

Publications on Women's Football, 157 articles, 2005–2026

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111 selected articles on Football for Girls and Women

1. **Krstrup P**, Mohr M, Ellingsgaard H, Bangsbo J. Physical demands during an elite female soccer game: importance of training status. *Med Sci Sports Exerc.* 2005 Jul;37(7):1242-8. doi: 10.1249/01.mss.0000170062.73981.94. PMID: 16015145. **Female Football 1 (A1)**
2. Andersson H, Ekblom B, **Krstrup P**. Elite football on artificial turf versus natural grass: movement patterns, technical standards, and player impressions. *J Sports Sci.* 2008 Jan 15;26(2):113-22. doi: 10.1080/02640410701422076. PMID: 17852688. **Female Football 3 (AL)**
3. Mohr M, **Krstrup P**, Andersson H, Kirkendal D, Bangsbo J. Match activities of elite women soccer players at different performance levels. *J Strength Cond Res.* 2008 Mar;22(2):341-9. doi: 10.1519/JSC.0b013e318165fef6. PMID: 18550946. **Female Football 3 (A2)**
4. Pedersen MT, Randers MB, Skotte JH, **Krstrup P**. Recreational soccer can improve the reflex response to sudden trunk loading among untrained women. *J Strength Cond Res.* 2009 Dec;23(9):2621-6. doi: 10.1519/JSC.0b013e3181c701b6. PMID: 19952577. **Female Football 5 (AL)**
5. **Krstrup P**, Zebis M, Jensen JM, Mohr M. Game-induced fatigue patterns in elite female soccer. *J Strength Cond Res.* 2010 Feb;24(2):437-41. doi: 10.1519/JSC.0b013e3181c09b79. PMID: 20072057. **Female Football 6 (A1)**
6. **Krstrup P**, Hansen PR, Randers MB, Nybo L, Martone D, Andersen LJ, Bune LT, Junge A, Bangsbo J. Beneficial effects of recreational football on the cardiovascular risk profile in untrained premenopausal women. *Scand J Med Sci Sports.* 2010 Apr;20 Suppl 1:40-9. doi: 10.1111/j.1600-0838.2010.01110.x. PMID: 20210906. **Female Football 7 (A1)**
7. Andersen LJ, Hansen PR, Søgaard P, Madsen JK, Bech J, **Krstrup P**. Improvement of systolic and diastolic heart function after physical training in sedentary women. *Scand J Med Sci Sports.* 2010 Apr;20 Suppl 1:50-7. doi: 10.1111/j.1600-0838.2009.01088.x. PMID: 20136765. **Female Football 8 (A1)**
8. Bangsbo J, Nielsen JJ, Mohr M, Randers MB, Krstrup BR, Brito J, Nybo L, **Krstrup P**. Performance enhancements and muscular adaptations of a 16-week recreational football intervention for untrained women. *Scand J Med Sci Sports.* 2010 Apr;20 Suppl 1:24-30. doi: 10.1111/j.1600-0838.2009.01050.x. PMID: 19954496. **Female Football 9 (AL)**
9. Randers MB, Nybo L, Petersen J, Nielsen JJ, Christiansen L, Bendiksen M, Brito J, Bangsbo J, **Krstrup P**. Activity profile and physiological response to football training for untrained males and females, elderly and youngsters: influence of the number of players. *Scand J Med Sci Sports.* 2010 Apr;20 Suppl 1:14-23. doi: 10.1111/j.1600-0838.2010.01069.x. PMID: 20149143. **Female Football 10 (AL)**
10. Helge EW, Aagaard P, Jakobsen MD, Sundstrup E, Randers MB, Karlsson MK, **Krstrup P**. Recreational football training decreases risk factors for bone fractures in untrained premenopausal

- women. Scand J Med Sci Sports. 2010 Apr;20 Suppl 1:31-9. doi: 10.1111/j.1600-0838.2010.01107.x. PMID: 20210909. **Female Football 11 (AL)**
11. **Krustrup P**, Hansen PR, Andersen LJ, Jakobsen MD, Sundstrup E, Randers MB, Christiansen L, Helge EW, Pedersen MT, Søgaard P, Junge A, Dvorak J, Aagaard P, Bangsbo J. Long-term musculoskeletal and cardiac health effects of recreational football and running for premenopausal women. Scand J Med Sci Sports. 2010 Apr;20 Suppl 1:58-71. doi: 10.1111/j.1600-0838.2010.01111.x. PMID: 20546545. **Female Football 12 (A6)**
 12. Andersson HA, Randers MB, Heiner-Møller A, **Krustrup P**, Mohr M. Elite female soccer players perform more high-intensity running in international vs domestic games. J Strength Cond Res. 2010 Apr;24(4):912-9. doi: 10.1519/JSC.0b013e3181d09f21. PMID: 20300037. **Female Football 14 (A4)**
 13. Elbe AM, Strahler K, **Krustrup P**, Wikman J, Stelter R. Experiencing flow in different types of physical activity intervention programs: three randomized studies. Scand J Med Sci Sports. 2010 Apr;20 Suppl 1:111-7. doi: 10.1111/j.1600-0838.2010.01112.x. Epub 2010 Mar 4. PMID: 20210905. **Female Football 15 (A3)**
 14. Jackman SR, Scott S, Randers MB, Orntoft C, Blackwell J, Zar A, Helge EW, Mohr M, **Krustrup P**. Musculoskeletal health profile for elite female footballers versus untrained young women before and after 16 weeks of football training. J Sports Sci. 2013;31(13):1468-74. doi: 10.1080/02640414.2013.796066. Epub 2013 Jul 8. PMID: 23829604. **Female Football 21 (AL)**
 15. Randers MB, Andersen LJ, Orntoft C, Bendiksen M, Johansen L, Horton J, Hansen PR, **Krustrup P**. Cardiovascular health profile of elite female football players compared to untrained controls before and after short-term football training. J Sports Sci. 2013;31(13):1421-31. doi: 10.1080/02640414.2013.792950. Epub 2013 Jul 8. PMID: 23829646. **Female Football 22 (AL)**
 16. Bendiksen M, Pettersen SA, Ingebrigtsen J, Randers MB, Brito J, Mohr M, Bangsbo J, **Krustrup P**. Application of the Copenhagen Soccer Test in high-level women players - locomotor activities, physiological response and sprint performance. Hum Mov Sci. 2013 Dec;32(6):1430-42. doi: 10.1016/j.humov.2013.07.011. Epub 2013 Sep 6. PMID: 24016711. **Female Football 24 (AL)**
 17. Bradley PS, Bendiksen M, Dellal A, Mohr M, Wilkie A, Datson N, Orntoft C, Zebis M, Gomez-Diaz A, Bangsbo J, **Krustrup P**. The application of the Yo-Yo intermittent endurance level 2 test to elite female soccer populations. Scand J Med Sci Sports. 2014 Feb;24(1):43-54. doi: 10.1111/j.1600-0838.2012.01483.x. Epub 2012 Jun 19. PMID: 22712498. **Female Football 25 (AL)**
 18. **Krustrup P**, Hansen PR, Nielsen CM, Larsen MN, Randers MB, Manniche V, Hansen L, Dvorak J, Bangsbo J. Structural and functional cardiac adaptations to a 10-week school-based football intervention for 9-10-year-old children. Scand J Med Sci Sports. 2014 Aug;24 Suppl 1:4-9. doi: 10.1111/sms.12277. PMID: 24944128. **Female Football 26 (A1)**
 19. Mohr M, Lindenskov A, Holm PM, Nielsen HP, Mortensen J, Weihe P, **Krustrup P**. Football training improves cardiovascular health profile in sedentary, premenopausal hypertensive women. Scand J Med Sci Sports. 2014 Aug;24 Suppl 1:36-42. doi: 10.1111/sms.12278. PMID: 24944131. **Female Football 27 (AL)**
 20. de Sousa MV, Fukui R, **Krustrup P**, Pereira RM, Silva PR, Rodrigues AC, de Andrade JL, Hernandez AJ, da Silva ME. Positive effects of football on fitness, lipid profile, and insulin resistance in Brazilian patients with type 2 diabetes. Scand J Med Sci Sports. 2014 Aug;24 Suppl 1:57-65. doi: 10.1111/sms.12258. PMID: 24944132. **Female Football 28 (A3)**

21. Randers MB, Nielsen JJ, Bangsbo J, **Krustrup P**. Physiological response and activity profile in recreational small-sided football: no effect of the number of players. *Scand J Med Sci Sports*. 2014 Aug;24 Suppl 1:130-7. doi: 10.1111/sms.12232. PMID: 24944137. **Female Football 29 (AL)**
22. Barene S, **Krustrup P**, Brekke OL, Holtermann A. Soccer and Zumba as health-promoting activities among female hospital employees: a 40-weeks cluster randomised intervention study. *J Sports Sci*. 2014;32(16):1539-49. doi: 10.1080/02640414.2014.906043. Epub 2014 Apr 10. PMID: 24720526. **Female Football 30 (A2)**
23. Bendiksen M, Williams CA, Hornstrup T, Clausen H, Kloppenborg J, Shumikhin D, Brito J, Horton J, Barene S, Jackman SR, **Krustrup P**. Heart rate response and fitness effects of various types of physical education for 8- to 9-year-old schoolchildren. *Eur J Sport Sci*. 2014;14(8):861-9. doi: 10.1080/17461391.2014.884168. Epub 2014 Feb 18. PMID: 24533471. **Female Football 31 (AL)**
24. Bangsbo J, Junge A, Dvorak J, **Krustrup P**. Executive summary: Football for health - prevention and treatment of non-communicable diseases across the lifespan through football. *Scand J Med Sci Sports*. 2014 Aug;24 Suppl 1:147-50. doi: 10.1111/sms.12271. PMID: 24944139. **Female Football 32 (AL)**
25. Clausen MB, Zebis MK, Møller M, **Krustrup P**, Hölmich P, Wedderkopp N, Andersen LL, Christensen KB, Thorborg K. High injury incidence in adolescent female soccer. *Am J Sports Med*. 2014 Oct;42(10):2487-94. doi: 10.1177/0363546514541224. Epub 2014 Jul 2. PMID: 24989492. **Female Football 33 (A4)**
26. Barene S, **Krustrup P**, Jackman SR, Brekke OL, Holtermann A. Do soccer and Zumba exercise improve fitness and indicators of health among female hospital employees? A 12-week RCT. *Scand J Med Sci Sports*. 2014 Dec;24(6):990-9. doi: 10.1111/sms.12138. Epub 2013 Oct 24. PMID: 24151956. **Female Football 34 (A2)**
27. Barene S, **Krustrup P**, Holtermann A. Effects of the Workplace Health Promotion Activities Soccer and Zumba on Muscle Pain, Work Ability and Perceived Physical Exertion among Female Hospital Employees. *PLoS One*. 2014 Dec 10;9(12):e115059. doi: 10.1371/journal.pone.0115059. PMID: 25494175; PMCID: PMC4262471. **Female Football 35 (A2)**
28. Connolly LJ, Scott S, Mohr M, Ermidis G, Julian R, Bangsbo J, Jackman SR, Bowtell JL, Davies RC, Hopkins SJ, Seymour R, Knapp KM, **Krustrup P**, Fulford J. Effects of small-volume soccer and vibration training on body composition, aerobic fitness, and muscular PCr kinetics for inactive women aged 20–45. *J Sport Health Sci*. 2014;3(4):284-292. doi:10.1016/j.jshs.2014.07.003. **Female Football 36 (A13)**
29. **Krustrup P**, Bangsbo J. Recreational football is effective in the treatment of non-communicable diseases. *Br J Sports Med*. 2015 Nov;49(22):1426-7. doi: 10.1136/bjsports-2015-094955. Epub 2015 May 19. PMID: 25990758; PMCID: PMC4680157. **Female Football 38 (A1)**
30. Mohr M, Helge EW, Petersen LF, Lindenskov A, Weihe P, Mortensen J, Jørgensen NR, **Krustrup P**. Effects of soccer vs swim training on bone formation in sedentary middle-aged women. *Eur J Appl Physiol*. 2015 Dec;115(12):2671-9. doi: 10.1007/s00421-015-3231-8. Epub 2015 Aug 9. PMID: 26255288. **Female Football 41 (AL)**
31. Elbe AM, Barene S, Strahler K, **Krustrup P**, Holtermann A. Experiencing flow in a workplace physical activity intervention for female health care workers: a longitudinal comparison between football and Zumba. *Women in Sport and Physical Activity Journal*. 2016 Apr 1;24(1):70-7. **Female Football 42 (ANAN)**

32. Póvoas SCA, Castagna C, da Costa Soares JM, Silva P, Coelho-E-Silva M, Matos F, **Krustrup P**. Reliability and Construct Validity of Yo-Yo Tests in Untrained and Soccer-Trained Schoolgirls Aged 9-16. *Pediatr Exerc Sci*. 2016 May;28(2):321-330. doi: 10.1123/pes.2015-0212. Epub 2015 Dec 16. Erratum in: *Pediatr Exerc Sci*. 2020 May 1;32(2):112. doi: 10.1123/pes.2020-0014. PMID: 26694833. **Female Football 43 (AL)**
33. Fløtum LA, Ottesen LS, **Krustrup P**, Mohr M. Evaluating a Nationwide Recreational Football Intervention: Recruitment, Attendance, Adherence, Exercise Intensity, and Health Effects. *Biomed Res Int*. 2016;2016:7231545. doi: 10.1155/2016/7231545. Epub 2016 Jun 29. PMID: 27437401; PMCID: PMC4942591. **Female Football 44 (A3)**
34. Clausen MB, Tang L, Zebis MK, **Krustrup P**, Hölmich P, Wedderkopp N, Andersen LL, Christensen KB, Møller M, Thorborg K. Self-reported previous knee injury and low knee function increase knee injury risk in adolescent female football. *Scand J Med Sci Sports*. 2016 Aug;26(8):919-26. doi: 10.1111/sms.12521. Epub 2015 Jul 15. PMID: 26179111. **Female Football 45 (A4)**
35. Barene S, Holtermann A, Oseland H, Brekke OL, **Krustrup P**. Effects on muscle strength, maximal jump height, flexibility and postural sway after soccer and Zumba exercise among female hospital employees: a 9-month randomised controlled trial. *J Sports Sci*. 2016 Oct;34(19):1849-58. doi: 10.1080/02640414.2016.1140906. Epub 2016 Feb 5. PMID: 26849477. **Female Football 48 (AL)**
36. **Krustrup P**, Dvorak J, Bangsbo J. Small-sided football in schools and leisure-time sport clubs improves physical fitness, health profile, well-being and learning in children. *Br J Sports Med*. 2016 Oct;50(19):1166-7. doi: 10.1136/bjsports-2016-096266. Epub 2016 Jun 20. PMID: 27324872; PMCID: PMC5036233. **Female Football 50 (A1)**
37. Ørntoft C, Fuller CW, Larsen MN, Bangsbo J, Dvorak J, **Krustrup P**. 'FIFA 11 for Health' for Europe. II: effect on health markers and physical fitness in Danish schoolchildren aged 10-12 years. *Br J Sports Med*. 2016 Nov;50(22):1394-1399. doi: 10.1136/bjsports-2016-096124. Epub 2016 Apr 29. PMID: 27130927; PMCID: PMC5136709. **Female Football 51 (AL)**
38. Andersen TB, **Krustrup P**, Bendiksen M, Orntoft CO, Randers MB, Pettersen SA. Kicking Velocity and Effect on Match Performance When using a Smaller, Lighter Ball in Women's Football. *Int J Sports Med*. 2016 Nov;37(12):966-972. doi: 10.1055/s-0042-109542. Epub 2016 Aug 23. PMID: 27551936. **Female Football 52 (A2)**
39. Bowtell JL, Jackman SR, Scott S, Connolly LJ, Mohr M, Ermidis G, Julian R, Yousefian F, Helge EW, Jørgensen NR, Fulford J, Knapp KM, **Krustrup P**. Short Duration Small Sided Football and to a Lesser Extent Whole Body Vibration Exercise Induce Acute Changes in Markers of Bone Turnover. *Biomed Res Int*. 2016;2016:3574258. doi: 10.1155/2016/3574258. Epub 2016 Nov 29. PMID: 28025642; PMCID: PMC5153460. **Female Football 53 (AL)**
40. Ørntoft C, Larsen MN, Andersen TB, Rasmussen LS, Póvoas SC, Randers MB, **Krustrup P**. Technical Actions, Heart Rate, and Locomotor Activity in 7v7 and 8v8 Games for Female Youth Soccer Players. *J Strength Cond Res*. 2016 Dec;30(12):3298-3303. doi: 10.1519/JSC.0000000000001434. PMID: 27050242. **Female Football 54 (AL)**
41. Larsen MN, Nielsen CM, Ørntoft C, Randers MB, Helge EW, Madsen M, Manniche V, Hansen L, Hansen PR, Bangsbo J, **Krustrup P**. Fitness Effects of 10-Month Frequent Low-Volume Ball Game Training or Interval Running for 8-10-Year-Old School Children. *Biomed Res Int*. 2017;2017:2719752. doi: 10.1155/2017/2719752. Epub 2017 Feb 19. PMID: 28303248; PMCID: PMC5337793. **Female Football 55 (AL)**

42. Elbe AM, Wikman JM, Zheng M, Larsen MN, Nielsen G, **Krustrup P**. The importance of cohesion and enjoyment for the fitness improvement of 8-10-year-old children participating in a team and individual sport school-based physical activity intervention. *Eur J Sport Sci*. 2017 Apr;17(3):343-350. doi: 10.1080/17461391.2016.1260641. Epub 2016 Dec 7. PMID: 27927073. **Female Football 57 (AL)**
43. Reddy P, Dias I, Holland C, Campbell N, Nagar I, Connolly L, **Krustrup P**, Hubball H. Walking football as sustainable exercise for older adults - A pilot investigation. *Eur J Sport Sci*. 2017 Jun;17(5):638-645. doi: 10.1080/17461391.2017.1298671. Epub 2017 Mar 19. PMID: 28316258. **Female Football 58 (A7)**
44. Fuller CW, Ørntoft C, Larsen MN, Elbe AM, Ottesen L, Junge A, Dvorak J, **Krustrup P**. 'FIFA 11 for Health' for Europe. 1: effect on health knowledge and well-being of 10- to 12-year-old Danish school children. *Br J Sports Med*. 2017 Oct;51(20):1483-1488. doi: 10.1136/bjsports-2016-096123. Epub 2016 Apr 29. PMID: 27130925; PMCID: PMC5629938. **Female Football 59 (AL)**
45. **Krustrup P**, Skoradal MB, Randers MB, Weihe P, Uth J, Mortensen J, Mohr M. Broad-spectrum health improvements with one year of soccer training in inactive mildly hypertensive middle-aged women. *Scand J Med Sci Sports*. 2017 Dec;27(12):1893-1901. doi: 10.1111/sms.12829. Epub 2017 Jan 25. PMID: 28124381. **Female Football 61 (A1)**
46. Larsen MN, Nielsen CM, Ørntoft CØ, Randers MB, Manniche V, Hansen L, Hansen PR, Bangsbo J, **Krustrup P**. Physical Fitness and Body Composition in 8-10-Year-Old Danish Children Are Associated With Sports Club Participation. *J Strength Cond Res*. 2017 Dec;31(12):3425-3434. doi: 10.1519/JSC.0000000000001952. PMID: 28445225; PMCID: PMC5704664. **Female Football 62 (AL)**
47. **Krustrup P**, Helge EW, Hansen PR, Aagaard P, Hagman M, Randers MB, de Sousa M, Mohr M. Effects of recreational football on women's fitness and health: adaptations and mechanisms. *Eur J Appl Physiol*. 2018 Jan;118(1):11-32. doi: 10.1007/s00421-017-3733-7. Epub 2017 Nov 21. PMID: 29164325. **Female Football 63 (A1)**
48. Larsen MN, Nielsen CM, Helge EW, Madsen M, Manniche V, Hansen L, Hansen PR, Bangsbo J, **Krustrup P**. Positive effects on bone mineralisation and muscular fitness after 10 months of intense school-based physical training for children aged 8-10 years: the FIT FIRST randomised controlled trial. *Br J Sports Med*. 2018 Feb;52(4):254-260. doi: 10.1136/bjsports-2016-096219. Epub 2016 Jun 13. PMID: 27297443; PMCID: PMC5867438. **Female Football 64 (AL)**
49. Lind RR, Geertsen SS, Ørntoft C, Madsen M, Larsen MN, Dvorak J, Ritz C, **Krustrup P**. Improved cognitive performance in preadolescent Danish children after the school-based physical activity programme "FIFA 11 for Health" for Europe - A cluster-randomised controlled trial. *Eur J Sport Sci*. 2018 Feb;18(1):130-139. doi: 10.1080/17461391.2017.1394369. Epub 2017 Nov 21. PMID: 29161988. **Female Football 65 (AL)**
50. Randers MB, Marschall J, Nielsen TT, Møller A, Zebis MK, **Krustrup P**. Heart rate and movement pattern in street soccer for homeless women. *German Journal of Exercise and Sport Research*. 2018;48(2):211-217. doi: 10.1007/s12662-018-0503-6 **Female Football 66 (AL)**
51. Zebis MK, Thorborg K, Andersen LL, Møller M, Christensen KB, Clausen MB, Hölmich P, Wedderkopp N, Andersen TB, **Krustrup P**. Effects of a lighter, smaller football on acute match injuries in adolescent female football: a pilot cluster-randomized controlled trial. *J Sports Med Phys Fitness*.

- 2018 May;58(5):644-650. doi: 10.23736/S0022-4707.17.07903-8. PMID: 29719944. **Female Football 68 (AL)**
52. Larsen MN, Nielsen CM, Madsen M, Manniche V, Hansen L, Bangsbo J, **Krustrup P**, Hansen PR. Cardiovascular adaptations after 10 months of intense school-based physical training for 8- to 10-year-old children. *Scand J Med Sci Sports*. 2018 Aug;28 Suppl 1:33-41. doi: 10.1111/sms.13253. Epub 2018 Jul 26. PMID: 30047176. **Female Football 69 (A7)**
 53. Skoradal MB, Helge EW, Jørgensen NR, Mortensen J, Weihe P, **Krustrup P**, Mohr M. Osteogenic impact of football training in 55- to 70-year-old women and men with prediabetes. *Scand J Med Sci Sports*. 2018 Aug;28 Suppl 1:52-60. doi: 10.1111/sms.13252. Epub 2018 Jul 26. PMID: 30047579. **Female Football 70 (A6)**
 54. Póvoas S, Randers MB, **Krustrup P**, Larsen MN, Pereira R, Castagna C. Heart Rate and Perceived Experience Differ Markedly for Children in Same- versus Mixed-Gender Soccer Played as Small- and Large-Sided Games. *Biomed Res Int*. 2018 Aug 5;2018:7804642. doi: 10.1155/2018/7804642. PMID: 30175142; PMCID: PMC6098911. **Female Football 71 (A3)**
 55. Skoradal MB, Purkhús E, Steinholt H, Olsen MH, Ørntoft C, Larsen MN, Dvorak J, Mohr M, **Krustrup P**. "FIFA 11 for Health" for Europe in the Faroe Islands: Effects on health markers and physical fitness in 10- to 12-year-old schoolchildren. *Scand J Med Sci Sports*. 2018 Aug;28 Suppl 1:8-17. doi: 10.1111/sms.13209. Epub 2018 Jun 8. PMID: 29882318. **Female Football 72 (AL)**
 56. Skoradal MB, Weihe P, Patursson P, Mortensen J, Connolly L, **Krustrup P**, Mohr M. Football training improves metabolic and cardiovascular health status in 55- to 70-year-old women and men with prediabetes. *Scand J Med Sci Sports*. 2018 Aug;28 Suppl 1:42-51. doi: 10.1111/sms.13081. Epub 2018 May 2. PMID: 29718556. **Female Football 73 (A6)**
 57. **Krustrup P**, Krustrup BR. Football is medicine: it is time for patients to play! *Br J Sports Med*. 2018 Nov;52(22):1412-1414. doi: 10.1136/bjsports-2018-099377. Epub 2018 Jun 9. PMID: 29886433; PMCID: PMC6241624. **Female Football 75 (A1)**
 58. Ørntoft C, Larsen MN, Madsen M, Sandager L, Lundager I, Møller A, Hansen L, Madsen EE, Elbe AM, Ottesen L, **Krustrup P**. Physical Fitness and Body Composition in 10-12-Year-Old Danish Children in Relation to Leisure-Time Club-Based Sporting Activities. *Biomed Res Int*. 2018 Dec 27;2018:9807569. doi: 10.1155/2018/9807569. PMID: 30687761; PMCID: PMC6327252. **Female Football 77 (AL)**
 59. Ring-Dimitriou S, **Krustrup 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. Could sport be part of pediatric obesity prevention and treatment? Expert conclusions from the 28th European Childhood Obesity Group Congress. *J Sport Health Sci*. 2019 Jul;8(4):350-352. doi: 10.1016/j.jshs.2019.01.007. Epub 2019 Jan 18. PMID: 31333888; PMCID: PMC6620416. **Female Football 78 (A2)**
 60. Milanović Z, Pantelić S, Čović N, Sporiš G, Mohr M, **Krustrup P**. Broad-spectrum physical fitness benefits of recreational football: a systematic review and meta-analysis. *Br J Sports Med*. 2019 Aug;53(15):926-939. doi: 10.1136/bjsports-2017-097885. Epub 2018 Jan 25. PMID: 29371223; PMCID: PMC6662951. **Female Football 79 (AL)**
 61. Mohr M, Skoradal MB, Andersen TR, **Krustrup P**. Gender-dependent evaluation of football as medicine for prediabetes. *Eur J Appl Physiol*. 2019 Sep;119(9):2011-2024. doi: 10.1007/s00421-019-04188-5. Epub 2019 Jul 26. PMID: 31346789. **Female Football 80 (AL)**

62. Lind RR, Beck MM, Wikman J, Malarski K, **Krustrup P**, Lundbye-Jensen J, Geertsen SS. Acute high-intensity football games can improve children's inhibitory control and neurophysiological measures of attention. *Scand J Med Sci Sports*. 2019 Oct;29(10):1546-1562. doi: 10.1111/sms.13485. Epub 2019 Jun 24. PMID: 31125468; PMCID: PMC6852517. **Female Football 81 (A5)**
63. Madsen M, Elbe AM, Madsen EE, Ermidis G, Ryom K, Wikman JM, Rasmussen Lind R, Larsen MN, **Krustrup P**. The "11 for Health in Denmark" intervention in 10- to 12-year-old Danish girls and boys and its effects on well-being-A large-scale cluster RCT. *Scand J Med Sci Sports*. 2020 Sep;30(9):1787-1795. doi: 10.1111/sms.13704. Epub 2020 May 27. PMID: 32353906. **Female Football 86 (AL)**
64. Larsen MN, Madsen M, Nielsen CM, Manniche V, Hansen L, Bangsbo J, **Krustrup P**, Hansen PR. Cardiovascular adaptations after 10 months of daily 12-min bouts of intense school-based physical training for 8-10-year-old children. *Prog Cardiovasc Dis*. 2020 Nov-Dec;63(6):813-817. doi: 10.1016/j.pcad.2020.05.011. Epub 2020 Jun 1. PMID: 32497586. **Female Football 88 (A7)**
65. Uth J, Frstrup B, Sørensen V, Helge EW, Christensen MK, Kjærgaard JB, Møller TK, Mohr M, Helge JW, Jørgensen NR, Rørth M, Vadstrup ES, **Krustrup P**. Exercise intensity and cardiovascular health outcomes after 12 months of football fitness training in women treated for stage I-III breast cancer: Results from the football fitness After Breast Cancer (ABC) randomized controlled trial. *Prog Cardiovasc Dis*. 2020 Nov-Dec;63(6):792-799. doi: 10.1016/j.pcad.2020.08.002. Epub 2020 Aug 12. PMID: 32800792. **Female Football 89 (AL)**
66. Larsen MN, Ermidis G, Brito J, Ørner C, Martins C, Lemos LF, **Krustrup P**, Rago V. Fitness and Performance Testing of Male and Female Beach Soccer Players-A Preliminary Investigation. *Front Sports Act Living*. 2021 Feb 23;3:636308. doi: 10.3389/fspor.2021.636308. PMID: 33709072; PMCID: PMC7940533. **Female Football 92 (A7)**
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