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Altri autori (Persone)	HoughPaul <1974-> PennSimon
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Nota di bibliografia	Includes bibliographical references at the end of each chapters and index.
Nota di contenuto	1. Introduction / Paul Hough -- 2. The components of fitness / Simon Penn and Nicola Brown -- 3. Pre-exercise health screening / Paul Draper -- 4. Lifestyle assessment and behaviour change / John Downey -- 5. Nutrition / John Downey -- 6. Fitness assessment / Simon Penn and Nicola Brown -- 7. Fundamental principles of training / Paul Hough -- 8. Training session design / Paul Hough -- 9. Long-term training programme design (periodisation) / Paul Hough -- 10. Warm-up/movement preparation / Paul Draper -- 11. Cardiorespiratory fitness training / Paul Hough -- 12. High-intensity interval training / Paul Hough -- 13. Resistance training / Paul Hough -- 14. Postural and core training / Simon Penn -- 15. Cool-down / Simon Penn -- 16 Recovery from training / Jessica Hill.