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Altri autori (Persone)	ValiSabiha A
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Nota di contenuto	pt. 1. Introduction to physical fitness -- pt. 2. Performance evaluation -- pt. 3. Performance evaluation tests -- pt. 4. Body composition assessment -- pt. 5. Prediction of body density, body fat and lean body mass based on skinfolds, body mass and circumferences -- pt. 6. Other methods for estimation of body fat content.
Sommario/riassunto	Sports performance is the central concept in competitive sports. Sport training aims at improving the performance of athletes. Knowledge of sports performance is therefore a starting point for talent selection, formulation of sports training schedule and its assessment and evaluation. Theory of sports performance is a relatively new addition to the general and specific methods of training. The sports performance depends upon physical fitness, technique and tactics which are interrelated and interdependent. Physical, physiological, psychological and nutritional factors also affect performance.