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| 1. Record Nr. | UNISA990001790890203316 |
| Titolo | Il Mezzogiorno agli inizi del Seicento / AA.VV. ; a cura di Luigi De Rosa |
| Pubbl/distr/stampa | Roma [etc.], : Laterza, 1994 |
| ISBN | 88-420-4556-X |
| Descrizione fisica | LX, 326 p. ; 21 cm |
| Collana | Classici Meridionali |
| Disciplina | 332.49457 |
| Soggetti | Moneta - Regno di Napoli <1266-1815> - 1600-1630 - Testi |
| Collocazione | X.2.B. 846(III E COLL. 208/2) |
| Lingua di pubblicazione | Italiano |
| Formato | Materiale a stampa |
| Livello bibliografico | Monografia |
| 2. Record Nr. | UNINA9910523804903321 |
| Titolo | Resistance Training Methods : From Theory to Practice // edited by Alejandro Muñoz-López, Redha Taiar, Borja Sañudo |
| Pubbl/distr/stampa | Cham : , : Springer International Publishing : , : Imprint : Springer, , 2022 |
| ISBN | 3-030-81989-2 |
| Edizione | [1st ed. 2022.] |
| Descrizione fisica | 1 online resource (384 pages) |
| Collana | Lecture Notes in Bioengineering, , 2195-2728 |
| Disciplina | 613.7149 |
| Soggetti | Biomedical engineering Biomechanics Physical education and training Sports sciences Biomechanical Analysis and Modeling Sport Training Sports Biomechanics |
| Lingua di pubblicazione | Inglese |
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| Livello bibliografico | Monografia |

Nota di contenuto

Resistance training foundations -- Applied physics to understand resistance training -- Muscle strength determinants and physiological adaptations -- Kinetic and kinematic analysis for exercise design. A practical approach -- Equipment and training devices -- developing and building training paradigms -- Resistance training for the maximization of the vertical force production: jumps -- Resistance training for the maximization of the horizontal force production -- Resistance training using flywheel resistance training devices -- Variable resistance training methods.

Sommario/riassunto

This book reviews the main principles of resistance training, from basics to modern insights. It includes practical ways to develop most of the strength training methods, including monitoring and testing procedures. It merges practical tips with knowledge about the scientific background concerning program and periodization. It describes procedures for special populations, such as elderly or women. Gathering contributions by authoritative researchers and professors in the fields of sport science and biomechanics, this book provides an integrated view of strength training programming, and describes the most important biological factors associated with this type of training. The evidence-based and detailed description of each single mechanism to be trained to enhance performance is covered in depth. Thanks to its strong academic background, and being self-contained, this book offers a valuable reference guide for advanced undergraduate and graduate students in sports science, as well as an inspiring guide for sport and health researchers and professional trainers alike.
