

1. Record Nr.	UNINA9910809300203321
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Titolo	Fitness evaluation tests for competitive sports // Prajakta J. Nande, Sabiha A. Vali
Pubbl/distr/stampa	Mumbai, : Himalaya Pub. House, 2010
ISBN	1-282-80458-8 9786612804588 1-4416-7829-8 93-5043-212-9 600-00-3984-0
Edizione	[1st ed.]
Descrizione fisica	1 online resource (272 p.)
Altri autori (Persone)	ValiSabiha A
Disciplina	371.73
Soggetti	Physical fitness - Testing Athletic ability - Testing
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references.
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.