Table G9.A2. Cardiorespiratory Fitness, Experimental Studies. Part 1. Randomized Controlled Trials

Reference	Subjects/Duration	Results
Adiputra et al., 1996 (1)	N=60, 0% F, 17-19 years, Duration: 8 weeks	↑ VO_{2max} 15.3%
McManus et al., 1997 (2)	N=30, 100% F, 9.6 years, Duration: 8 weeks	Cycle Group: ↑ VO_{2peak} 9%, Sprint Group: ↑8%
Welsman et al., 1997 (3)	N=51, 100% F, 9-10 years, Duration: 8 weeks	VO_{2peak} did not significantly ↑
Ewart et al., 1998 (4)	N=88, 100% F, 70% AA, Duration: 18 weeks	Exercise Group ↑ CRF 11% compared to Control
Gutin et al., 2002 (5)	N=80, 68% F, 13-16 years, 69% AA Lifestyle Education + Training vs. Lifestyle Education alone, Duration: 8 months	Lifestyle Education + Training ↑ VO_{2max} significantly more than Lifestyle Education
Mandigout et al., 2002 (6) *Group Randomized Trial*	N=84, 47% F, 10-11 years, Duration: 13 weeks	M: ↑ VO_{2max} 5.1%, F: ↑ VO_{2max} 8.6%
Obert et al., 2003 (7) *Group Randomized Trial*	N=35, 49% F, 10-11 years, Duration: 13 weeks	M: ↑ VO_{2max} 15%, F: ↑ VO_{2max} 8%
Crews et al., 2004 (8)	N=66, 50% F, 3rd-5th grade, 100% Hispanic	Exercise Group ↑ CRF 16% compared to Control
Baquet et al., 2004 (9) *Group Randomized Trial*	N=100, 54% F, 8-11 years, Duration: 7 weeks	High-intensity Group improved run by 5.4%

↑, increase; AA, African American; CRF, cardiorespiratory fitness; F, female; M, male; N, number

Table G9.A2. Cardiorespiratory Fitness, Experimental Studies. Part 2. Non-Randomized Controlled Trials

Reference	Subjects/Duration	Results
Gutin et al., 1996 (10)	N=22, 100% F, 7-11 years, AA, Duration: 10 weeks	Exercise Group improved HR by 5%
Williford et al., 1996 (11)	N=17, 0% F, 11-13 years, 100% AA, Duration: 15 weeks	Exercise Group ↑ VO_{2max} by 10.3% compared to Control
Stoedefalke et al., 2000 (12)	N=34, 100% F, 13-14 years, Duration: 20 weeks	No effect
Baquet et al., 2001 (13)	N=551, 47% F, 11-16 years, Duration: 10 weeks	Exercise Group improved 7-minute run by 7.6%
Baquet et al., 2002 (14)	N=53, 57% F, 9.7±0.8 years, Duration: 7 weeks	High-intensity Group ↑ CRF 8.2%
Tolfrey et al., 2004 (15)	N=36, 44% F, 10.6±0.6 years, Duration: 12 weeks	VO_{2peak} ↑ in Low Training Group, not in Moderate Training Group
Annesi et al., 2005 (16)	N=570, 40% F, 5-12 years, >95% AA, Duration: 12 weeks	CRF ↑ 8%
Schneider et al., 2007 (17)	N=122, 100% F, 10th-11th, Duration: 1 year	Exercise Group ↑ VO_{2peak} by 4%

↑, increase; >, greater than; AA, African American; CRF, cardiorespiratory fitness; F, female; HR, heart rate; N, number

Table G9.A2. Cardiorespiratory Fitness, Experimental Studies. Part 3. Before-and-After Studies (i.e., No Control Group)

Reference	Subjects/Duration	Results
Nassis et al., 2005 (18)	N=19, 100% F, 9-15 years, Duration: 12 weeks	↑ CRF 18.8%
Klijn et al., 2007 (19)	N=15, 100% F, 14.7±2.1 years, Duration: 12 weeks	↑ VO_{2peak} 17.5%

↑, increase; AA, African American; CRF, cardiorespiratory fitness; F, female; N, number

Table G9.A2. Cardiorespiratory Fitness, Experimental Studies. Part 4. Time Series

Reference	Subjects/Duration	Results
Rowland & Boyajian 1995 (20)	N=37, 65% F, 10-13 years, Duration: 12 weeks	↑ VO_{2max} 6.5% (M: ↑ 7.4%, F: ↑ 6.3%)
Rowland et al., 1996 (21)	N=31, 65% F, 10-12 years, 94% white, Duration: 13 weeks	↑ VO_{2max} 5.4% (M: ↑ 6.2%, F: ↑ 5.0%)

↑, increase; F, female; M, male; N, number

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