



LA RICERCA BIBLIOGRAFICA PER LE SCIENZE MOTORIE

Dott. Luca Russo Ph.D.
www.esercizioposturale.it

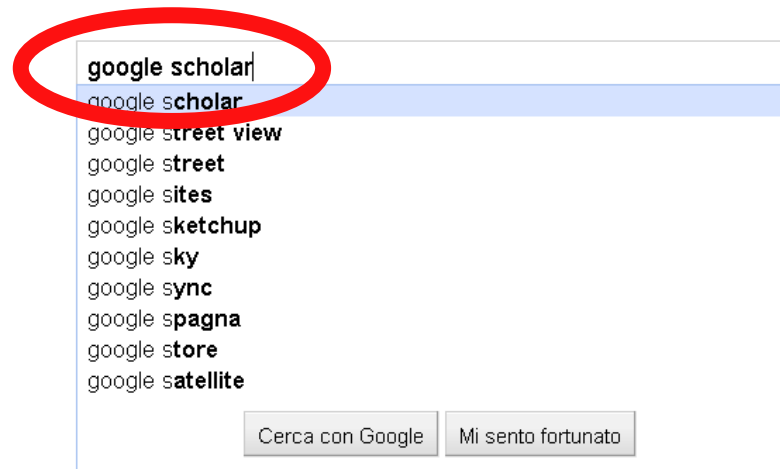
RICERCA DI INFORMAZIONI SCIENTIFICHE NEL WEB

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Il più famoso motore di ricerca del mondo ha un interessante strumento...

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Google scholar è un browser specifico per le ricerche di materiale didattico, scientifico e divulgativo. Tra le funzioni interessanti ha il collegamento diretto con le più importanti banche dati che posseggono l'articolo scelto, gli articoli correlati e quelli che lo citano, **l'elenco e i relativi contatti delle biblioteche in possesso dell'articolo!!!**

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strength

Cerca

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Scholar

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includi citazioni ▼



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1. Inserimento parola/e chiave
2. Semplici filtri per la ricerca
3. Suggerimenti

Partiamo dalle basi

Grip and pinch **strength**: normative data for adults.

V Mathiowetz, N Kashman, G Volland, K ... - Archives of Physical ... , 1985 - ncbi.nlm.nih.gov

The primary purpose of this study was to establish clinical norms for adults aged 20 to 75+ years on four tests of hand **strength**. A dynamometer was used to measure grip **strength** and a pinch gauge to measure tip, key, and palmar pinch. A sample of 310 male and 328 female ...

Citato da 714 - [Articoli correlati](#) - [ACNP Possedute Biblioteche](#) - [Tutte e 8 le versioni](#)

Elenco biblioteche in
possesso dell'articolo

Collegamento diretto
alla fonte database

BIBLIOTECHE ITALIANE CHE POSSIEDONO IL PERIODICO

Nuova Ricerca

*Archives of physical medicine and rehabilitation

1 - 50 AN002...

L	Scheda Bibliot
e	Home Page Bit
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Map	

Le biblioteche in grigio

AN002 Biblioteca INRCA IRCCS Ospedale Istituto Nazionale di Ricerca e Cura per gli Anziani
Via della Montagnola, 81, 60131 Ancona, tel: 0718003907-3908, fax: 0718003343
Posseduto: 1987- Ultimi fascicoli
Lacune: 1987;
Collocazione: BIBLIO
Ultima revisione catalogo 2010

AN004 Centro di Ateneo di Documentazione - Polo Monte Dago - Università Politecnica delle Marche
Via Brece Bianche/DO-P.zza Martelli,8, 60100 Ancona, tel: 0712204704; DO:0712207041, fax: 0712204902;DO:0712207047
Posseduto: 1987-2009;
Lacune: 2004;
Collocazione: WB.1914
Note: Sede di Torrette Tel 071 2206003 Fax 071 2206004 g.rossolini@univpm.it
Ultima revisione catalogo 2010

AQ003 Biblioteca Polo Coppito-Sede Medicina e Chirurgia-Università degli Studi dell'Aquila
P.le Salvatore Tommasi, 1 - Coppito, 67100 L'Aquila, tel: 0862-433311, fax: 0862-433313
Posseduto: 1998-2001;
Collocazione: WB
Classificazione locale: WB
Ultima revisione catalogo 2010

BA160 Biblioteca IRCCS Fondazione Salvatore Maugeri, Clinica del Lavoro e della Riabilitazione
Via Mercadante, 70020 Cassano delle Murge, tel: 080-7814111, fax: 080-7814310
Posseduto: 1990-
Lacune: 1990;
Ultima revisione catalogo 2004

BN003 Biblioteca IRCCS Fondazione Salvatore Maugeri, Clinica del Lavoro e della Riabilitazione
Via Bagni Vecchi 1, 82037 Telesse, tel: 0824/909605, fax: 0824/909614
Posseduto: 1993-

NCBI Resources

PubMed.gov
U.S. National Library of Medicine
National Institutes of Health

Search: PubMed

[Display Settings](#) [Send to](#)

★ Performing your original search, **strength**, in PubMed will retrieve **145049 records**.

Arch Phys Med Rehabil. 1985 Feb;66(2):69-74.

Grip and pinch strength: normative data for adults.

Mathiowetz V, Kashman N, Volland G, Weber K, Dowe M, Rogers S.

Abstract
The primary purpose of this study was to establish clinical norms for adults aged 20 to 75+ years on four tests of hand strength. A dynamometer was used to measure grip strength and a pinch gauge to measure tip, key, and palmar pinch. A sample of 310 male and 328 female adults, ages 20 to 94, from the seven-county Milwaukee area were tested using standardized positioning and instructions. Right hand and left hand data were stratified into 12 age groups for both sexes. This stratification provides a means of comparing the score of individual patients to that of normal subjects of the same age and sex. The highest grip strength scores occurred in the 25 to 39 age groups. For tip, key, and palmar pinch the average scores were relatively stable from 20 to 59 years, with a gradual decline from 60 to 79 years. A high correlation was seen between grip strength and age, but a low to moderate correlation between pinch strength and age. The newer pinch gauge used in this study appears to read higher than that used in a previous normative study. Comparison of the average hand strength of right-handed and left-handed subjects showed only minimal differences.

PMD: 3970660 [PubMed - indexed for MEDLINE]

- more resources

Partiamo dalle basi

Come di legge una citazione bibliografica per poterla cercare?

TOMOKO SHIMANO,¹ WILLIAM J. KRAEMER,¹ BARRY A. SPIERING,¹ JEFF S. VOLEK,¹
DISA L. HATFIELD,¹ RICARDO SILVESTRE,¹ JAKOB L. VINGREN,¹ MAREN S. FRAGALA,¹
CARL M. MARESH,¹ STEVEN J. FLECK,² ROBERT U. NEWTON,³ LUUK P.B. SPREUWENBERG,⁴
AND KEIJO HÄKKINEN⁵

Autori partecipanti al lavoro (nome e cognome)

Journal of Strength and Conditioning Research 2006. 20(4). 819-823

TITOLO RIVISTA

ANNO

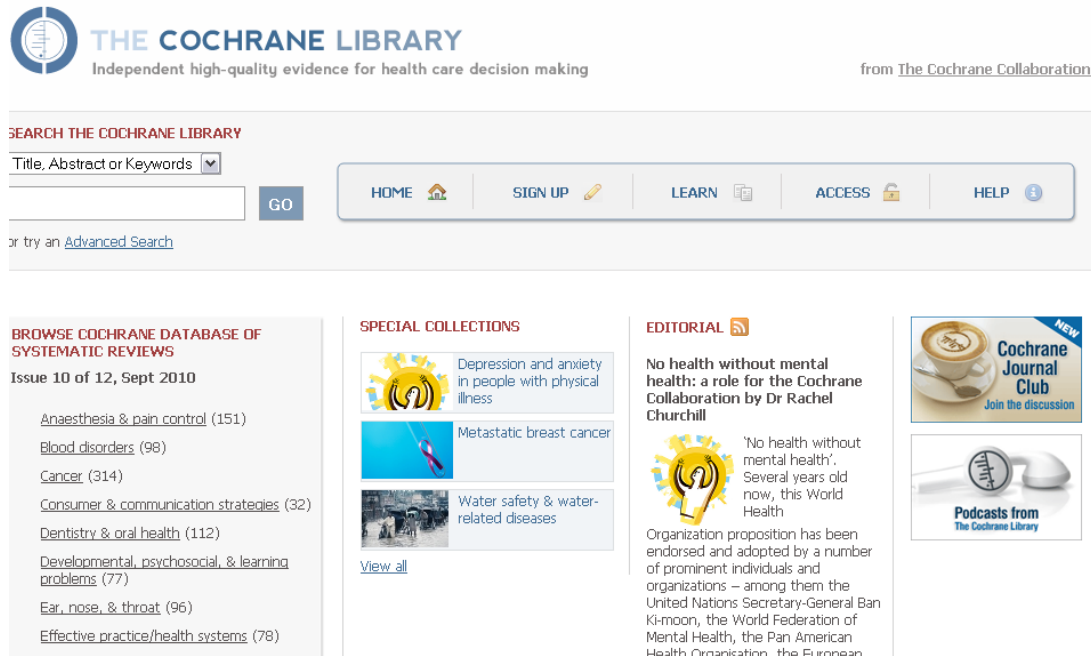
VOLUME E NUMERO

PAGINE

MOTORI DI RICERCA DEDICATI

Approfondiamo la ricerca

The Cochrane Library



The screenshot shows the homepage of The Cochrane Library. At the top, there is a blue header with the Cochrane logo and the text "THE COCHRANE LIBRARY" and "Independent high-quality evidence for health care decision making". To the right, it says "from The Cochrane Collaboration". Below this is a search bar with the text "SEARCH THE COCHRANE LIBRARY" and a dropdown menu for "Title, Abstract or Keywords". There is a "GO" button and a link to "Advanced Search". Below the search bar is a navigation bar with links: HOME, SIGN UP, LEARN, ACCESS, and HELP. The main content area is divided into four columns. The first column is titled "BROWSE COCHRANE DATABASE OF SYSTEMATIC REVIEWS" and lists various topics with their respective counts. The second column is titled "SPECIAL COLLECTIONS" and lists three collections: "Depression and anxiety in people with physical illness", "Metastatic breast cancer", and "Water safety & water-related diseases". The third column is titled "EDITORIAL" and features a featured article titled "No health without mental health: a role for the Cochrane Collaboration by Dr Rachel Churchill". The fourth column is titled "NEW" and features a "Cochrane Journal Club" and "Podcasts from The Cochrane Library".

THE COCHRANE LIBRARY
Independent high-quality evidence for health care decision making
from The Cochrane Collaboration

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HOME SIGN UP LEARN ACCESS HELP

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Issue 10 of 12, Sept 2010

- [Anaesthesia & pain control](#) (151)
- [Blood disorders](#) (98)
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- [Consumer & communication strategies](#) (32)
- [Dentistry & oral health](#) (112)
- [Developmental, psychosocial, & learning problems](#) (77)
- [Ear, nose, & throat](#) (96)
- [Effective practice/health systems](#) (78)

SPECIAL COLLECTIONS

- [Depression and anxiety in people with physical illness](#)
- [Metastatic breast cancer](#)
- [Water safety & water-related diseases](#)

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EDITORIAL

No health without mental health: a role for the Cochrane Collaboration by Dr Rachel Churchill

'No health without mental health'. Several years old now, this World Health Organization proposition has been endorsed and adopted by a number of prominent individuals and organizations – among them the United Nations Secretary-General Ban Ki-moon, the World Federation of Mental Health, the Pan American Health Organisation, the European

NEW
Cochrane Journal Club
[Join the discussion](#)

Podcasts from The Cochrane Library

<http://www.thecochranelibrary.com/view/0/index.html>

Approfondiamo la ricerca

Science direct

The screenshot displays the ScienceDirect website interface. At the top, there's a navigation bar with 'SciVerse' and 'ScienceDirect' logos, and links for 'Hub', 'ScienceDirect', and 'Scopus'. On the right, there are links for 'Register', 'Login', and 'Go to SciVal Suite', along with a note about 'Guest access to ScienceDirect'. Below this is a green navigation bar with 'Home', 'Browse', 'Search', 'My settings', and 'My alerts'. A search bar is present with fields for 'All fields', 'Journal/Book title', 'Author', 'Volume', 'Issue', and 'Page', and a 'Search ScienceDirect' button. To the right of the search bar are links for 'Advanced search' and 'Search tips'. The main content area is divided into several sections: 'Browse' (10,419,548 Articles), 'Browse by title' (A-Z, 0-9), 'Browse by subject' (Physical Sciences and Engineering, Life Sciences), 'Updated on June 1st!' (Top 25 Hottest Articles), 'Quick Links' (Favorite Journals / Books, Quick Links in ScienceDirect, Quick Links on the Web), 'News' (SciVerse ScienceDirect is further enhanced, ScienceDirect partners with NextBio, To help us evaluate new features), and 'About ScienceDirect' (Want to know more?, Find out more about: Outlines, Presentations).

A pagamento

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SPORTDiscus™ with Full Text is the world's most comprehensive source of full text for sports & sports medicine journals, providing full text for more than 520 journals indexed in SPORTDiscus. Of those, 374 are not found with full text in any version of Academic Search™, Health Source® or Biomedical Reference Collection™.

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Content includes:

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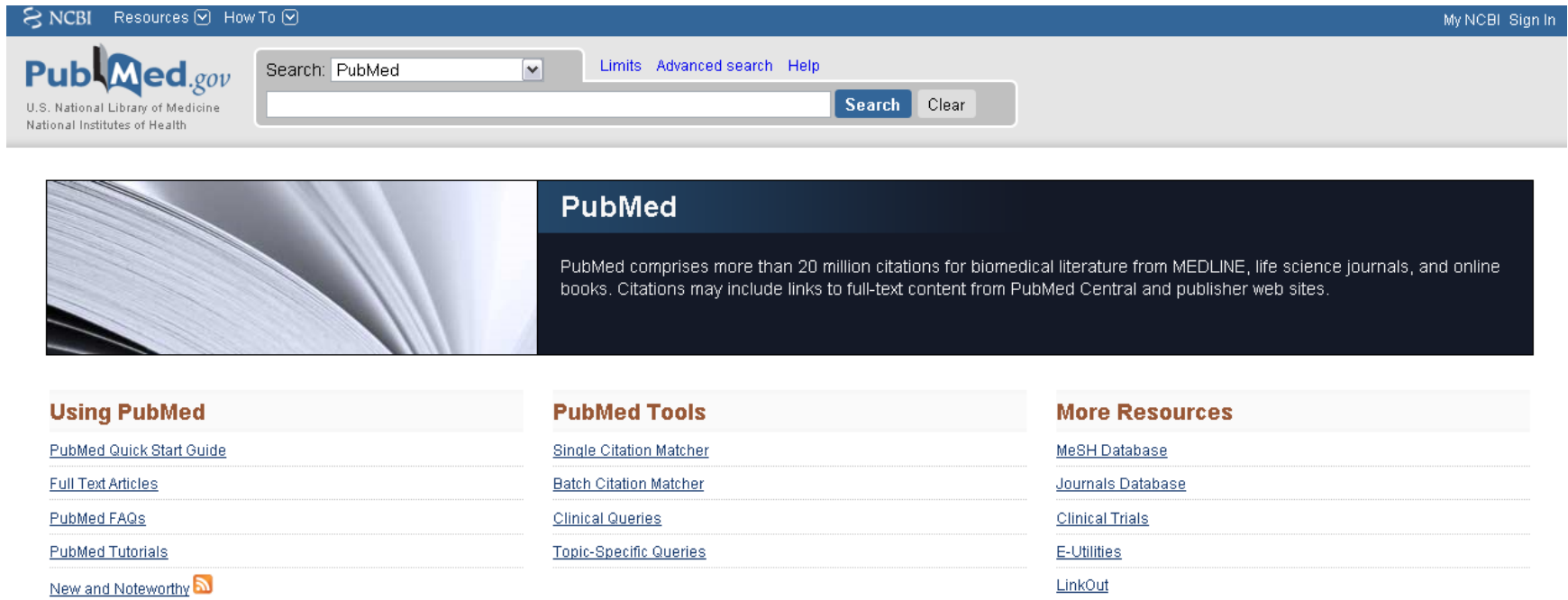
SPORTDiscus with Full Text contains content from:

- Books
- Book Chapters
- Conference Proceedings
- Journal & Magazine Articles

A pagamento

Approfondiamo la ricerca

La piattaforma web PubMed



The screenshot shows the PubMed.gov website. At the top is a blue navigation bar with 'NCBI', 'Resources', and 'How To' links. Below this is the 'PubMed.gov' logo and the text 'U.S. National Library of Medicine National Institutes of Health'. A search bar contains the text 'PubMed' with a dropdown arrow. To the right of the search bar are links for 'Limits', 'Advanced search', and 'Help'. Below the search bar is a large 'Search' button and a 'Clear' button. The main content area features a large image of an open book on the left and a dark blue box on the right with the title 'PubMed' and a description: 'PubMed comprises more than 20 million citations for biomedical literature from MEDLINE, life science journals, and online books. Citations may include links to full-text content from PubMed Central and publisher web sites.' Below this are three columns of links: 'Using PubMed' (Quick Start Guide, Full Text Articles, FAQs, Tutorials, New and Noteworthy), 'PubMed Tools' (Single Citation Matcher, Batch Citation Matcher, Clinical Queries, Topic-Specific Queries), and 'More Resources' (MeSH Database, Journals Database, Clinical Trials, E-Utilities, LinkOut).

NCBI Resources How To My NCBI Sign In

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U.S. National Library of Medicine
National Institutes of Health

Search: PubMed Limits Advanced search Help

PubMed

PubMed comprises more than 20 million citations for biomedical literature from MEDLINE, life science journals, and online books. Citations may include links to full-text content from PubMed Central and publisher web sites.

Using PubMed

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- [Full Text Articles](#)
- [PubMed FAQs](#)
- [PubMed Tutorials](#)
- [New and Noteworthy](#)

PubMed Tools

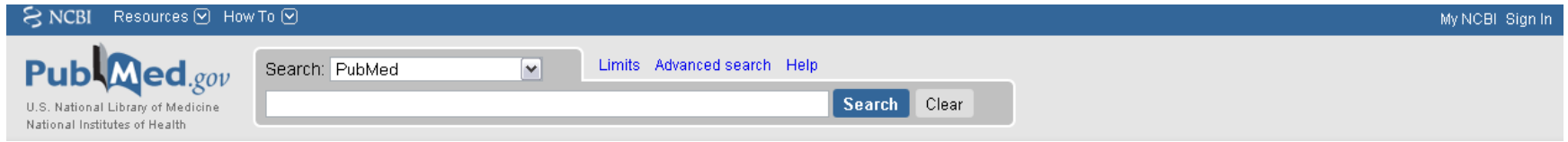
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- [Batch Citation Matcher](#)
- [Clinical Queries](#)
- [Topic-Specific Queries](#)

More Resources

- [MeSH Database](#)
- [Journals Database](#)
- [Clinical Trials](#)
- [E-Utilities](#)
- [LinkOut](#)

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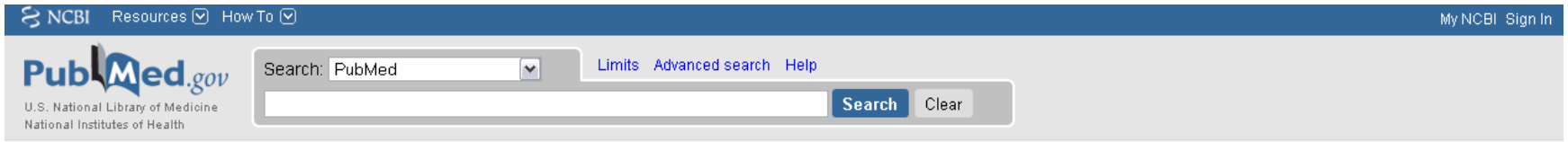
La piattaforma web PubMed



PubMed è un insieme di diversi database che possono essere interrogati insieme o separatamente a seconda delle necessità. Il database di riferimento più importante di PubMed è Medline. È stato creato dal National Center of Biotechnology and Information (NCBI) a sua volta nato nel 1988 come una “costola” della National Library of Medicine

Approfondiamo la ricerca

La piattaforma web PubMed



VANTAGGI

Rapida ricerca di informazioni su grandi e specializzati database

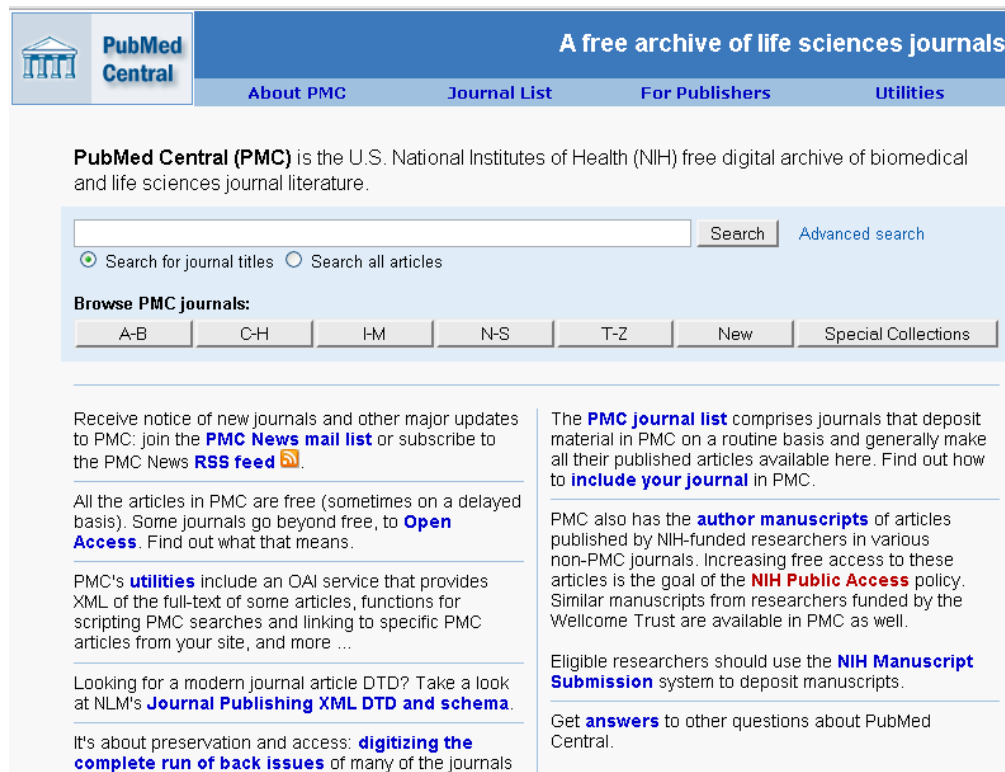
Spesso insieme con il nome degli autori appare il loro indirizzo mail a cui poter richiedere informazioni maggiori

SVANTAGGI

Non è sempre possibile ottenere il full text dell'articolo, ma solo l'abstract.

Approfondiamo la ricerca

La piattaforma web PubMed



The screenshot shows the PubMed Central (PMC) website. At the top, there is a blue header with the PubMed Central logo on the left and the text "A free archive of life sciences journals" on the right. Below the header is a navigation bar with links: "About PMC", "Journal List", "For Publishers", and "Utilities". The main content area has a heading "PubMed Central (PMC) is the U.S. National Institutes of Health (NIH) free digital archive of biomedical and life sciences journal literature." Below this is a search bar with a "Search" button and a link to "Advanced search". There are radio buttons for "Search for journal titles" (selected) and "Search all articles". Below the search bar is a section "Browse PMC journals:" with buttons for "A-B", "C-H", "I-M", "N-S", "T-Z", "New", and "Special Collections". The page is divided into two columns of text. The left column contains: "Receive notice of new journals and other major updates to PMC: join the [PMC News mail list](#) or subscribe to the PMC News [RSS feed](#).", "All the articles in PMC are free (sometimes on a delayed basis). Some journals go beyond free, to [Open Access](#). Find out what that means.", "PMC's [utilities](#) include an OAI service that provides XML of the full-text of some articles, functions for scripting PMC searches and linking to specific PMC articles from your site, and more ...", "Looking for a modern journal article DTD? Take a look at NLM's [Journal Publishing XML DTD and schema](#).", "It's about preservation and access: [digitizing the complete run of back issues](#) of many of the journals". The right column contains: "The [PMC journal list](#) comprises journals that deposit material in PMC on a routine basis and generally make all their published articles available here. Find out how to [include your journal](#) in PMC.", "PMC also has the [author manuscripts](#) of articles published by NIH-funded researchers in various non-PMC journals. Increasing free access to these articles is the goal of the [NIH Public Access](#) policy. Similar manuscripts from researchers funded by the Wellcome Trust are available in PMC as well.", "Eligible researchers should use the [NIH Manuscript Submission](#) system to deposit manuscripts.", "Get [answers](#) to other questions about PubMed Central."

Sezione free PubMed Central (PMC)

Approfondiamo la ricerca

La sezione free PubMed Central (PMC)

Consente di ottenere articoli in full text da oltre 1000 riviste scientifiche.

Alcune delle riviste di interesse delle Scienze Motorie presenti sono:

Age and Ageing
Cardiovascular disorders
International Journal of Yoga
Journal of Applied Physiology
Journal fo Athletic Training

Approfondiamo la ricerca

Strumento di PubMed: ricerca delle citazioni bibliografiche

Ho letto questa citazione...

TOMOKO SHIMANO,

Journal of Strength and Conditioning Research, 2006, 20(4), 819–823

...come posso trovare almeno l'abstract???

PubMed Tools

[Single Citation Matcher](#)

[Batch Citation Matcher](#)

[Clinical Queries](#)

[Topic-Specific Queries](#)

Single Citation Matcher (home page di PubMed) permette di trovare agevolmente un articolo seguendo degli step guidati

Approfondiamo la ricerca

Strumento di PubMed: ricerca delle citazioni bibliografiche

NCBI Resources How To

PubMed Single Citation Matcher

- Use this tool to find PubMed citations. You may omit any field.
- Journal may be the full title or the title abbreviation.
- For first and last author searching, use smith jc format.

Journal:

Date: (month and day are optional)

Volume: Issue: First page:

Author name (see [help](#))

☐ Only as first author ☐ Only as last author

Title words:

Eventualmente
aggiungere il
titolo se si ha e
poi premer **GO**

TOMOKO SHIMANO,
Journal of Strength and Conditioning Research, 2006, 20(4), 819-823

Approfondiamo la ricerca

Strumento di PubMed: ricerca delle citazioni bibliografiche

NCBI Resources How To

PubMed.gov
U.S. National Library of Medicine
National Institutes of Health

Search: PubMed RSS Save search Limits Advanced search Help

"Journal of strength and conditioning research / National Strength & Condition" Search Clear

Display Settings: Abstract Send to:

J Strength Cond Res. 2006 Nov;20(4):819-23.

Relationship between the number of repetitions and selected percentages of one repetition maximum in free weight exercises in trained and untrained men.

Shimano T, Kraemer WJ, Spiering BA, Volek JS, Hatfield DL, Silvestre R, Vingren JL, Fragala MS, Maresh CM, Fleck SJ, Newton RU, Spreuwenberg LP, Häkkinen K.
Human Performance Laboratory, Department of Kinesiology, University of Connecticut, Storrs, CT 06269, USA.

Abstract

Resistance exercise intensity is commonly prescribed as a percent of 1 repetition maximum (1RM). However, the relationship between percent 1RM and the number of repetitions allowed remains poorly studied, especially using free weight exercises. The purpose of this study was to determine the maximal number of repetitions that trained (T) and untrained (UT) men can perform during free weight exercises at various percentages of 1RM. Eight T and 8 UT men were tested for 1RM strength. Then, subjects performed 1 set to failure at 60, 80, and 90% of 1RM in the back squat, bench press, and arm curl in a randomized, balanced design. There was a significant ($p < 0.05$) intensity $\times$ exercise interaction. More repetitions were performed during the back squat than the bench press or arm curl at 60% 1RM for T and UT. At 80 and 90% 1RM, there were significant differences between the back squat and other exercises; however, differences were much less pronounced. No differences in number of repetitions performed at a given exercise intensity were noted between T and UT (except during bench press at 90% 1RM). In conclusion, the number of repetitions performed at a given percent of 1RM is influenced by the amount of muscle mass used during the exercise, as more repetitions can be performed during the back squat than either the bench press or arm curl. Training status of the individual has a minimal impact on the number of repetitions performed at relative exercise intensity.

PMID: 17194239 [PubMed - indexed for MEDLINE]

+ Publication Types, MeSH Terms

+ LinkOut - more resources

Se abbiamo fatto tutto bene ecco il nostro articolo. Cliccando sugli autori e cercando altri loro lavori si può ottenere il loro contatto, scrivergli e ricevere da loro l'articolo



LA RICERCA BIBLIOGRAFICA PER LE SCIENZE MOTORIE

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Dott. Luca Russo Ph.D.
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