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The Role of Arms Movement in Distance Running Performance

By Mwangi, Francis

Condition: New. Publisher/Verlag: VDM Verlag Dr. Müller | Effects of Different Arm Actions on Performance in Long Distance Running | The Role of Arms Movement in Distance Running Performance' The book is from an original research work which was conducted in an exercise and sports performance laboratory at the Department of Exercise, Recreation & Sports Science, Kenyatta University, Kenya. A wide spectrum of readers will find it useful, including specialists and students in exercise physiology and sports biomechanics, as well as athletics coaches, trainers, and athletes themselves. An abstract from this work won full scholarship from LOC and an oral presentation was made by the author at the 2008 pre-Olympic Games International Convention (ICSEMIS) held in Guangzhou, China, from 1st to 4th Aug. 2008, and published in the book of proceedings; Mwangi, F. M., Wanderi, P. M. & Wamukoya, E. K. (2008) Effects of Different Arm Actions on Performance in Long Distance Running: 2008 International Convention on Science, Education and Medicine in Sport Proceedings. (Volume 1): 32 33. | Format: Paperback | Language/Sprache: english | 72 pp.


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