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**Instructions for Authors of CISM Sport Science Abstract**

Abstracts should contain no more than 300 words. Write concisely and clearly using complete sentences (not fragments). Writing should be concise and direct. Avoid using unnecessary jargon and abbreviations, but use an acronym or abbreviation if it is more commonly recognized than the spelled-out version of a term.

**Title of the Abstract** - The title should accurately reflect the content of the manuscript and be limited to 20 words in length.

**Full names of the authors and institutional/corporate affiliations** - Do not list academic degrees ([See Template in next page](#)).

**Background** - this item should provide a succinct statement of the context or background of the study.

**Purpose** - What are the reason(s) for writing the paper or the aims of the research? Please note that Emerald requires this section to begin with wording such as 'The purpose of this paper....' or 'This paper aims to....'

**Design/methodology/approach** - How are the objectives achieved? Include the main method(s) used for the research. What is the approach to the topic and what is the theoretical or subject scope of the paper?

**Findings** - What was found in the course of the work? This will refer to results or its analysis.

**Research limitations/implications (if applicable)** - If research is reported on in the paper this section must be completed and should include suggestions for future research and any identified limitations in the research process.

**Practical implications (if possible)** - What outcomes and implications for practice, applications and consequences are identified? Not all papers will have practical implications but most will. What changes to practice should be made as a result of this research/paper?

**Figures and Tables** - the inclusion of one figure or table is allowed. Each figure and table must be presented with a brief caption or title that defines all abbreviations used within it. Figures should be professional in appearance and have clean, crisp lines. Hand drawing and hand lettering are not acceptable. Photographic images should be at a resolution of 300 dots per inch (dpi) for full-size photos and 600 dpi for line art. The Table must be prepared using Microsoft Word's table-building functions. Explanatory notes should be shown in footnotes below the table. Authors wishing to reproduce previously published material should obtain prior written permission to reprint from the copyright holder(s) of the figure or table. The phrase "used by permission" should appear in the caption of the figure or table.

## Sequence effects of combined resistance exercises with step choreography in the same session in women's oxygen uptake during and postexercise

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**Background** - The combination of step choreography (SC) with resistance training exercises (RE) in the same session is common in class fitness rooms, mainly to increase energy expenditure. However, the influence of the EE and RE sequence on volume of oxygen consumed per min ( $\text{VO}_2$ ) is scarcely reported in the literature.

**Purpose** - The aim of this study was to evaluate the differences in the exercise oxygen uptake and postexercise between two different combinations of resistance training exercises and step choreography, regarding the order of execution.

**methodology** - Thirteen active women ( $30.31 \pm 4.42$  years,  $62.02 \pm 5.37$  kg,  $162.65 \pm 4.40$  cm,  $19.14 \pm 3.29\%$  body fat) performed two combinations: step choreography before resistance training, where resistance training was divided into two blocks of analysis (10 min each); and step choreography divided into three equal blocks (10 min for each block), before, in the middle and after resistance exercise (Figure 1).

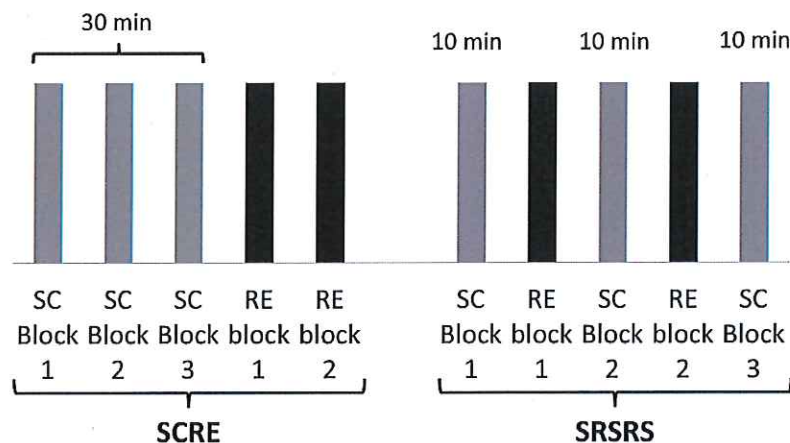


Figure 1. Diagram of exercises sessions

**Findings** - There were significant differences ( $P < 0.05$ ) between the two sessions in oxygen uptake postexercise in the period of 0–5 min. A significant increase ( $P < 0.0001$ ) in the oxygen uptake absolute and relative in the heart rate between blocks 1 and 2 of resistance exercise in the two sessions was observed. In the step choreography in blocks, a significant ( $P = 0.001$ ) decrease between blocks 2 and 3 in the step choreography before resistance exercise and a significant ( $P < 0.05$ ) increase in the heart rate in both sessions between blocks were observed.

**Practical implications** - The combination of step choreography and resistance exercises during the same exercise session is a good strategy to promote an elevation of women's oxygen uptake during and after an exercise session, independent of the sequence used. Thus, fitness trainers can use this strategy to streamline their classes without influencing the total session energy expenditure.