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Males -- 9. Effects of Repeated Hypoxic Exposure with High Intensity Interval Cycling in Trained Athletes -- 10. Comparing Flywheel Eccentric Overload and Fast Eccentric Resistance Training on 1-RM Back Squat in Resistance-Trained Students -- 11. Static and Dynamic Balance in Combat, Contact, and Skill Sports.

Sommario/riassunto

This book gathers papers presented at the 10th International Conference of Movement, Health and Exercise (MoHE 2024) held at Subang Jaya, Selangor, Malaysia 10-12 September. The content covers the following topics: exercise science; human performance; physical activity & health; sports medicine; sports nutrition; management & sports studies; and sports engineering & technology. The articles published will be of interest to researchers and practitioners from the field of rehabilitation, exercise medicine and sports technology.
