *International Journal of Sports Physiology and Performance, Feb 9, 1-6*. **IF: 4.21, Q1**
- 31) Mühlen JM.*, Stang J.*, Skovgaard EL.*, Júdice PB., Molina-Garcia P., Johnston W., Sardinha LB., Ortega FB., Caulfield B., Bloch W., Cheng S., Ekelund U., Brønd JC, Grøntved A. & **Schumann M.** (2021). Recommendations for determining the validity of consumer wearable heart rate devices: Expert statement and checklist of the INTERLIVE Network. *British Journal of Sports Medicine, bjsports-2020-103148*. **IF: 18.47, Q1**

2020

- 32) Johnston W.*, Júdice PB.*, Molina-Garcia P.*, Mühlen JM, Skovgaard EL, Stang J., **Schumann M.**, Cheng S., Bloch W., Brønd JC., Ekelund U., Grøntved A., Caulfield B., Ortega FB. & Sardinha LB. (2020). Recommendations for determining the validity of consumer wearable and smartphone step-count: Expert statement and checklist of the INTERLIVE Network. *British Journal of Sports Medicine, bjsports-2020-103147*. **IF: 18.47, Q1**
- 33) Harmsen J-F., Latella C., Mesquita R., Fasse A., **Schumann M.**, Behringer M., Taylor J. & Nosaka K. (2020). H-reflex and M-wave responses after voluntary and electrically evoked muscle cramping. *European Journal of Applied Physiology, 121(2):659-672*. **IF: 3.35, Q2**
- 34) Freitag N., Doma K., Neunhaeuserer D., Cheng S., Bloch W. & **Schumann M.** (2020). Is structured exercise performed with supplemental oxygen a promising method of personalized medicine in the therapy of chronic diseases? *Journal of Personalized Medicine, 10(3):135*. **IF: 3.51, Q2**
- 35) Keller S., Kohne S., Bloch W. & **Schumann M.** (2020). Comparison of two different cooling systems in alleviating thermal and physiological strain during prolonged exercise in the heat. *Ergonomics, 64(1):129-138*. **IF: 2.56, Q3**
- 36) Zacher J*, Dillschnitter K.*, Freitag N., Bjarnason-Wehrens B., Bloch W., Predel H-G. & **Schumann M.** (2020) Exercise training in the treatment of paroxysmal atrial fibrillation: study protocol of the Cologne ExAfib trial. *BMJ open, 10:e040054*. **IF: 3.01, Q2**
- 37) **Schumann M.**, Freitag N. & Bloch W. (2020). Advanced exercise prescription for cancer patients and its application in Germany. *Journal of Science in Sport and Exercise, 2:201–214*. **IF: -**
- 38) Boullousa D., Beato M., Dello Iacono A., Cuenca-Fernández F., Doma K., **Schumann M.**, Moura Zagatto I., Loturco I. & Behm DG. (2020). Response to the comment on “A New Taxonomy for Post-Activation Potentiation in Sport”. *International Journal of Sports Physiology and Performance, published online on January 6th*. **IF: 4.21, Q1**
- 39) Boullousa D., Beato M., Dello Iacono A., Cuenca-Fernández F., Doma K., **Schumann M.**, Moura Zagatto I., Loturco I. & Behm DG. (2020). A new taxonomy for post-activation potentiation in sport. *International Journal of Sports Physiology and Performance, published online on August 20th*. **IF: 4.21, Q1**
- 40) Niels T., Tomanek A., Freitag N. & **Schumann M.** (2020). Can exercise counteract cancer cachexia? A systematic review and meta-analysis. *Integrative Cancer Therapies, 19, 1-14*. **IF: 3.01, Q2**
- 41) Joisten N.*, **Schumann M.***, Schenk A., Walzik D., Freitag N., Knoop A., Thevis M., Bloch W. Zimmer P. (2020). Acute hypertrophic but not maximal strength loading transiently enhances the kynurenine pathway towards kynurenic acid. *European Journal of Applied Physiology 120(6):1429-1436*. **IF: 3.35, Q2**
- 42) Freitag N., Böttrich T., Weber, PD., Manferdelli G., Bizjak DA., Grau M., Sanders TC., Bloch W. & **Schumann M.** (2020). Acute Low-Dose Hyperoxia during a Single Bout of High-Intensity Interval Exercise Does Not Affect Red Blood Cell Deformability and Muscle Oxygenation in Trained Men - A Randomized Crossover Study. *Sports, 8(1):4*. **IF: -**
- 43) **Schumann M.**, Notbohm H., Bäcker S., Klocke J., Fuhrmann S. & Clephas C. (2020). Strength-Training periodization: No effect on swimming performance in well-trained adolescent swimmers. *International Journal of Sports Physiology and Performance, Mar 2:1-9*. **IF: 4.21, Q1**

2019

- 44) Manfredelli G., Freitag N., Doma K., Hackney AC., Predel H-G., Bloch W. & **Schumann M.** (2019). Acute hormonal responses to high-intensity interval training in hyperoxia. *Journal of Human Kinetics*, 73:125-134. **IF: 2.92, Q2**
- 45) Thamm A., Freitag N., Figueirido P., Doma K., Rottensteiner C., Bloch W. & **Schumann M.** (2019). Can heart rate variability determine recovery following distinct strength loadings? A randomized cross-over trial. *International Journal of Environmental Research and Public Health* 16(22), 4353. **IF: 4.61, Q1**
- 46) **Schumann M.**, Bloch W. & Oberste M. (2019). Effects of physical training on skeletal muscle and the central nervous system in older adults. *Deutsche Medizinische Wochenschrift*, 144(20): 1396-1399. **IF: 0.65, Q4**
- 47) **Schumann M.**, Freitag N., Haag E. & Bloch W. (2019). Individualized physical training in the therapy of primary ciliary dyskinesia – a case report. *Respiratory Medicine Case Reports*, 28:100925. **IF: -**
- 48) Eckstein ML, Freitag N., **Schumann M.**, Tripolt N., Hofmann P., Moser O. & Sourij H. (2019). The future is now: SGLT2 inhibitors and type 1 diabetes – what about exercise? *Diabetes Research and Clinical Practice*, 155:107806. **IF: 8.18, Q1**
- 49) Kinnunen H., Häkkinen K., **Schumann M.**, Karavirta L., Westerterp KR., & Kyröläinen K. (2019). Training-induced changes in daily energy expenditure: Methodological Evaluation using wrist-worn accelerometer, heart rate monitor, and doubly labeled water technique. *PlosOne*, 14(7):e0219563. **IF: 3.75, Q2**
- 50) Chen Z., Zhang Y., Lu C., Zeng H., **Schumann M.*** & Cheng S.* (2019). Supervised physical training enhances muscle strength but not muscle mass in prostate cancer patients undergoing androgen deprivation therapy: a systematic review with meta-analysis. *Frontiers in Physiology*, 10:843. **IF: 4.76, Q1**
- 51) Le S., Xu L., **Schumann M.**, Wu N., Törmäkangas T., Alen M., Cheng S. & Wiklund P. (2019). Does sex hormone-binding globulin cause insulin resistance during pubertal growth? *Endocrine Connections*, 8(5):510-517. **IF: 3.22, Q3**
- 52) Doma K., Deakin GB., **Schumann M.** & Bentley DJ. (2019). Training considerations for optimising endurance development: An alternate concurrent training perspective. *Sports Medicine*, 49(5):669-682. **IF: 11.93, Q1**
- 53) Mugele H., Freitag N., Wilhelmi J., Yang Y., Cheng S., Bloch W. & **Schumann M.** (2019). High-intensity interval training in the therapy and aftercare of cancer patients: a systematic review with meta-analysis. *Journal of Cancer Survivorship*, 13, 205–223. **IF: 4.06, Q1**
- 54) Heilbronn B, Sinclair W., Doma K., **Schumann M.** & Gormann D (2019). Effects of periodized vs. nonperiodized resistance training on army-specific fitness and skills performance. *Journal of Strength and Conditioning Research*, 34(3):738-753. **IF: 4.42, Q1**

2018

- 55) Zhang M.*, **Schumann M.***, Huang T., Törmäkangas T. & Cheng S. (2018). Normal weight obesity and physical fitness in Chinese university students: an overlooked association. *BMC Public Health*, 18(1):1334. **IF: 4.14, Q2**
- 56) Yang Y., **Schumann M.**, Shenglong L. & Cheng S. (2018). Reliability and validity of a new accelerometer-based device for detecting physical activities and energy expenditure. *PeerJ*, 6:e5775. **IF: 3.06, Q2**
- 57) Ahtiainen JP., Lensu S., Ruotsalainen I., **Schumann M.**, Ihalainen JK., Fachada V., Mendias CL., Brook MS., Smith K., Atherton PJ., Koch LG., Britton SL. & Kainulainen H. (2018). Physiological adaptations to resistance training in rats selectively bred for low and high response to aerobic exercise training. *Experimental Physiology*, 103(11):1513-1523. **IF: 2.86, Q3**
- 58) Freitag N, Weber PD, Sanders TC, Schulz H, Bloch H & **Schumann M.** (2018). High-Intensity Interval Training and hyperoxia during chemotherapy: A case report about the feasibility, safety and physical functioning in a colorectal cancer patient. *Medicine*, 97(24):e11068. **IF: 1.82, Q3**
- 59) Hietevala EM., Ihalainen JK., Frassetto LA., **Schumann M.**, Eklund D., Häkkinen K., Kainulainen H. & Mero AA. (2018). Effects of 12-week low or moderate dietary acid intake on acid-base status and renal function at rest and during submaximal cycling. *Nutrients* 10(3): 323. **IF: 6.71, Q1**

- 60) Huang T.*, Lu C.*, **Schumann M.***, Le S., Yang Y., Zhuang H., Wu N., Zhang X., Lu Q., Huang X., Wiklund P. & Cheng S. (2018). Timing of Exercise Affects Glycemic Control in Type 2 Diabetes Patients Treated with Metformin. *Journal of Diabetes Research*, 2018:2483273. **IF: 4.06, Q3**
- 61) Baumann FT., Reike A, Reimer V. **Schumann M.**, Hallek M., Taaffe DR., Newton RU & Galvao DA. (2018). Effects of physical exercise on breast cancer-related secondary lymphedema: a systematic review. *Breast Cancer Research and Treatment*, 170(1): 1-13. **IF: 4.62, Q2**
- 62) Doma K., Leicht AS., **Schumann M.**, Nagata A., Senzaki K. & Woods CT. (2018). Postactivation potentiation effect of overloaded cycling on subsequent cycling Wingate performance. *Journal of Sports Medicine and Physical Fitness*, 59(2):217-222. **IF: 1.67, Q4**
- 63) Cadore EL., Pinto RS., Lopes Teodoro J., Neves da Silva LX., Menger E., Alberton CL., Cunha G., **Schumann M.**, Bottaro M., Zambon-Ferraresi F. & Izquierdo M. (2018). Cardiorespiratory adaptations in elderly men following different concurrent training regimes. *The Journal of Nutrition, Health & Aging*, 22(4):483-490. **IF: 5.29, Q1**
- 64) Franz A., Behringer M., Harmsen JF., Mayer C., Krauspe R., Zilkens C. & **Schumann M.** (2018). Ischemic preconditioning blunts muscle damage responses induced by eccentric exercise. *Medicine & Science in Sports & Exercise*, 50(1), 109-115. **IF: 6.29, Q1**

2017

- 65) **Schumann M.**, Schulz H., Hackney AC. & Bloch W. (2017). Feasibility of high-intensity interval training with hyperoxia vs. intermittent hyperoxia and hypoxia in cancer patients undergoing chemotherapy – study protocol of a randomized controlled trial. *Contemporary Clinical Trials Communications*, 8, 213-217. **IF: /**
- 66) Doma K., Leicht A., Sinclair W., **Schumann M.**, Damas F., Burt D. & Woods C. (2017). Impact of exercise-induced muscle damage on physical fitness qualities in elite female basketball players. *Journal of Strength and Conditioning Research*, 32(6):1731-1738. **IF: 4.42, Q1**
- 67) Franz A., Klaas, J., **Schumann M.**, Frankewitsch T., Filler TJ. & Behringer M. (2017). Anatomical- vs. Functional Motor Points of Selected Upper Body Muscles. *Muscle & Nerve*, 57(3):460-465. **IF: 3.85, Q2**
- 68) Doma K., **Schumann M.**, Leicht A., Heilbronn B., Damas F & Burt D. (2017) The repeated bout effect of traditional lower body resistance exercises on running performance across three bouts. *Applied Physiology, Nutrition, and Metabolism*, 42(9):978-985. **IF: 3.02, Q2**
- 69) Fernández-Lezaun E., **Schumann M.**, Mäkinen T, Kyröläinen H & Walker S. (2017). Effects of resistance training frequency on cardiorespiratory fitness in older men and women during intervention and follow-up. *Experimental Gerontology*, 95:44-53. **IF: 4.25, Q2**
- 70) Ihalainen JK., **Schumann M.**, Eklund D., Vuolteenaho K., Hämäläinen M., Moilanen E., Paulsen G., Häkkinen K. & Mero AA (2017). Combined aerobic and resistance training decreases inflammation markers in healthy men. *Scandinavian Journal of Medicine and Sciences in Sports and Exercise*, 28(1):40-47. **IF: 4.65, Q1**

2016

- 71) Franz A., Behringer M., Nosaka K., Mayer C., Zilkens C. & **Schumann M.** (2016). Mechanisms underpinning protection of eccentric exercise-induced muscle damage by ischemic preconditioning. *Medical Hypotheses*, 98, 21-27. **IF: 4.41, Q2**
- 72) Kūusmaa M., **Schumann M.**, Sedliak M., Kraemer WJ., Newton RU., Malinen JP., Nyman K., Häkkinen A. & Häkkinen K. (2016). Effects of morning vs. evening combined strength and endurance training on physical performance, muscle hypertrophy, and serum hormone concentrations. *Applied Physiology, Nutrition, and Metabolism*, 41:12, 1285-1294. **IF: 3.02, Q2**
- 73) **Schumann M.**, Pelttari P., Doma K., Karavirta L. & Häkkinen K. (2016). Neuromuscular adaptations to same-session combined endurance and strength training in recreational endurance runners. *International Journal of Sports Medicine*, 37:14, 1136-1143. **IF: 3.0, Q2**
- 74) **Schumann M.**, Botella J., Karavirta L. & Häkkinen K. (2016). Training-load-guided vs standardized endurance training in recreational runners. *International Journal of Sports Physiology and Performance*, 24, 1-28. **IF: 4.21, Q1**

- 75) Eklund D., **Schumann M.**, Kraemer WJ., Izquierdo M., Taipale RS. & Häkkinen K. (2016). Acute endocrine and force responses and long-term adaptations to same-session combined strength and endurance training in women. *Journal of Strength and Conditioning Research*, 30:1, 164-175. **IF: 4.42, Q1**
- 76) Hayter KJ., Doma K., **Schumann M.** & Deakin G. (2016). The acute effects of cold water immersion on maximal cycling performance and recovery markers following strength exercise. *PeerJ*, 4, e1841. **IF: 3.06, Q2**

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- 77) Ihalainen J., **Schumann M.**, Häkkinen K. & Mero AA. (2015). Mucosal immunity and upper respiratory tract symptoms during endurance training in recreational endurance runners. *Applied Physiology, Nutrition, and Metabolism*, 41, 96-102. **IF: 3.02, Q2**
- 78) **Schumann M.**, Yli-Peltola K., Abbiss CR. & Häkkinen K. (2015). Cardiorespiratory adaptations during concurrent aerobic and strength training in men and women. *PloS One*, 10:9. **IF: 3.75, Q2**
- 79) Doma K., **Schuman M.**, Sinclair WH., Leicht AS., Deakin GB. & Häkkinen K. (2015). The repeated bout effect of typical lower body strength loading on sub-maximal running performance and hormonal response. *European Journal of Applied Physiology*, 115:8, 1789-1799. **IF: 3.35, Q2**
- 80) **Schumann M.**, Mykkänen O.P., Doma K., Mazzolari R., Nyman K. & Häkkinen K. (2015). Effects of endurance training only versus same-session combined endurance and strength training on physical performance and serum hormone concentrations in recreational endurance runners. *Applied Physiology, Nutrition, and Metabolism*, 40:1, 28-36. **IF: 3.02, Q2**

2014

- 81) Eklund D., Pulverenti, T., Bankers S., Avela, J., Newton RU., **Schumann M.** & Häkkinen K. (2014). Neuromuscular adaptations to different modes of combined strength and endurance training. *International Journal of Sports Medicine*, 36:2, 120-129. **IF: 3.0, Q2**
- 82) Taipale RS., **Schumann M.**, Mikkola J., Nyman K., Kyröläinen K., Nummela A. & Häkkinen K. (2014). Acute neuromuscular and metabolic responses to combined strength and endurance loadings: the “order effect” in recreationally endurance trained runners. *Journal of Sports Sciences*, 32:12, 1155-1164. **IF: 3.94, Q2**
- 83) **Schumann M.**, Kääsmaa M., Newton RU., Sirparanta A-I., Syväoja H, Häkkinen A. & Häkkinen K. (2014). Fitness and lean mass increases during combined training independent of loading order. *Medicine & Science in Sports & Exercise*, 46:9, 1758-1768. **IF: 6.29, Q1**
- 84) **Schumann M.**, Walker S., Izquierdo M., Newton RU., Kraemer WJ. & Häkkinen K. (2014). The order effect of combined endurance and strength loadings on force and hormone responses: Effects of prolonged training. *European Journal of Applied Physiology*, 114:4, 867-880. **IF: 3.35, Q2**

2013

- 85) **Schumann M.**, Eklund D. Taipale RS., Nyman K., Kraemer WJ., Häkkinen A., Izquierdo M. & Häkkinen K. (2013). Acute neuromuscular and endocrine responses and recovery to single session combined endurance and strength loadings: ‘Order effect’ in untrained young men. *Journal of strength and conditioning research*, 27:2, 421-433. **IF: 4.42, Q1**

Bücher und Buchkapitel (zum Teil mit peer-review)

2023

- 1) Feuerbacher F. & **Schumann M.** (2023). Resistance Training and High-Intensity Interval Training for Endurance Athletes. In: Miller T., editor. Endurance Sports Medicine – A clinical guide, 2nd Edition; *Springer International Publishing AG.*

2021

- 2) **Schumann M.** (2021). Prostate Cancer (in Portuguese Cancer de Prostata). In: Raso V. & D'Andrea Greve JM., editors. Pollock Exercise Physiology, 2nd Edition (in Portuguese Pollock Fisiologia Clínica do Exercício); *Athneu, Sao Paulo.*

2019

- 3) **Schumann M.** (2019). Endokrine Steuerung. In: Behringer M., editor. Sportphysiologie; *Humanitas Verlag, in press.*

2018

- 4) **Schuman M.** & Ronnestad B., editors (2018). Concurrent Aerobic and Strength Training - Scientific Basics and Practical Applications; *Springer International Publishing AG, published online, November 1st.*
- 5) **Schuman M.** & Ronnestad B. (2018). A brief historical overview on the science of concurrent aerobic and strength training. In: **Schuman M.** & Ronnestad B., editors. Concurrent Aerobic and Strength Training - Scientific Basics and Practical Applications; *Springer International Publishing AG, published online, November 1st.*
- 6) **Schuman M.** (2018). Effects of the training mode of concurrent aerobic and strength training on physiological adaptations and performance. In: **Schuman M.** & Ronnestad B., editors. Concurrent Aerobic and Strength Training - Scientific Basics and Practical Applications; *Springer International Publishing AG, published online, November 1st.*

Konferenzbeiträge mit peer-review

Podium (presenter)

2018

- 1) **Schumann M.**, Gerland L., Frisse S. Freitag N., Bloch W. & Baumann FT. (2018) Associations between cancer-related fatigue and muscle strength in breast cancer survivors following 12 weeks of supervised strength training. *11th International Conference on Strength Training, November 30 – December 3, Perth, Australia.*

2017

- 2) **Schumann M.**, Fernández-Lezaun E., Mäkinen T., Kyröläinen H. & Walker S. (2017). Effects of resistance training frequency on cycling economy in older men. *22nd Congress of the European College of Sports Sciences, July 2-8, Essen, Germany.*

2015

- 3) **Schumann M.**, Karavirta L., Kinnunen H. & Häkkinen K. (2015). A comparison of training load guided vs. conventional endurance training in recreational endurance runners. *20th Annual Congress of the European College of Sport Science, June 24-27, Malmö, Sweden.*
- 4) **Schumann M.**, Yli-Peltola K., Kraemer WJ. & Häkkinen K. (2015). Does the strength and endurance training sequence affect cardiorespiratory adaptations in women? *62nd Annual Meeting of the American College of Sports Medicine, May 26-30, San Diego, USA.*

2013

- 5) **Schumann M.**, Kūismaa M., Newton RU, Häkkinen A. & Häkkinen K. (2013). Physical fitness, muscle CSA and lean body mass increases during combined endurance and strength training independent of the exercise sequence. *7th Annual Meeting of the TBDP, November 7-8, Tampere, Finland.*
- 6) **Schumann M.**, Kraemer WJ., Walker S., Izquierdo M. & Häkkinen K. (2013). Force and testosterone responses and recovery to a single session of combined endurance and strength loadings before and after training: "Order effect". *18th Congress of the European College of Sport Science, June 26-29, Barcelona, Spain.*

2014

- 7) **Schumann M.**, Pelttari P., Mykkänen O-P. & Häkkinen K. (2014). Is strength training beneficial for endurance runners when performed always immediately after endurance running? *8th Annual Meeting of the TBDP, October 9-10, Tampere, Finland.*

2012

- 8) **Schumann M.**, Eklund D., Taipale RS., Nyman K., Kraemer WJ., Häkkinen A., Izquierdo M. & Häkkinen K. (2012). Influence of a single session of combined endurance and strength loading with different exercise orders on maximal force production and serum testosterone concentrations. *6th Annual Meeting of the TBDP, November 1-2, Tampere, Finland.*
- 9) **Schumann M.**, Eklund D. Taipale RS, Nyman K., Kraemer WJ., Häkkinen A., Izquierdo M. & Häkkinen K. (2012). Acute neuromuscular and endocrine responses and recovery to single session combined endurance and strength loadings with different exercise orders: Implications for training. *8th International Conference on Strength Training, October 23- 28, Oslo, Norway.*

Poster (presenter)

2018

- 10) **Schumann M.**, Freitag N., Böttrich T., Manfredelli G., Bizjak DA., Grau M. & Bloch W. (2018) Acute effects of HIIT in hyperoxia on red blood cell deformability and deep tissue oxygenation. *23rd Congress of the European College of Sports Medicine, July 4-7, Dublin, Ireland.*

2014

- 11) **Schumann M.** & Häkkinen K. (2014). Neuromuscular adaptations during endurance training only vs. same-session combined endurance and strength training in recreational endurance runners. *9th International Conference of Strength Training, October 23-25, Abano Terme, Italy.*
- 12) **Schumann M.**, Mykkänen O-P., Pelttari P., Newton RU. & Häkkinen K. (2014). Combined vs. endurance training only in endurance runners: Performance benefits when strength training is performed always after endurance running? *6th Exercise & Sports Science Australia Conference and Sports Dietitians Australia Conference, April 10-12, Adelaide, Southern Australia.*
- 13) **Schumann M.**, Pelttari P., Mykkänen O-P. & Häkkinen K. (2014). Is strength training beneficial for endurance runners when performed always immediately after endurance running? *8th Annual Meeting of the TBDP, October 9-10, Tampere, Finland.*

2013

- 14) **Schumann M.**, Kūusmaa M., Syväoja H., Walker S., Nyman K. Häkkinen A., Kraemer WJ., & Häkkinen K. (2013). Changes in strength and muscle CSA during combined endurance and strength training: Order effect. *60th Annual Meeting of the American College of Sports Medicine, May 28-June 1, Indianapolis, Indiana, USA.*
- 15) **Schumann M.**, Häkkinen A., Avo T., Eklund D., Ikonen P., Kūusmaa M., Mykkänen O., Pelttari P., Pulverenti T., Sirparanta A-I., Syväoja H., Yli-Peltola K. & Häkkinen K. (2013). Improvements in Physical fitness and body composition during single session combined endurance and strength training with different exercise orders in women. *International Symposium „Physical Activity and Health Promotion during Life Course“, January 21-23, Jyväskylä, Finland.*

2011

- 16) **Schumann M.**, Taipale RS., Mikkola J., Nyman K., Kyröläinen H., Nummela A., & Häkkinen K. (2011). Acute effects of single session combined endurance and strength loadings on force production and serum hormones: Order effect in men and women. *2nd International Congress on Soldier's Physical Performance (ICSPP), May 4-7, Jyväskylä, Finland.*

Konferenzbeiträge (mit peer-review), Ko-/Letztautorenschaften

2023

- 17) Newton RU., Hart N., Kenfield, SA., Galvao DA., Courneya KS., Ryan CM., Chan JM., Catto JWF., Winters-Stone K., van Hemelrick M., Wylie H., **Schumann M.**, Skinner T., Praet S. & Saad F. (2023). Cardiopulmonary exercise testing of patients with metastatic castrate-resistant prostate cancer as screening for vigorous exercise medicine prescription. *Published at the Annual Meeting of the American Society of Clinical Oncology, Chicago, USA.*
- 18) Umlauff L., Heinrich L., Bloch W. & **Schumann M.** (2023). Objectively measured physical activity using wrist-worn accelerometers among participants of the German INTERVAL-GAP4 trial for men with metastatic prostate cancer.
- 19) Dragutinovic B., Moser F., Notbohm HL., Ihalainen JK. & **Schumann M.** (2023). No Effect of Menstrual Cycle Phases on Strength Performance and Neuromuscular Fatigue. *International Congress on Strength Training, September, Jyväskylä, Finland.*

- 20) Jacobs MW., Feuerbacher JF., & **Schumann M.** (2023). Associations between maximal strength and force velocity characteristics with running and cycling economy after a 12- week strength training intervention in well-trained triathletes. *International Congress on Strength Training, September, Jyväskylä, Finland.*
- 21) Feuerbacher JF., Heumann P., Jacobs MW. & **Schumann M.** (2023). Force velocity characteristics and muscle cross-sectional area following combined lower-body HIIT and strength training versus lower-body HIIT and upper-body strength training. *International Congress on Strength Training, September, Jyväskylä, Finland.*
- 22) Newton RU., Hart NH., Kenfield SA., Galvão DA., Ryan CM., Courneya KS., Chan JM., Catto J., Winters-Stone C., van Hemelrijck M., Wylie H., **Schumann M.**, Skinner TL., Praet SFE. & Saad F. (2023). Cardiopulmonary exercise testing of patients with metastatic castrate-resistant prostate cancer as screening for vigorous exercise medicine treatment. *American Society of Clinical Oncology Annual Meeting, June 2-6, Chicago, USA.*
- 23) Dragutinovic B., Feuerbacher JF., Jacobs MW. & **Schumann M.** (2023). Sex Differences in Local- and Non-Local Muscle Fatigue after High-Intensity Interval Cycling. *Sports, Medicine and Health Summit, June 22-24, Hamburg, Germany.*
- 24) Feuerbacher JF., Rehbein F., Jacobs MW. & **Schumann M.** (2023). Explosive strength development following combined lower-body HIIT and strength training versus lower-body HIIT and upper-body strength training. *Sports, Medicine and Health Summit, June 22-24, Hamburg, Germany.*
- 25) Jacobs MW., Feuerbacher JF., Schiffer AL. & **Schumann M.** (2023). Associations of individual force-velocity profiles and running and cycling performance in well-trained triathletes. *Sports, Medicine and Health Summit, June 22-24, Hamburg, Germany.*
- 26) Notbohm HL, Umlauff L., Bloch W. & **Schumann M.** (2023). The effect of oral contraceptive use on interleukins IL-1 β , IL-1ra, IL-6 and IL-10 after acute strength exercise. *Sports, Medicine and Health Summit, June 22-24, Hamburg, Germany.*
- 27) Umlauff L, Heinrich L., Bloch W. & **Schumann M.** (2023). The association of self-reported physical activity with physical fitness among men treated with androgen deprivation therapy for metastatic prostate cancer. *Sports, Medicine and Health Summit, June 22-24, Hamburg, Germany.*
- 28) Zhao T., Yao W., Cheng S., Feuerbacher J., Bloch W., **Schumann M.** & Le S. (2023). Inter-individual variability of exercise training-induced basal lactate change in Type 2 diabetes patients: an intervention study. *Sports, Medicine and Health Summit, June 22-24, Hamburg, Germany.*
- 29) Umlauff L., Heinrich L., Bloch W. & **Schumann M.** (2023). Objectively measured physical activity using wrist-worn accelerometers among men treated with androgen deprivation therapy for metastatic prostate cancer. *3rd International Conference on Physiotherapy in Oncology, September 14-15, Amsterdam, Netherlands.*
- 30) Nitzsche N., Neuendorf T., Haase R., Schneweis F., Kaden M., Wachler E. & **Schumann M.** (2023). Physiologische Beanspruchung während exzentrisch akzentuierten Kniebeugen mit progressiver Belastungssteigerung. *Hochschultag der Deutschen Vereinigung für Sportwissenschaft, September 20-22, Bochum, Deutschland.*

2022

- 31) Ledergerber RL., Jacobs MW., Roth R. & **Schumann M.** (2022). Differential effects of strength determinants on different phases of Olympic rowing performance in adolescent athletes. *14. Jahrestagung der Sportwissenschaftlichen Gesellschaft der Schweiz.*
- 32) Dragutinovic B., Feuerbacher JF., Jacobs MW., Goldmann J-P. & **Schumann M.** (2022). Validity and Test-Retest Reliability of the Vmaxpro Sensor for the Evaluation of Movement Velocity in the free-weight Deep Squat and Bench Press. *DGSP Symposium zur Nachwuchsförderung, September 29 – October 1, Tübingen, Germany.*
- 33) Feuerbacher F., Cheng S. & **Schumann M.** (2022). Der Einfluss von pneumatischem versus traditionellem Krafttraining auf die Körperzusammensetzung und Serum Metabolite. *DGSP Symposium zur Nachwuchsförderung, September 29 – October 1, Tübingen, Germany.*
- 34) Notbohm HL., Umlauff L. & **Schumann M.** (2022). The effects of oral contraceptive use on the pro- and anti-inflammatory cytokine balance after acute strength exercise. *Annual conference of the European College of Sport Science, August 30 – September 2, Seville, Spain.*
- 35) Umlauff L., Bloch W. & **Schumann M.** (2022). Associations of skeletal muscle mass with objective and subjective measures of physical function in men treated with androgen deprivation therapy for prostate cancer. *Annual conference of the European College of Sport Science, August 30 – September 2, Seville, Spain.*

- 36) Feuerbacher JF., Dragutinovic B. & **Schumann M.** (2022). Acute effects of combined lower body endurance and upper body strength exercise on explosive strength performance in naturally menstruating women. *Annual conference of the European College of Sport Science, August 30 – September 2, Seville, Spain.*
- 37) Dragutinovic B., Feuerbacher JF. & **Schumann M.** (2022). Acute Effects of Separate Upper or Lower Body Compared to Whole Body Strength Loading on Explosive Strength Performance. *Annual conference of the European College of Sport Science, August 30 – September 2, Seville, Spain.*

2021

- 38) Zhao T., Yao W., Wang X., Chen C., Lu J., Lu Q., Cao J., Tian J., **Schumann M.**, Cheng S., Le S. (2021). Effect of 14-week high-intensity interval training on blood lactate concentrations in type 2 diabetes patients. *57th Annual Meeting of the European Association for the Study of Diabetes (EASD).*
- 39) Freitag N., Bloch W. & **Schumann M.** (2021). Short-term high-intensity interval training during chemotherapy does not improve physical function and quality of life. *Sports, Medicine and Health Summit, Hamburg, Germany.*
- 40) Zacher J., Dillschnitter J., Freitag N., Bjarnason-Wehrens B., Predel H-G. & **Schumann M.** (2021). Exercise interventions in the treatment of atrial fibrillation: Study protocol of the *Cologne ExAfib trial.* *Sports, Medicine and Health Summit, Hamburg, Germany.*
- 41) Umlauff L., Weil P., Bloch W. & **Schumann M.** (2021). Orale Kontrazeptiva haben keinen Einfluss auf akute Veränderungen des Hormonstoffwechsels durch Krafttraining. *Sports, Medicine and Health Summit, Hamburg, Germany.*
- 42) Notbohm H., Fuhrmann S., Klocke J., Bloch W. & **Schumann M.** (2021). Long-term physical training in adolescent sprint and middle distance swimmers alters the composition of circulating T and NK cells, which correlates with soluble ICAM-1 serum concentrations. *Sports, Medicine and Health Summit, Hamburg, Germany.*
- 43) Dragutinovic B., Boullosa D., Held S., Deutsch J-P., Donath L. & **Schumann M.** (2021). Eccentric vs. concentric modified sprint interval training: Acute effects on indices of neuromuscular function. *Sports, Medicine and Health Summit, Hamburg, Germany.*

2020

- 44) Freitag N., Doma K., Cheng S., Bloch W. & **Schumann M.** (2020). The effects of exercise training in hyperoxia compared to normoxia on cardiorespiratory fitness: A Meta-Analysis. *67th Annual Meeting of the American College of Sports Medicine, May 26-30, San Francisco, USA.*

2019

- 45) Freitag N., Grau M., Manferdelli G., Bloch W. & **Schumann M.** (2019). Physiological responses of low-dose hyperoxia on red blood cell deformability, muscle oxygenation and serum hormone concentrations. *DGSP Symposium zur Nachwuchsförderung, September 26-28, Saarbrücken, Germany.*
- 46) Umlauff L., Weil P., Bloch W. & **Schumann M.** (2019). Akuter Einfluss kombinierter oraler Kontrazeptiva auf die Veränderungen des Hormonhaushaltes, des Tryptophanstoffwechsels und der neuromuskulären Ermüdung nach intensivem Krafttraining. *DGSP Symposium zur Nachwuchsförderung, September 26-28, Saarbrücken, Germany.*
- 47) Clephas C., Bäcker S., Klocke J., Fuhrmann S. & **Schumann M.** (2019). Effects of periodized vs. non-periodized strength training on performance indices in junior elite swimmers. *24. Sportwissenschaftlicher Hochschultag der DVS, September 18-20, Berlin, Germany.*
- 48) Freitag N., Mugele H., Wilhelmi J., Yang Y., Cheng S., Bloch W. & **Schumann M.** (2019). A systematic review and meta-analysis about the effects of high-intensity interval training on physical fitness, health parameters and patient-reported outcomes in cancer survivors. *German Exercise Science & Training Conference, February 20 – 22, Würzburg, Germany.*

2018

- 49) Halme S., Malmstedt L., **Schumann M.**, Cheung S. & Ahtiainen JP. (2018). Cycling strength vs. gym strength for endurance cyclists. *19th International Symposium at the University of Jyväskylä, October 10 – 12, Jyväskylä, Finland.*

- 50) Zhang M., **Schumann M.**, Huang T., Törmäkangas T. & Cheng S. (2018). Normal-weight obesity and physical fitness in chinese university students: an overlooked association. *Proceedings of IBEC 2018, Exercise Biochemistry Review OR-039, October 23-25, Beijing, China.*
- 51) Cheng S., **Schumann M.** & Wiklund P. (2018) Effects and safety of exercise combined with medication and diet in treatment of diabetes and comorbidity. *Proceedings of IBEC 2018, Exercise Biochemistry Review PL-018, October 23-25, Beijing, China.*
- 52) Yang Y., **Schumann M.**, Le S., Ziyuan C. & Cheng S. (2018) Reliability and validity of a new accelerometer-based device for detecting physical activities and energy expenditure. *Proceedings of IBEC 2018, Exercise Biochemistry Review PO-168, October 23-25, Beijing, China.*
- 53) Ojanen X., **Schumann M.**, Le S., Zhang Y., Huang T., Wiklund P. & Cheng S. (2018) Interactive effects of exercise and metformin on lactic metabolism in type 2 diabetes. *Proceedings of IBEC 2018, Exercise Biochemistry Review PL-036, October 23-25, Beijing, China.*
- 54) Freitag N., Weber PD., Manferdelli G., Schenk A., Bloch W. & **Schumann M.** (2018). Feasibility of high-intensity interval training with hyperoxia during chemotherapy – a case report. *German Olympic Congress for Sports Medicine Specialists, May 24-26, Hamburg, Germany.*
- 55) Niels T., **Schumann M.** & Baumann FT. (2018). Exercise for cancer cachexia: A systematic review. *German Cancer Congress, February 21-24, Berlin, Germany.*

2017

- 56) Franz A., Behringer M., Harmsen JF., Mayer C., Zilkens C. & **Schumann M.** (2017). Einfluss einer ischämischen Prækonditionierung auf die Skelettmuskelschädigung der Ellenbogenflexoren nach exzentrischer Belastung. *German Congress of Orthopedic and Trauma Surgery, October 22-26, Berlin, Germany.*
- 57) Heilbronn B, Sinclair W., Doma K., **Schumann M.** & Gormann D (2017). Effects of periodised versus non-periodised resistance training on army specific fitness and skills performance. *4th Internatinal Conference on Soldiers' Physical Performance, Novemer 28th – December 1st, Melbourne, Australia*
- 58) Franz M., Behringer M., Harmsen JF., Mayer C., Zilkens C. & **Schumann M.** (2017). The effects of ischemic preconditioning on maximal eccentric exercise-induced muscle damage. *Congress proceedings of the 22nd Congress of the European College of Sports Sciences, July 2-8, Essen, Germany.*

2016

- 59) Doma K. & **Schumann M.** (2016). The repeated bout effect of 3 strength training sessions on running performance. *10th International Conference on Strength Training, November 30 – December 2, Kyoto, Japan.*
- 60) Schildt M., Kraemer WJ., Newton RU., Häkkinen A., Eklund D., **Schumann M.** & Häkkinen K. (2016). Effects of time-of-day and strength and endurance training order on physical performance, body composition and serum hormone concentrations. *10th International Conference on Strength Training, November 30 – December 2, Kyoto, Japan.*

2015

- 61) Lan G., **Schumann M.**, Wall BA., Häkkinen K., Taaffe DR., Spry N., Joseph D., Gardiner RA., Chambers SK., Kraemer WJ., Cormie P. & Galvão DA. (2015). Association of duration of ADT with physical fitness, body composition and quality of life in men with prostate cancer. *Cancer Forum, 39, 164-168.*
- 62) Eklund D., Häkkinen A., **Schumann M.**, Balandzic M., Nyman K. & Häkkinen K. (2015). Optimized body composition following combined endurance and strength training on alternating days, compared to same-session combined training in men. *20th Annual Congress of the European College of Sport Science, June 24-27, Malmö, Sweden.*
- 63) Kùsmaa M., Eklund D., Häkkinen A., Kraemer WJ., Malinen JP., Newton RU., Nyman K., **Schumann M.**, Sedliak M. & Häkkinen K. (2015). Effects of time of day and training order on physical performance and muscle cross-sectional area during single-session combined endurance and strength training. *8th Conference of the Baltic Society of Sport Sciences, April 22-24, 2015, Vilnius, Lithuania.*

2014

- 64) K usmaa M., Kraemer WJ., Sedliak M., Newton RU., H kkinen A., **Schumann M.** & H kkinen K. (2014). Effects of time-of-day-specific combined strength and endurance training on physical performance, muscle hypertrophy and serum hormone concentrations in men. *9th International Conference of Strength Training, October 23-25, Abano Terme, Italy.*
- 65) Eklund D., **Schumann M.**, K usmaa M., Pulverenti T., H kkinen A., Newton RU., Izquierdo M., Kraemer WJ. & H kkinen K. (2014). Adaptations in maximal strength and muscle cross-sectional area following same-session and different day combined strength and endurance training in males and females. *9th International Conference of Strength Training, October 23-25, Abano Terme, Italy.*
- 66) Stenholm J., **Schumann M.**, Eklund D., H kkinen K. & Mero AA. (2014). Are changes in BMI associated with changes in circulating suPAR in healthy men and women? *Scandinavian Physiological Society Annual Meeting, August 22-24, Stockholm, Sweden.*
- 67) Kinnunen H., **Schumann M.**, Karavirta L., Westerterp K. & H kkinen K. (2014). Validity of a wrist worn accelerometer to quantify total energy expenditure and its change induced by training. *61st Annual Meeting of the American College of Sports Medicine, May 28 - 31, Orlando, USA.*
- 68) Stenholm J., **Schumann M.**, H kkinen K. & Mero AA. (2014). Syljen biomarkkerit kuormittuneisuuden ja sairastumisherkkyyden arvioinnissa (The use of salivary biomarkers in the evaluation of physiological stress and susceptibility to infections). *Kuntotestausp iv t (Fitness testing seminar of the Finnish Society of Sport Science), March 20-22, Jyv skyl , Finland.*
- 69) Eklund D., Pulverenti T., **Schumann M.**, Avela J., Newton RU. & H kkinen K. (2014) Hermostuslihasj rjestelm n adaptaatiot yhdistetyss  voima- ja kest vysharjoittelussa: Harjoitusj rjestyksen vaikutus (Neuromuscular adaptations to combined strength and endurance training: The effect of training order). *Kuntotestausp iv t (Fitness testing seminar of the Finnish Society of Sport Science), March 20-22, Jyv skyl , Finland*

2013

- 70) Stenholm J., **Schumann M.**, H kkinen K. & Mero AA. (2013). Kest vyysjuoksuharjoittelun vaikutus syljen immunologisiin muuttujiin ja sairastuvuuteen (The effect of endurance training on saliva determined immunoglobulins and upper-respiratory tract infection symptoms). *Liikuntal  ketieteen p iv t (Sport Medicine seminar of the Finnish Society of Sport Medicine), November 6-7, Helsinki, Finland.*
- 71) Taipale RS., Kyr l inen H., Sorvisto J., **Schumann M.**, Mikkola J, Nummela A. & H kkinen K. (2013). Strength or endurance first? Effects of combined sessions on economy and biomechanics of running. *18th Annual Congress of the European College of Sport Science, June 26-29, Barcelona, Spain.*

2012

- 72) Taipale RS., **Schumann M.**, Mikkola J., Sorvisto J., Kyr l inen H., Nummela A. & H kkinen K. (2012). Acute effects of a strength training session on endurance running. *8th International Conference on Strength Training, October 23- 28, Oslo, Norway.*
- 73) Taipale RS., **Schumann M.**, Mikkola J., Nyman K., Kyr l inen H., Nummela A., & H kkinen K. (2012). Acute neuromuscular and hormonal responses to single session combined strength and endurance loadings. *17th Annual Congress of the European College of Sport Science, July 4-7, Bruges, Belgium.*

2011

- 74) Taipale RS., **Schumann M.**, Mikkola J., Nyman K., Kyr l inen H., Nummela A., & H kkinen K. (2011). Order effect: Acute responses to single session combined endurance and strength loadings in men and women. *5th Annual Meeting of the TBCDP, June 9-10, Helsinki, Finland.*