

Body Shaker Manual

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Ed Bowker Staff,Staff Bowker, Ed

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Manual de entrenamiento deportivo para el Espacio Europeo de Educación Superior Germán Ruiz

Tendero,2012-11-18 Los contenidos te ricos que se presentan en este libro est n relacionados con las materias vinculadas al entrenamiento deportivo y acondicionamiento f sico que puedan encontrarse en los nuevos planes de estudios en los grados en Ciencias de la Actividad y F sica y del Deporte El autor se centra en la metodolog a para el desarrollo de las diferentes capacidades condicionales en conceptos fundamentales como son la carga y la adaptaci n y en explicar brevemente las estructuras b sicas de planificaci n Son los prpios alumnos los que han de integrar el conocimiento asociado a la preparaci n t cnico t ctica factores sociol gicos y aspectos psicol gicos y emocionales de la preparaci n deportiva por citar s lo algunos de losm s relevantes para el rendimiento En este sistema se apuesta por el entrenador como eje vertebrador y en constante comunicaci n con aquellos aspectos que determinan el rendimiento personal y deportivo de sus atletas Adem s el manual recoge una serie de pr cticas de aula o talleres y tambi n pr cticas de campo sin las cuales no tendr a sentido una materia tan aplicada como es el entrenamiento deportivo

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