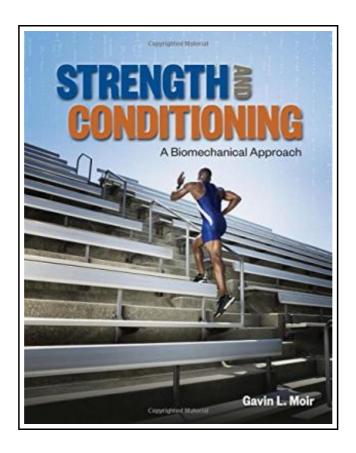
Strength and Conditioning



Filesize: 4.14 MB

Reviews

Simply no phrases to clarify. It is really basic but surprises from the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Mr. Noah Cummerata IV)

STRENGTH AND CONDITIONING



Inc Jones And Bartlett Publishers Apr 2015, 2015. Buch. Book Condition: Neu. 282x220x30 mm. Neuware -Strength and Conditioning Training: A Biomechanical Approach incorporates the aspects of biomechanics pertinent to strength and conditioning, including the mechanics of biologic tissue including muscle and tendon. Written for both the undergraduate/graduate level student as well as practitioners in the field, the text incorporates all programming aspects of strength and conditioning including training methods to develop muscular strength and power, flexibility, and the development of effective warm-up regimens. Performance analysis techniques in sport are introduced while the constraints-led approach to motor skills acquisition is presented as a framework that can guide the development of practices for the strength and conditioning practitioner. The biomechanical and motor skill acquisition concepts introduced in the text are then applied to fundamental movements including jumping, landing, and sprint running. The authors wrote the text on the premise that the practice of strength and conditioning should be guided by evidence and therefore highlight extant literature throughout. Key Features: - Provides a solid introduction to biomechanics pertinent to the study of human movements - Discusses the performance analysis techniques in sport that can be used by the strength and conditioning practitioner to determine the physiological, mechanical, and technical demands of specific sports, and also the assessment of the techniques used in the execution of sport-specific skills - Includes a critical review of the different approaches to motor skill acquisition - Incorporates clear learning objectives and worked examples in each chapter that allow readers to apply the concepts to real-life situations - Discusses the application of the most recent research pertinent to concepts in each chapter - Includes appendices to expand on some of the more complex mathematical techniques required to perform biomechanical analyses and useful resources to aid the student in...



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