

1. Record Nr.	UNISA996201266903316
Titolo	Strength training for sport [[electronic resource] /] / edited by William J. Kraemer, Keijo Hakkinen
Pubbl/distr/stampa	Oxford ; ; Malden, Mass., : Blackwell Science, 2002, c2000
ISBN	1-282-37948-8 9786612379482 0-470-69875-6 0-470-69820-9
Descrizione fisica	1 online resource (198 p.)
Collana	Handbook of sports medicine and science
Altri autori (Persone)	KraemerWilliam J. <1953-> HakkinenKeijo
Disciplina	613.7/13 613.711
Soggetti	Weight training Exercise
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	"An IOC Medical Commission publication"--Cover. Two columns to the page.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Handbook of Sports Medicine and Science Strength Tkaining for Sport; Contents; List of contributors; Forewords by the IOC; Preface; Acknowledgements; 1 A brief history of strength training and basic principles and concepts; 2 Training-specific characteristics of neuromuscular performance; 3 Developing a strength training workout; 4 Periodization of training; 5 Periodized training programmes for athletes; 6 Special considerations in strength training; 7 Medical aspects and administrative concerns in strength training; Index
Sommario/riassunto	A high-quality complement to the handbooks on particular sports, the handbookon Strength Training for Sport presents both the basic concepts and theoretical background for sports-specific strength training as well as the practical consideration in designing the overall program. Separate chapters deal with periodization, gender differences, detraining, and over training. Sample programs are presented for soccer, volleyball, wrestling, endurance running, swimming, and shot put and discus.

