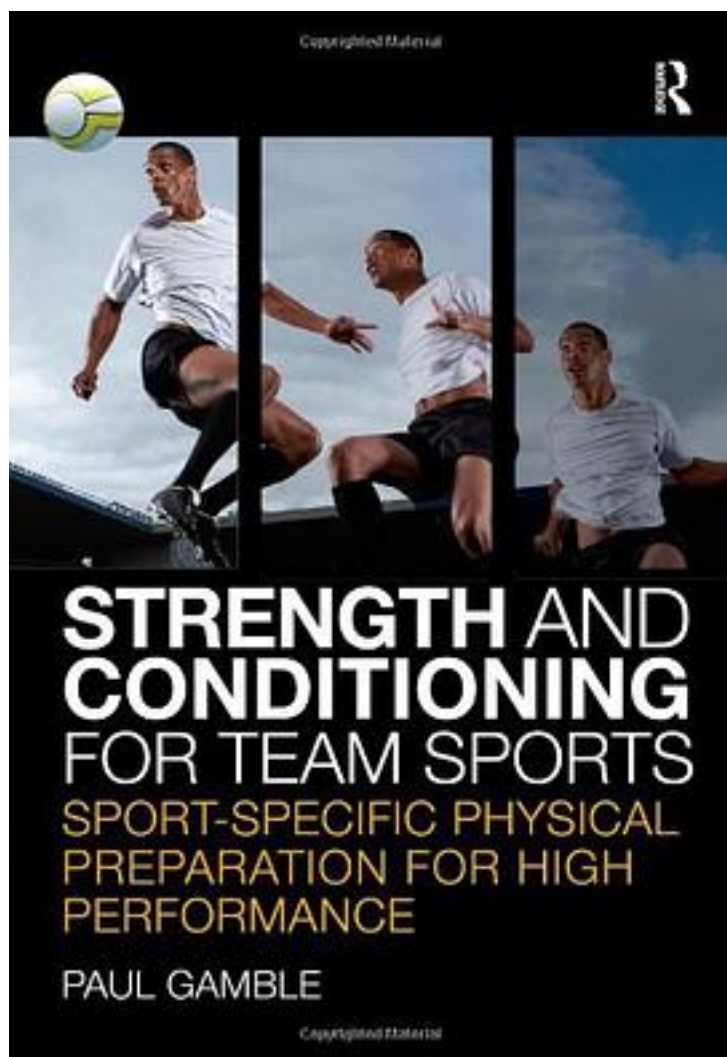


Strength and Conditioning for Team Sports



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出版者:

出版时间:2009-7

装帧:

isbn:9780415496261

Drawing on the very latest scientific research, "Strength and Conditioning for Team Sports" is designed to help students, coaches, researchers and sports medicine professionals devise more effective high-performance training programs for team sports. The only evidence-based study of sport-specific practice for team sports, this book introduces the core science underpinning any strength and conditioning regime, combining the best of applied physiology, biomechanics, sports medicine and coaching science. The book addresses all aspects of training prescription and the key components of any degree course related to strength and conditioning, including physiological and performance testing strength training metabolic conditioning power training agility and speed training training for core stability periodization training for injury prevention. Each chapter features guidelines for evidence-based training prescription as well as recommendations for novel ways in which to approach physical preparation for team sports players, bridging the traditional gap between sport science research and sport performance. Fully illustrated throughout, this book is essential reading for any serious student of strength and conditioning, and for any coach looking to extend their professional practice.

作者介绍:

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