

1. Record Nr.	UNINA9910568243303321
Autore	Azad Shirzad
Titolo	East Asia and Iran sanctions : assistance, abandonment, and everything in between // Shirzad Azad
Pubbl/distr/stampa	Cham, Switzerland : , : Springer International Publishing, , [2022] ©2022
ISBN	9783030974275 9783030974268
Descrizione fisica	1 online resource (267 pages)
Disciplina	950.3
Soggetti	Economic sanctions - Iran East Asia Foreign relations
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia

2. Record Nr.	UNINA9910557612803321
Autore	Clemente Filipe
Titolo	Women in Sports and Exercise: From Health to Sports Performance
Pubbl/distr/stampa	Basel, : MDPI - Multidisciplinary Digital Publishing Institute, 2022
Descrizione fisica	1 electronic resource (161 p.)
Soggetti	Lifestyle, sport & leisure
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Sommario/riassunto	The current book presents the articles included in the Special Issue "Women in Sports and Exercise: From Health to Sports Performance". Readers will find in this book evidence about the relationships between physical qualities in sports and how women's performance can be optimized using dedicated training intervention. Moreover, information about the impact of the menstrual cycle on athletic performance will be revealed. Attention to physical activity patterns in women will be also disclosed.