



Strength and Conditioning

By Gavin L. Moir

Inc Jones And Bartlett Publishers Apr 2015, 2015. Buch. Book Condition: Neu. 282x220x30 mm. Neuware - Strength and Conditioning Training: A Biomechanical Approach incorporates the aspects of biomechanics pertinent to strength and conditioning, including the mechanics of biologic tissue including muscle and tendon. Written for both the undergraduate/graduate level student as well as practitioners in the field, the text incorporates all programming aspects of strength and conditioning including training methods to develop muscular strength and power, flexibility, and the development of effective warm-up regimens. Performance analysis techniques in sport are introduced while the constraints-led approach to motor skills acquisition is presented as a framework that can guide the development of practices for the strength and conditioning practitioner. The biomechanical and motor skill acquisition concepts introduced in the text are then applied to fundamental movements including jumping, landing, and sprint running. The authors wrote the text on the premise that the practice of strength and conditioning should be guided by evidence and therefore highlight extant literature throughout. Key Features: - Provides a solid introduction to biomechanics pertinent to the study of human movements - Discusses the performance analysis techniques in sport that can be used by the strength and conditioning practitioner...



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