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Sommario/riassunto

This new title in the Encyclopaedia of Sports Medicine Series from the Medical Commission of the International Olympic Committee presents in one volume the latest information on neuromuscular function in sport and exercise. Chapters combine basic mechanistic knowledge with true applications; Topics covered include neuromuscular fatigue, neuromuscular training, and musculoskeletal loading, and special chapters examine recently developed research methodologies used during natural locomotion: high speed ultrasonography (US) and transmagnetic electrical stimulation (TMES). An important additio
