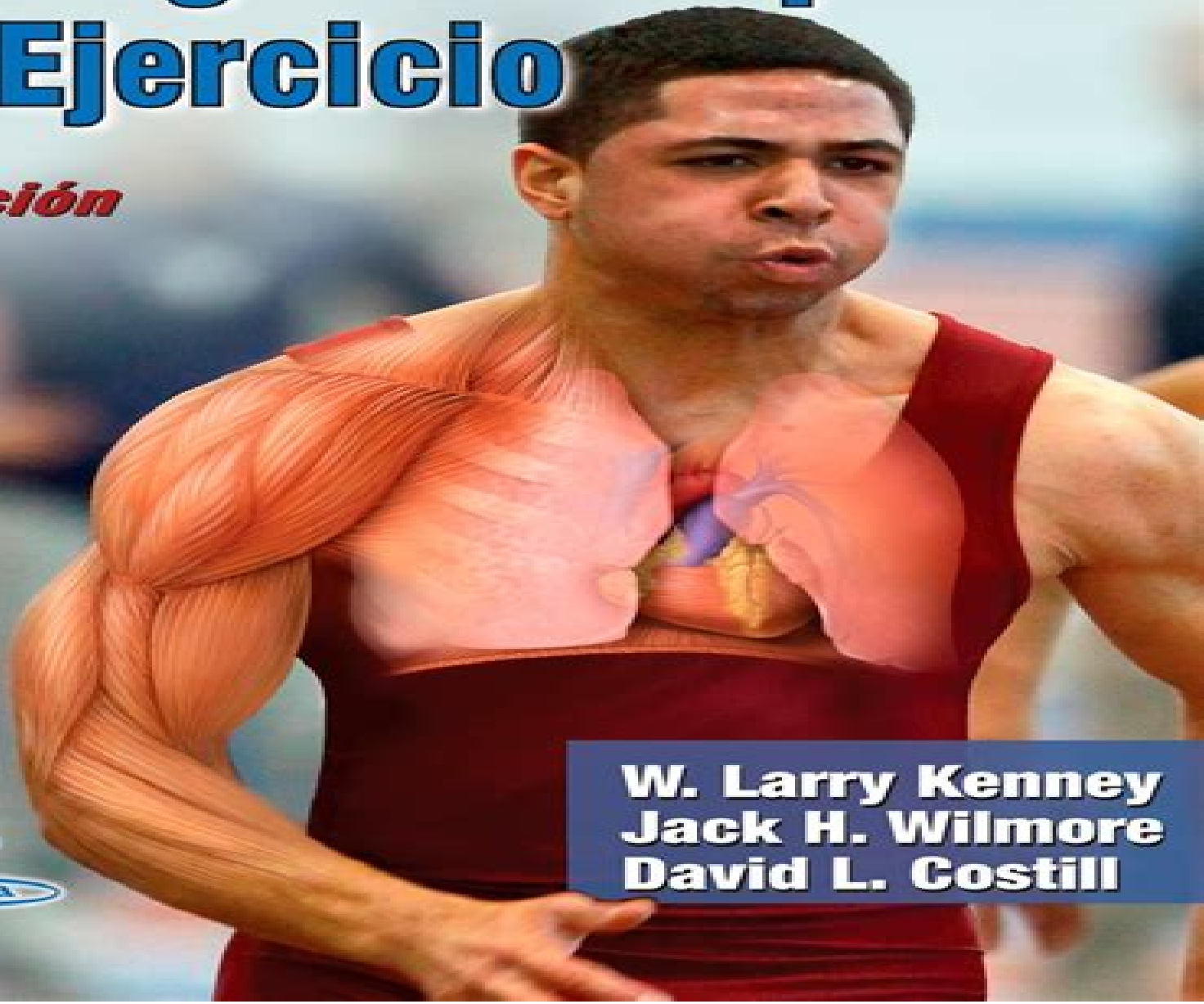


Fisiología del Deporte y el Ejercicio

5.ª edición



HUMAN KINETICS

EDITORIAL MEDICINA
panamericana

**W. Larry Kenney
Jack H. Wilmore
David L. Costill**

Wilmore Costill Fisiologia

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Wilmore Costill Fisiología:

FISIOLOGÍA DEL ESFUERZO Y DEL DEPORTE (Color) Jack H. Wilmore, David L. Costill, 2007-02-06 Jack Wilmore recientemente jubilado fue catedrático distinguido y director del departamento de Salud y cinesiología en la Texas A sus obras comprenden más de 350 capítulos y artículos revisados por colegas 14 libros y más de 100 publicaciones de divulgación Ha sido miembro de la comisión editorial de varias revistas como Sports Medicine Pediatric Exercise Science Journal of Cardiopulmonary Rehabilitation Journal of Athletic Training International Journal of Obesity Medicine y Science in Sports and Exercise Antiguo presidente del American College of Sports Medicine ACSM ha dirigido muchos comités organizativos del ACSM Ha sido asesor de varios equipos profesionales como Los Angeles Dodgers Los Angeles Rams Los Angeles Lakers Los Angeles Kings California Angels y San Francisco 49ers Es miembro de la American Physiological Society y del ACSM También es miembro y expresidente de la American Academy of Kinesiology and Physical Education El doctor Wilmore se doctoró en Educación Física en la Universidad de Oregon en 1966 David Costill es presidente emérito de John y Janice Fisher en Ciencia del ejercicio en la Ball State University en Muncie Indiana Creó el Ball State University Human Performance Laboratory en 1966 ejerciendo de director durante 32 años El doctor Costill ha escrito y colaborado en más de 400 publicaciones a lo largo de su vida entre libros revistas y publicaciones de divulgación Trabajó doce años de redactor jefe del International Journal of Sports Medicine Entre 1971 y 1988 dio un promedio de 25 conferencias internacionales al año en EEUU Fue presidente del ACSM de 1976 a 1977 miembro de su consejo de administración durante doce años y ha recibido premios honoríficos del ACSM Muchos de sus antiguos estudiantes son ahora punteros en el campo de la Fisiología del deporte El doctor Costill se doctoró en Educación Física y Fisiología en la Ohio State University en 1965

Fisiología del Ejercicio José López Chicharro, Almudena Fernández Vaquero, 2006 Comprender el funcionamiento del organismo durante el ejercicio así como las adaptaciones de órganos y sistemas del entrenamiento físico es el objetivo del fisiólogo del ejercicio pero también del educador en el ámbito deportivo del entrenador y de los profesionales de ciencias de la salud

Fisiología clínica del ejercicio José López Chicharro, Luis Miguel López Mojares, 2008-07 Las investigaciones científicas indican que el ejercicio moderado practicado con regularidad varias veces por semana es adecuado a la vida humana rebaja significativamente los riesgos de padecer un gran número de enfermedades y es una herramienta eficaz en el tratamiento de muchas patologías Este es el marco general en el que se engloba la presente obra fruto del trabajo de un amplio grupo de expertos en actividad física aplicada a las enfermedades prevalentes que más pueden beneficiarse de ella coordinados por José López Chicharro y Luis Miguel López Mojares Después de una introducción preliminar se analizan las principales patologías cardiovasculares pulmonares neuromusculares metabólicas oncológicas y locomotoras Seguidamente se estudian las poblaciones especiales que requieren una aplicación especial del ejercicio físico como niños ancianos o mujeres embarazadas Se concluye con un capítulo dedicado a los trastornos psicológicos Todos estos aspectos se explican con un lenguaje accesible

pero riguroso con el que se describen las limitaciones al ejercicio de cada caso el modo de llevar a cabo la evaluación funcional y la aplicación correcta del ejercicio físico más adecuado en cada caso para obtener los mejores beneficios y minimizar el riesgo

Fisiología del ejercicio físico y del entrenamiento Joan Ramon Barbany, 2012-07-11 El objetivo de esta publicación es estudiar y explicar de forma detallada aunque siempre con un enfoque eminentemente didáctico los aspectos más relevantes de las adaptaciones funcionales al ejercicio físico y al entrenamiento en el organismo humano A través de los distintos capítulos se relatan los conocimientos actuales de la estructura y función del músculo el metabolismo de la fibra muscular y del organismo en el ejercicio las distintas adaptaciones fisiológicas cardiovasculares respiratorias neuronales termorreguladores etc y la participación de los sistemas de control neuronal y regulación endocrina En los últimos capítulos se estudian las modificaciones inducidas por el entrenamiento y los aspectos más destacados de la fatiga física las ayudas ergogénicas y el dopaje El autor pretende que la exposición de los diferentes temas a pesar de su complejidad sea de fácil comprensión para el lector Para ello siguiendo siempre un planteamiento riguroso y suficientemente exhaustivo se ha buscado un estilo sencillo fácil y directo huyendo de los accesorios poco relevantes o excesivamente farragosos Además de obra de consulta útil para el lector interesado en el tema este libro ha sido elaborado con el objetivo de ser utilizado como texto de referencia para estudiantes de Ciencias de la Actividad Física y el Deporte Ciencias de la Salud para la formación de Técnicos Deportivos y para los diferentes niveles de especialización en el ámbito de la Medicina de la Educación Física y el Deporte

Fisiología del ejercicio II Patricia Minuchin, 2021-08-12 Con este libro el lector podrá tener una idea clara y sencilla de lo que sucede en los sistemas neuromuscular y cardiorrespiratorio durante el ejercicio físico Es de alguna manera una síntesis de la fisiología durante el movimiento completando así los conocimientos adquiridos en los libros anteriormente publicados de nutrición y de metabolismo Termina de integrar conceptos básicos pero fundamentales La autora aconseja su lectura detallada y utilizando los recursos didácticos de las preguntas de autoevaluación al final de cada uno de los capítulos así como el uso del glosario Ella opina que la verdad evoluciona y puede ser descubierta y redescubierta luego de mucho trabajo prospectivo La Dra Minuchin toma esta labor como un desafío personal y estimula así a sus colegas y alumnos en la continuidad de esa búsqueda También se desarrollan en el libro los capítulos de buceo y deportes de altura no solamente desde la descripción científica sino también desde las recomendaciones prácticas elementales para evitar accidentes Cita también con ejemplos la manera de calcular ejercitaciones de entrenamiento a partir de ergometrías realizadas en cinta y en bicicleta respetando las fórmulas del American College of Sport Medicine Esto facilita enormemente el trabajo de campo pues baja a la práctica las evaluaciones científicas y acerca a los diferentes profesionales del realm físico los licenciados en educación física etc De esta manera beneficia uno de sus principales objetivos educativos el trabajo interdisciplinario

Enfermería en Urgencias: Una Vision Global. Ebook ,2004-11-12 Educacion Fisica. Volumenii. Profesores de Educacion Secundaria. Temario Para la Preparacion de Oposiciones. E-book ,2002-05-09 **Fisiología cardiovascular, renal y respiratoria** Erick Alexánderson

Rosas, Gerardo Gamba Ayala, 2014-01-01 Fisiología cardiovascular renal y respiratoria es un agradable y conciso texto que abarca los principios y conceptos básicos más importantes de estas áreas de la fisiología. El contenido de la obra inicia con el estudio del funcionamiento del corazón sus propiedades eléctricas mecánicas el análisis del ciclo cardíaco y de otros conceptos hemodinámicos. Posteriormente se estudia la fisiología de los sistemas arterial venoso y linfático la regulación de la presión arterial así como de factores neurohumorales que afectan el funcionamiento del sistema cardiovascular. Asimismo también se analizan los aspectos fundamentales de la función renal y de su relación con el metabolismo de diversos elementos como el potasio sodio calcio fósforo y magnesio. Finalmente se realiza el estudio de la función respiratoria y del transporte y difusión del oxígeno y del dióxido de carbono desde el aire hasta las células del organismo. El texto de la obra ha sido complementado con figuras y cuadros que facilitan la comprensión y el aprendizaje. Asimismo al final de cada capítulo se incluye un apartado de puntos clave para que el lector reafirme las ideas desarrolladas en el texto. Fisiología cardiovascular renal y respiratoria busca ser un texto de referencia para los estudiantes de medicina y de ciencias de la salud en sus primeros años de estudio. Sin embargo también sirve como guía para aquellos que se encuentren en estudios más avanzados y que requieran de un repaso de los conceptos fundamentales.

New Perspectives in Software Engineering Jezreel Mejia, Mirna Muñoz, Álvaro Rocha, Víctor Hernández-Nava, 2022-10-29 This book contains the proceedings of the CIMPS Conference held on October 19-21, 2022. Hipocrates University Acapulco de Juárez Guerrero Mexico that is dedicated to Software Engineering in particular software processes improvement computer security and communication technology artificial intelligence and data analysis big data with a focus on innovation and entrepreneurship bringing together the academic sectors governmental and industrial that promote the comprehensive development of a culture of research innovation and competitiveness of organizations dedicated to and/or that make use of Information and Communication Telecommunications. This book presents software engineering with impact in a combination of different fields: Organizational Models Standards and Methodologies Knowledge Management Software Systems Applications and Tools Information and Communication Technologies Information security Artificial intelligence Data Analysis. It is used in different domains in which a broad scope of audience is interested in: Software engineers Analyst Project management Consultant Professors in academia Students Corporate heads of firms Senior general managers Managing directors Board directors Academics and researchers in the field both in universities and business schools Information technology directors and managers Quality managers and directors Libraries and information centres serving the needs of the above. This book contents are also useful for Ph.D. students master's and undergraduate students of IT related degrees such as Computer Science Information Systems.

ACTIVIDAD FÍSICA Y SALUD

INTEGRAL Eduardo Medina Jimenez, 2002-11-20 Porque la salud es nuestro bien más preciado en este libro se presentan una serie de conocimientos que le permitirán adquirir una salud integral. Ya que no hay un factor que por sí solo proporcione dicho estado sino que se deben combinar una serie de actitudes o hábitos como son la alimentación la actividad física la

higiene entre otros el autor desarrolla las bases teóricas o herramientas junto con una completa guía de ejercicios para que usted mismo pueda elaborar sus propios planes o programas de entrenamiento según sus necesidades específicas

Physiology of Sport and Exercise W. Larry Kenney, Jack H. Wilmore, David L. Costill, 2019-04-25 Physiology of Sport and Exercise Seventh Edition With Web Study Guide continues its legacy as a top physiology textbook and favorite of instructors and students alike Combining research with extensive visual aids this resource offers a simple way for students to develop an understanding of the body's abilities to perform various types and intensities of exercise and sport to adapt to stressful situations and to improve its physiological capacities Written by a team of distinguished researchers all past presidents of the American College of Sports Medicine this seventh edition has been updated based on the most recent position stands standards and guidelines in the field of sport and exercise physiology Throughout the text updated photos join with the superb illustrations and medical artwork to clarify difficult concepts and illustrate how the body performs Digital components found in the web study guide now include 26 animations that offer a dynamic way to experience physiological concepts and 66 audio clips that provide explanations of complex physiological processes to aid students understanding of important illustrations in the text Leaders in the field discuss recent developments and real world applications in 27 video clips to help students connect theoretical and practical concepts Corresponding icons throughout the text notify students when digital elements are available to complement the materials In addition to the expanded digital components Physiology of Sport and Exercise Seventh Edition features new and updated content based on the latest research in the field Additional information on overtraining and exercise addiction Expanded content on fatigue and mobility in aging New sections on epigenetics bioinformatics and neuromuscular function New information on exercise genomics New Research Perspectives emphasizing emerging findings in the field and a new Research Perspectives Finder to help students locate key content quickly Ease of reading has been the standout feature of this popular text The seventh edition continues to offer comprehensive coverage of the complex relationship between human physiology and exercise while maintaining an engaging and student friendly tone Unique learning features paired with an accessible layout including chapter opening outlines and review boxes throughout each chapter will help students focus on the major concepts addressed Study questions and a list of key terms at the end of the chapter increase students opportunities for recall and self testing A comprehensive glossary and lists of common abbreviations and conversions provide easy reference for students as they complete labs and assignments To foster an enriched learning experience both students and instructors can take advantage of the web based ancillaries that accompany the text In addition to animations videos and audio clips the web study guide includes comprehension quizzes to provide immediate feedback to students on their knowledge retention as well as end of unit mastery checks that students can use for evaluating their progress Instructors are provided with access to an instructor guide test package ready to use chapter quizzes and a presentation package plus image bank The presentation package includes PowerPoint slides with key

points and content which can be modified to suit a variety of class structures An image bank features all of the graphics artwork and content photos from the text for easy insertion into tests quizzes handouts and other course materials Digital extras composed of the animations videos and audio clips that students find in the web study guide bolster comprehension of challenging concepts Physiology of Sport and Exercise has been a pivotal textbook of the engaging field of exercise physiology Through dynamic and interactive learning activities easy to follow layouts and research oriented content enriched with visual supplements students and instructors will find this an invaluable resource for their continued education

Apuntes de fisiología general para la actividad física Marcelo Milano, Fabiana Finkelstein, 2020-12-31 Apuntes de Fisiología General para la Actividad Física es un manual que didactiza y engloba el material que el alumno de la carrera de Educación Física necesita en su introducción al mundo del funcionamiento de los órganos y sistemas y que constituye una piedra fundamental en los necesarios conocimientos biológicos Escrito por los docentes del Departamento de Ciencias Biológicas del ISEF 1 recoge los conocimientos básicos de la fisiología general que serán indispensables al avanzar en la fisiología del ejercicio y otras asignaturas del área

Fisiología, entrenamiento y medicina del baloncesto (Bicolor) Julio Calleja González, Nicolás Terrados Cepeda, 2018-12-05 El baloncesto ha experimentado durante los últimos años numerosos cambios en aspectos que rodean el propio juego Cada vez se juegan más partidos hay menos tiempo para recuperarse el juego es más intenso y los jugadores son más altos más fuertes y corren más rápido durante los partidos lo que determina un juego mucho más físico y rápido Asimismo el número de profesionales que desarrollan su labor dentro de los equipos ha ido en aumento Los entrenadores los preparadores físicos y los médicos deben tener entre ellos una relación de colaboración en todos los ámbitos para organizar el trabajo que ha de hacer el jugador desde el punto de vista físico y técnico Este libro desarrolla con los últimos datos que aporta la investigación científica desde los conocimientos de fisiología pasando luego por el entrenamiento hasta la medicina deportiva aplicada al baloncesto Este enfoque multidisciplinario le brindará al lector una visión completa y acabada de lo que es hoy en día el trabajo en un equipo de baloncesto en el que colaboran entrenadores preparadores físicos fisioterapeutas masajistas médicos

FISIOLOGÍA Y METODOLOGÍA DEL ENTRENAMIENTO. De la teoría a la práctica Véronique Billat, 2002-03 Esta obra que trata de las bases fisiológicas de la marca deportiva humana acerca tanto en el fondo como en la forma la andadura científica y técnica y la metodología del entrenamiento deportivo Cada uno de los seis capítulos la marca y los aspectos bioenergéticos muscular ventilatorio ambiental y el entrenamiento consta de dos partes En una se exponen los datos teóricos sobre fisiología y en la otra se ponen en práctica dichos conocimientos El objetivo final de esta obra es permitir al lector elaborar las cargas de entrenamiento intensidad duración forma a partir del conocimiento de las respuestas fisiológicas producidas en el plano metabólico cardiorrespiratorio y muscular Para ello se basa en los datos experimentales más actuales y en los artículos fundadores de la fisiología del ejercicio extraídos de la literatura científica internacional Este libro que llena un vacío entre la ciencia y los conocimientos del análisis de la marca deportiva para

mejorar los métodos de entrenamiento se dirige a los estudiantes a los médicos del deporte a los entrenadores y a los propios deportistas. Veronique Billat Profesora de la Facultad de Ciencias del Deporte de la Universidad de Lille 2 es autora de numerosos artículos en revistas científicas internacionales. Defiende la idea de que la formación científica debe dirigirse a cualquier deportista así como a las personas que forman parte de su entorno.

LA TONIFICACIÓN MUSCULAR. TEORÍA Y PRÁCTICA Nati García Vilanova, Antoni Martínez, Alfred Tabuenca Monge, 2007-10-23 A través de las articulaciones el cuerpo humano puede llegar a generar una gran cantidad de movimientos en diferentes planos y direcciones según sean las posibilidades que cada articulación posee. La musculatura ofrece la posibilidad mecánica del movimiento a través de complejos mecanismos fisiológicos y nerviosos. La fuerza es la capacidad del cuerpo humano que permite generar tensión intramuscular y su entrenamiento tonifica nuestro organismo. Cuáles son las ventajas de una correcta tonificación muscular?

- 1 Los ejercicios de tonificación muscular previenen y mejoran la artrosis y la osteoporosis.
- 2 Ayudan a tonificar la musculatura general.
- 3 Evitan la flaccidez.
- 4 Aumentan el consumo energético lo que facilita la reducción de grasas.
- 5 Equilibran el tono muscular.
- 6 Protegen el cuerpo de golpes o agresiones.
- 7 Ayudan a regular los ciclos y las funciones biológicas del cuerpo.
- 8 Ayudan a prevenir malos hábitos posturales.
- 9 Mejoran el aspecto físico.
- 10 Permiten adaptaciones y mejoras generales de los sistemas cardiovascular, respiratorio, nervioso, endocrino e inmunológico.

Este libro presenta 1000 ejercicios acompañados de sus correspondientes ilustraciones que le enseñarán a trabajar y a tonificar los músculos de las diferentes articulaciones: tobillo, rodillas, tronco, hombro, codo y muñeca. Los ejercicios están agrupados por los implementos que se utilizan: gomas elásticas, bandas elásticas, mancuernas, barra, steps y por la ejecución en parejas o individuales.

Fundamentos del entrenamiento deportivo José María González Ravé, Fernando Navarro Valdivieso, Manuel Delgado Fernández, José Manuel García García, 2010-08-12 Este libro se ha escrito por un motivo fundamental: actualizar y recoger la síntesis de todos los aspectos más relevantes en cuanto al entrenamiento deportivo y su verificación científica ya que muchos de los conceptos que han sido publicados en torno a ella por los grandes metodólogos del entrenamiento provienen en la mayoría de los casos de la especulación y la propia práctica empírica lo que otorga a estos trabajos salvo por el hecho de que dichas prácticas empíricas han proporcionado numerosas medallas en Campeonatos del Mundo y Juegos Olímpicos. El reto merece a la pena. Tres años de reflexión y redacción de este leyendo viendo los últimos trabajos científicos que merecían ser incluidos revisados y criticados por parte de Fernando y Manolo todo ello hace que cada capítulo haya tenido un tratamiento y un cuidado especial por parte de cada uno de nosotros. Por otro lado el trabajo en el Laboratorio de Entrenamiento Deportivo evaluando deportistas y las amenas conversaciones con sus entrenadores siempre llegaban al mismo punto: hay que actualizar los conocimientos en torno al entrenamiento deportivo. Todo ello quedaba ratificado por las demandas de los estudiantes de doctorado que una y otra vez nos reclamaban alguna publicación que fusionara los conceptos entrenamiento e investigación desde una perspectiva más actualizada. Desde estas líneas quiero agradecer el esfuerzo que Manuel Delgado Fernández PROFESOR con mayúsculas

si de la Universidad de Granada ha hecho para mi siempre ha sido un placer y un honor inmerecido trabajar a su lado y me permito la libertad de destacar en este prólogo no solo su profesionalidad y honestidad sino también su humanidad y buen hacer que es mucho mayor que su capacidad científica. Dentro de las Ciencias del Deporte el Doctor Manuel Delgado constituye un referente muy importante para muchos de nosotros. La otra persona que forma parte de la redacción de alguno de los capítulos del texto que tienen en sus manos es un gran MAESTRO el profesor Fernando Navarro con el cual he compartido la asignatura Teoría y Práctica del Entrenamiento Deportivo en la Facultad de Ciencias del Deporte de Toledo hasta hoy. Creo que su trayectoria y currículum profesional es sobradamente conocido por aquellos que pertenecemos al mundo de las Ciencias del Deporte por lo tanto no voy a tratar de resumir ni destacar nada porque probablemente olvidar a muchas cosas lo cual sería imperdonable para mí. Además una trayectoria tan dilatada y exitosa como la suya me permite afirmar que sus aportaciones han sido valiosísimas para que este libro adquiriera consistencia científica. Merece el capítulo de fuerza. Nano el Dr. José Manuel García casi toda la vida dedicada al deporte como practicante y como entrenador y siempre investigando en el ámbito de la fuerza. Un investigador como él merece que nos impregnara de su sabiduría en torno a esta cuestión en la que es un experto cualificado y creo que ha dado en este libro una lección. Pero volviendo al libro que tienen en sus manos cuando vean el índice verán que tiene dos partes bien definidas. La primera establece los fundamentos conceptuales del entrenamiento deportivo desglosado en los siguientes apartados. En primer lugar hablaremos como no podía ser de otra forma del origen histórico del entrenamiento. A continuación definiremos conceptualmente el entrenamiento deportivo. La desglosaremos en sus componentes más importantes y la analizaremos desde una perspectiva sistémica y procesual. Posteriormente veremos los conceptos de carga adaptativa y principios de entrenamiento y continuaremos analizando la periodización del entrenamiento deportivo. La investigación en este ámbito y veremos finalmente el capítulo dedicado al control del entrenamiento deportivo. La segunda parte desarrolla la metodología del entrenamiento de dos capacidades de prestación deportiva: velocidad y fuerza. Esperemos que los contenidos que desarrolla el libro satisfaga las expectativas de los entrenadores, estudiantes de grado y doctorado relacionados con la actividad física y el deporte. Realmente es lo que se ha pretendido hacer desde el primer párrafo.

Questões Comentadas em Fisioterapia Hércules Ribeiro Leite, Fernanda de Córdoba Lanza, Renan Alves Resende, 2021-08-30. O conhecimento na área da Fisioterapia tem avançado exponencialmente nos últimos anos. O corpo de evidências atualmente disponíveis tem levado cada vez mais a Fisioterapia a um patamar de destaque no cenário mundial tanto na promoção como na reabilitação de clientes em diversas especialidades. Esse crescimento possibilitou a inserção dos profissionais fisioterapeutas em diversos cenários de atuação aumentando em demasia a busca por um referencial teórico confiável e de qualidade. A partir dos comentários elaborados por profissionais experientes sobre questões apresentadas em concursos, Questões Comentadas em Fisioterapia reúne em suas três seções: Fisioterapia Neurofuncional da Criança, Adolescente, Adulto e Idoso; Fisioterapia Cardiovascular; Respiratória e Terapia Intensiva.

Neonatologia Pediatria e Adulto e Fisioterapia Musculoesquelética Esportiva Quiropraxia e Osteopatia quase 800 perguntas formuladas pelos próprios autores ou utilizadas em dezenas de provas para os mais variados concursos de especialidades espalhados pelas mais diversas regiões do Brasil abordando com a profundidade e a objetividade que um estudo desse porte possibilita um amplo espectro de situações presentes na rotina do profissional fisioterapeuta Questões Comentadas em Fisioterapia tem por objetivo tornar-se um guia prático de estudos que seja útil aos jovens fisioterapeutas aos pais graduandos e a todos os estudantes do curso de Fisioterapia oferecendo uma ferramenta que permita ao mesmo tempo testar e aprimorar os conhecimentos nessa área tão vasta e dinâmica

Envelhecimento humano: múltiplas abordagens, Natação em águas abertas 2 Roberto Miranda, Patrícia Vigário, 2025-07-22 O crescente número de praticantes de natação em águas abertas em âmbito recreacional e competitivo evidencia a importância do conhecimento das especificidades desse esporte Nadar em águas abertas traz desafios que envolvem lidar com a imprevisibilidade da natureza além de ajustes fisiológicos nutricionais e biomecânicos diferentes daqueles observados em piscinas Esses aspectos devem ser considerados na preparação física no planejamento e na condução dos treinamentos dos nadadores para que as adaptações ocorram com o máximo de efetividade e em segurança O livro Natação em águas abertas 2 uma abordagem de aspectos fisiológicos nutricionais e psicoemocionais organizado pelos professores Roberto Miranda e Patrícia Vigário e conta com a participação de profissionais da realidade das competições do exercício físico e do esporte Nele são apresentados conteúdos e discussões baseados em evidências científicas que contribuem para o aprofundamento do conhecimento relacionado teoria e prática da natação em águas abertas incluindo o perfil do nadador iniciante o esportivo natação em águas abertas para pessoas com deficiência a transição do nadador da piscina para as águas abertas a influência da temperatura da água no desempenho esportivo a mulher atleta deficiência cognitiva e natação em águas abertas a biomecânica da natação em águas abertas a hidratação durante a prática de natação em águas abertas e o treinamento de força na natação

Treinamento Esportivo Dietmar Martin Samulski, Hans-Joachim Menzel, Luciano Sales Prado, Esta obra apresenta ao longo de seus 14 capítulos os principais aspectos do treinamento esportivo incluindo as características especiais do treinamento com crianças e jovens da biomecânica aplicada da preparação psicológica para eventos competitivos do treinamento técnico e tático e da atividade física com fins preventivos

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