

Literatur Sprungkraft

- Dias, J. A., Dal Pupo, J., Reis, D. C., Borges, L., Santos, S. G., Moro, A. R., & Borges Jr, N. G. (2011). Validity of two methods for estimation of vertical jump height. *The Journal of Strength & Conditioning Research*, 25(7), 2034-2039.
- McMahon, J. J., Suchomel, T. J., Lake, J. P., & Comfort, P. (2018). Understanding the key phases of the countermovement jump force-time curve. *Strength & Conditioning Journal*, 40(4), 96-106.
- Wade, L., Lichtwark, G. A., & Farris, D. J. (2020). Comparisons of laboratory-based methods to calculate jump height and improvements to the field-based flight-time method. *Scandinavian journal of medicine & science in sports*, 30(1), 31-37.
- Wank, V., & Coenning, C. (2019). On the estimation of centre of gravity height in vertical jumping. *German Journal of Exercise and Sport Research*, 49(4), 454-462.

Literatur Maximalkraft

- Bober, T., Kulig, K., Burnfield, J. M., & Pietraszewski, B. (2002). Predictive torque equations for joints of the extremities. *Acta of Bioengineering and Biomechanics*, 4(2), 49-60.
- van Eijden, T. M. G. J., De Boer, W., & Verburg, J. (1983). A dynamometer for the measurement of the extension torque of the lower leg during static and dynamic contractions of the quadriceps femoris muscle. *Journal of biomechanics*, 16(12), 1019-1023.

Literatur Explosivkraft

- Maffiuletti, N. A., Aagaard, P., Blazevich, A. J., Folland, J., Tillin, N., & Duchateau, J. (2016). Rate of force development: physiological and methodological considerations. *European journal of applied physiology*, 116, 1091-1116.

Literatur Kraftausdauer

- de Ruiter, C. J., Maas, E. A., Wesseling, M. G., & de Haan, A. (2012). Knee extensor fatigue threshold is related to whole-body VO₂max. *Medicine and science in sports and exercise*, 44(7), 1366-1374.
- de Ruiter, C. J., Mallee, M. I., Leloup, L. E., & de Haan, A. (2014). A submaximal test for the assessment of knee extensor endurance capacity. *Medicine and science in sports and exercise*, 46(2), 398-406.
- Enoka, R. M., & Duchateau, J. (2008). Muscle fatigue: what, why and how it influences muscle function. *The Journal of physiology*, 586(1), 11-23.
- Hamada, T., Sale, D. G., MacDougall, J. D., & Tarnopolsky, M. A. (2003). Interaction of fibre type, potentiation and fatigue in human knee extensor muscles. *Acta physiologica scandinavica*, 178(2), 165-173.