

1. Record Nr.	UNINA9910446317803321
Titolo	Functional training handbook / / [edited by] Craig Liebenson
Pubbl/distr/stampa	Philadelphia : , : Wolters Kluwer Health, , [2014] 2014
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Descrizione fisica	1 online resource (xx, 450 pages) : illustrations (some color)
Collana	Gale eBooks
Disciplina	612.044 617.1027
Soggetti	Sports - Physiological aspects Sports injuries - Prevention Exercise - Physiological aspects
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references and index.
Nota di contenuto	Functional Training Handbook; Contributors; Foreword by Mark Verstegen; Foreword by Gary Cook; Preface; Acknowledgements; Contents; PART 1 Fundamentals; 1 The Functional Approach; 2 The Role of Musculoskeletal Fitness in Injury Prevention in Sport; 3 Bridging the Gap from Rehabilitation to Performance; 4 Dynamic Neuromuscular Stabilization: Exercises Based on Developmental Kinesiology Models; 5 The Clinical Audit Process and Determining the Key Link; 6 Functional Evaluation of Faulty Movement Patterns; 7 Fundamentals of Training the Locomotor System PART 2 Sport-Specific Training Considerations 8 Baseball; 9 Basketball; 10 Cycling; 11 Dance; 12 Football; 13 Golf; 14 Hockey; 15 Mixed Martial Arts; 16 Olympic Weight Lifting; 17 Skiing; 18 Soccer; 19 Swimming; 20 Surfing; 21 Tennis; PART 3 Strength and Conditioning Considerations; 22 Establishing Functional Baselines and Appropriate Training for Off-Season Conditioning and Injury Prevention; 23 Running in Sport; 24 The Dead Lift; 25 Off-Season Considerations for Baseball; 26 Off-Season Considerations for Basketball; 27 Off-Season Considerations for Hockey

28 Training Strategies for Developing Explosive Power in Mixed Martial Arts and Other Sports; 29 Off-Season Considerations for Soccer; PART 4 Region-Specific Considerations; 30 Injury Prevention in Running Sports; 31 Prevention of Knee Injury in Women; 32 Nonoperative Shoulder Rehabilitation Using the Kinetic Chain; 33 Treating and Preventing Injury in the Overhead Athlete; PART 5 Motor Control and Athletic Development; 34 Principles of Athletic Development; 35 Coaching Fundamentals-A Skill Acquisition Perspective; Index

Sommario/riassunto

"Training has many different connotations depending on one's perspective. Traditionally, for healthy individuals or athletes it focused on strength, flexibility, or cardiovascular training. Such training would normally be supervised by a personal fitness trainer or strength and conditioning (S&C) coach. This book promotes a different approach in that the aim of training is to promote athletic development (1,2). From the perspective of sustainable athletic development, training is not limited to strength, flexibility or cardiovascular domains, but also focuses on the fundamental A,B,Cs of agility, balance, and coordination as a foundation for enhanced movement literacy (3)"--Provided by publisher.

2. Record Nr.	UNISALENT0991003125769707536
Autore	Preisler
Titolo	Philippo L. baroni de Stosch antiquitate amatori bonarumque artium cultori statuas hasce antiquas : [materiale grafico] / ab Edmundo Bouchardon sallo sculptore ... - Io lustino Preisler noricus ..
Pubbl/distr/stampa	Norimbergae : Ge. Mart. Preisler, 1732
Descrizione fisica	1 v. (52 stampe) : bulino, b/n; 290 x 230 mm.
Altri autori (Persone)	Bouchardon, Edme <1698-1762>
Soggetti	Statue antiche
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Formato	Microfilm
Livello bibliografico	Monografia
Note generali	Riproduzione in microfiche dell'originale conservato presso la Biblioteca Apostolica Vaticana