1. Record Nr. UNINA9910523804903321

Titolo	Resistance Training Methods : From Theory to Practice / / edited by Alejandro Muñoz-López, Redha Taiar, Borja Sañudo
Pubbl/distr/stampa	Cham : , : Springer International Publishing : , : Imprint : Springer, , 2022
ISBN	3-030-81989-2
Edizione	[1st ed. 2022.]
Descrizione fisica	1 online resource (384 pages)
Collana	Lecture Notes in Bioengineering, , 2195-2728
Disciplina	613.7149
Soggetti	Biomedical engineering Biomechanics Physical education and training Sports sciences Biomechanical Analysis and Modeling Sport Training Sports Biomechanics
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Resistance training foundations -- Applied physics to understand resistance training -- Muscle strength determinants and physiological adaptations -- Kinetic and kinematic analysis for exercise design. A practical approach -- Equipment and training devices -- developing and building training paradigms -- Resistance training for the maximization of the vertical force production: jumps -- Resistance training for the maximization of the horizontal force production -- Resistance training using flywheel resistance training devices -- Variable resistance training methods.
Sommario/riassunto	This book reviews the main principles of resistance training, from basics to modern insights. It includes practical ways to develop most of the strength training methods, including monitoring and testing procedures. It merges practical tips with knowledge about the scientific background concerning program and periodization. It describes procedures for special populations, such as elderly or women. Gathering contributions by authoritative researchers and professors in

the fields of sport science and biomechanics, this book provides an integrated view of strength training programming, and describes the most important biological factors associated with this type of training. The evidence-based and detailed description of each single mechanism to be trained to enhance performance is covered in depth. Thanks to its strong academic background, an being self-contained, this book offers a valuable reference guide for advanced undergraduate and graduate students in sports science, as well asan inspiring guide for sport and health researchers and professional trainers alike.