

1. Record Nr.	UNICAMPANIAVAN00124650
Titolo	Dynamics of Disasters : Algorithmic Approaches and Applications / Ilias S. Kotsireas, Anna Nagurney, Panos M. Pardalos editors
Pubbl/distr/stampa	Cham, : Springer, 2018
Titolo uniforme	Dynamics of Disasters
Descrizione fisica	ix, 202 p. : ill. ; 24 cm
Soggetti	65-XX - Numerical analysis [MSC 2020] 90-XX - Operations research, mathematical programming [MSC 2020] 91-XX - Game theory, economics, finance, and other social and behavioral sciences [MSC 2020] 93-XX - Systems theory; control [MSC 2020]
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
2. Record Nr.	UNINA9910966505603321
Titolo	The coaching process : a practical guide to becoming an effective sports coach / / Lynn Kidman and Stephanie J. Hanrahan ; photos by Cherie Harris
Pubbl/distr/stampa	Milton Park, Abingdon, Oxon ; ; New York : , : Routledge, , 2011
ISBN	1-135-15705-7 1-135-15706-5 1-283-04505-2 9786613045058 0-203-85742-9
Edizione	[3rd ed.]
Descrizione fisica	xv, 276 p. : ill
Altri autori (Persone)	HanrahanStephanie J. <1961-> HarrisCherie KidmanLynn <1955->
Disciplina	796.07
Soggetti	Coaching (Athletics)
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Livello bibliografico**Nota di bibliografia****Nota di contenuto****Sommario/riassunto****Monografia**

Includes bibliographical references and index.

pt. 1. Introduction -- pt. 2. Athlete development -- pt. 3. Factors influencing coaching.

In this fresh and engaging introduction to sports coaching, Lynn Kidman and Stephanie Hanrahan guide students through the coaching process. Focusing on the practical aspects of sports coaching, the book helps students to develop their basic technical skills as well as strategies for working with individual and team athletes, and to plan and implement effective coaching sessions. The book develops an "athlete-centred approach" to sports coaching, by which athletes take ownership of their learning, in turn strengthening their abilities to retain key skills and to make effective decisions during competition. Useful pedagogical features in each chapter, such as real life case studies, activities, self-reflection questions, and summaries of current research and best practice, encourage reflective practice and help student coaches to develop and extend their coaching techniques and philosophies. The Coaching Process is invaluable reading for any student starting a sports coaching course at college or university, and for any coach working with athletes or children in sport who wants to improve their practical skills.