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Nota di contenuto	Cover; Training for Sports Speed and Agility : An evidence-based approach; Copyright; Contents; Figures; Tables; Acknowledgements; Part I: Theory of sports speed and agility development; 1. Introduction : What defines sports speed and agility?; 2. Foundations of speed and agility expression in sports; 3. Assessing physical parameters of speed and agility; 4. Athleticism and movement skills development; Part II: Developing physical capabilities for speed and agility; 5. Strength training for speed and agility development; 6. Speed-strength development and plyometric training 7. Metabolic conditioning for speed and agility performance8. Lumbopelvic 'core' stability; 9. Warm-up methods and mobility training; Part III: Developing technical and perceptual aspects of sports speed and agility; 10. Technical aspects of acceleration and straight-line speed development; 11. Developing change of direction capabilities and expression of sports agility; Part IV: Designing the programme; 12. Planning and scheduling: Periodisation of training; References; Index

Sommario/riassunto

Speed and agility are central to success in a wide range of sports. Training for Sports Speed and Agility is the first evidence-based study of all those aspects of athletic preparation that contribute to the expression of speed and agility during competition. Drawing on the very latest scientific research in the fields of strength and conditioning, applied physiology, biomechanics, sports psychology, and sports medicine, the book critically examines approaches to training for speed and agility. This book further explores the scientific rationale for all aspects of effective

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Autore	Levitin Valim
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Nota di contenuto	High Temperature Strain of Metals and Alloys; Contents; Introduction; 1 Macroscopic Characteristics of Strain of Metallic Materials at High Temperatures; 2 The Experimental Equipment and the in situ X-ray Investigation Technique; 2.1 Experimental Installation; 2.2 Measurement Procedure; 2.3 Measurements of Structural Parameters; 2.4 Diffraction Electron Microscopy; 2.5 Amplitude of Atomic Vibrations; 2.6 Materials under Investigation; 2.7 Summary; 3 Structural

Parameters in High-Temperature Deformed Metals; 3.1 Evolution of Structural Parameters; 3.2 Dislocation Structure
 3.3 Distances between Dislocations in Sub-boundaries 3.4 Sub-boundaries as Dislocation Sources and Obstacles; 3.5 Dislocations inside Subgrains; 3.6 Vacancy Loops and Helicoids; 3.7 Total Combination of Structural Peculiarities of High-temperature Deformation; 3.8 Summary; 4 Physical Mechanism and Structural Model of Strain at High Temperatures; 4.1 Physical Model and Theory; 4.2 Velocity of Dislocations; 4.3 Dislocation Density; 4.4 Rate of the Steady-State Creep; 4.5 Effect of Alloying: Relationship between Creep Rate and Mean-Square Atomic Amplitudes
 4.6 Formation of Jogs. Low-Angle Sub-boundaries in f.c.c. and b.c.c. Crystal Lattices 4.7 Significance of the Stacking Faults Energy; 4.8 Stability of Dislocation Sub-boundaries; 4.9 Scope of Application of the Theory; 4.10 Summary; 5 Simulation of the Evolution of Parameters during Deformation; 5.1 Parameters of the Physical Model; 5.2 Equations; 5.2.1 Strain Rate; 5.2.2 Change in the Dislocation Density; 5.2.3 The Dislocation Slip Velocity; 5.2.4 The Dislocation Climb Velocity; 5.2.5 The Dislocation Spacing in Sub-boundaries; 5.2.6 Variation of the Subgrain Size
 5.2.7 System of Differential Equations 5.3 Results of Simulation: Changes in the Structural Parameters; 5.4 Density of Dislocations during Stationary Creep; 5.5 Summary; 6 High-temperature Deformation of Superalloys; 6.1 Phase in Superalloys; 6.2 Changes in the Matrix of Alloys during Strain; 6.3 Interaction of Dislocations and Particles of the Hardening Phase; 6.4 Dependence of Creep Rate on Stress. The Average Length of the Activated Dislocation Segments; 6.5 Mechanism of Strain and the Creep Rate Equation; 6.6 Composition of the Phase and Mean-square Amplitudes of Atomic Vibrations
 6.7 Influence of the Particle Size and Concentration 6.8 The Prediction of Properties on the Basis of Integrated Databases; 6.9 Summary; 7 Single Crystals of Superalloys; 7.1 Effect of Orientation on Properties; 7.2 Deformation of Single-crystal Superalloys at Lower Temperatures and Higher Stress; 7.3 Deformation of Single-crystal Superalloys at Higher Temperatures and Lower Stress; 7.4 On the Composition of Superalloys; 7.5 Rafting; 7.6 Effect of Composition and Temperature on / Misfit; 7.7 Other Creep Equations; 7.8 Summary; 8 High-temperature Deformation of Some Refractory Metals
 8.1 The Creep Behavior

Sommario/riassunto

Creep and fatigue are the most prevalent causes of rupture in superalloys, which are important materials for industrial usage, e.g. in engines and turbine blades in aerospace or in energy producing industries. As temperature increases, atom mobility becomes appreciable, affecting a number of metal and alloy properties. It is thus vital to find new characterization methods that allow an understanding of the fundamental physics of creep in these materials as well as in pure metals. Here, the author shows how new in situ X-ray investigations and transmission electron microscope studies lead to