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Titolo	Sensor Technology for Sports Monitoring // edited by Vesa Linnamo
Pubbl/distr/stampa	Basel : , : MDPI - Multidisciplinary Digital Publishing Institute, , 2023
ISBN	3-0365-7089-6
Descrizione fisica	1 online resource (164 pages)
Disciplina	688.76
Soggetti	Sports - Technological innovations Detectors
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Sommario/riassunto	<p>In order to be able to analyze and give proper advice on sport techniques, it is important to understand the biomechanical and physiological demands of different sports. In a coaching situation, feedback to the athlete should be given without too much delay. Over the past decades, sensor technology-related to sports monitoring has developed with huge steps. Sensors are lighter, data transmission is mostly wireless, and software applications are more user-friendly. This book is addressed to all kinds of sensors that are currently being used for monitoring different sports.</p>

2. Record Nr.	UNINA9910164921503321
Autore	Kyabgon Traleg <1955-2012>
Titolo	Ninth Karmapa, Wanchuk Dorje's Ocean of Certainty
Pubbl/distr/stampa	KTD Publications
ISBN	1-934608-38-6
Descrizione fisica	1 online resource (163 p.)
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Sommario/riassunto	<p>Traleg Kyabgon Rinpoche's commentary on the sixteenth-century work Pith Instructions of Coemergent Wisdom, Entitled the Profound Essence of the Ocean of Certainty, by the Ninth Karmapa, Wangchuk Dorje, provides those who meditate with an overview of the path leading to the realization of Mahamudra, the self-liberated and all-encompassing nature of reality. Beginning with ngondro practice, Traleg Rinpoche guides students through the conditions needed to fully integrate the practice, along with instructions for shamata and vipashyana meditation, which includes visualizations and exercises. A section devoted to strengthening practice lays out common pitfalls and wrong views and how to avoid them. Finally, Rinpoche teaches the four yogas of Mahamudra one-pointedness nonconceptuality, one-flavoredness, and nonmeditation, and the ground, path, and fruition of Mahamudra in relation to the individual practitioner.</p>