

Colección Entrenamiento Deportivo

BASES TEÓRICAS *del* ENTRENAMIENTO DEPORTIVO



PRINCIPIOS Y APLICACIONES

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COVINOS
EDITORIAL

Bases Teoricas Del Entrenamiento Deportivo

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Bases Teóricas Del Entrenamiento Deportivo:

Bases del entrenamiento deportivo Tsvetan Zhelyazkov, 2019-06-19 En este libro se exponen ciertos aspectos b sicos te rico metodol gicos y de aplicaci n del entrenamiento deportivo moderno con deportistas altamente cualificados stos reflejan el car cter interdisciplinario de la actividad cognoscitiva y pr ctica en la esfera del gran deporte y la necesidad de una s lida preparaci n metodol gica de estos profesionales Este libro se presenta dividido en tres partes La primera parte introduce al lector en las funciones sociales del deporte moderno y en las bases metodol gicas del entrenamiento deportivo Esta parte dedica una especial atenci n a ciertas cuestiones discutibles sobre los criterios de la forma deportiva y las posibilidades de optimizarla La segunda parte est dedicada a algunos problemas te rico metodol gicos y pr cticos de la preparaci n f sica t cnica t ctica y ps quica La tercera parte presenta y utiliza los datos de investigaciones cient ficas de destacados especialistas de la esfera de las ciencias pedag gicas m dico biol gicas y psicosociales as como tambi n ejemplos de los sistemas l deres de preparaci n deportiva en los pa ses de la Europa del Este

Teoría general del entrenamiento deportivo olímpico Vladimir Nikolaevich Platonov, 2002 Las siete partes en que se divide este libro resumen los conocimientos modernos que se basan en los logros de la ciencia actual y en la preparacion de los mejores deportistas

Bases teóricas del entrenamiento deportivo Juan Manuel García Manso, Manuel Navarro Valdivielso, José Antonio Ruiz Caballero, 1996-01-01

ENTRENAMIENTO DE BASE EN FÚTBOL SALA Jesús Velasco Tejada, Javier Lorente Peñas, 2007-07-30 Este libro va dirigido a un lector universal de f tbol sala dando una visi n global para los entrenadores que buscan la excelencia y centr ndose en la categor a juvenil etapa previa a la de alta competici n La pr ctica adecuada del f tbol sala en alta competici n tiene gran dificultad por lo que el proceso de aprendizaje de los gestos y acciones a realizar debe seguir las pautas correctas en cuanto a metodolog a utilizaci n de la ordenaci n de los ejercicios que permitan conseguir el objetivo deseado planificaci n realizaci n del entrenamiento previsto en cada fase de aprendizaje y did ctica de la ense anza estrategias utilizadas para conseguir el objetivo fijado Presenta tambi n un compendio de situaciones de juego bien racionalizadas expresadas en ejercicios pr cticos de gran inter s para el entrenador Jes s Velasco Tejada es licenciado en Ciencias de la Actividad F sica y actual entrenador del Prato Calcio a 5 Divisi n de Honor en Italia Javier Lorente Pe as es jugador del Atl tico Boadilla Divisi n de Honor en Espa a y 96 veces internacional absoluto

Fisiología del deportista: bases científicas de la preparación fatiga y recuperación de los sistemas funcionales del organismo de los deportistas de alto nivel Victor Sergeyeovich Mishchenko, Vladimir Dmitriyevich Monogarov, 1996-06 Esta obra centra la atencion en la necesidad de estudiar los fenomenos basicos de la fisiologia del deporte de alto rendimiento a saber preparacion funcional agotamiento y restablecimiento en el deporte

METODOLOGÍA Y TÉCNICAS DE ATLETISMO Joan Rius Sant, 2005-10-03 En este libro el autor junto con la colaboraci n de los m s prestigiosos especialistas en cada uno de los temas tratados presenta una metodolog a del atletismo que pone particular nfasis en la ense anza de la t cnica y las estrategias de promoci n para captar y

mantener nuevos adeptos A través de los trece capítulos que conforman la obra el lector obtendrá una visión completa de la práctica y enseñanza del atletismo Se comienza con la historia y evolución de este deporte junto con las características de cada una de las especialidades atléticas y su técnica a continuación se estudia la actividad física y el funcionamiento del cuerpo humano para introducir los principios del entrenamiento luego se presentan los fundamentos de biomecánica que se aplican en atletismo para poder analizar los sistemas de entrenamiento y su adaptación en la infancia y pubertad Se desarrollan las actividades básicas para el primer nivel de aprendizaje y seguidamente la iniciación específica en las especialidades atléticas Se expone cómo evaluar el proceso de aprendizaje y la programación de la temporada Por último completan el contenido del libro un capítulo de medicina deportiva y otro dedicado a la psicología del deporte Las explicaciones y ejemplos se acompañan de numerosas series de fotografías y dibujos que ilustran la ejecución correcta de las técnicas y muestran los errores más frecuentes

Bases para el proceso de selección y formación de jóvenes futbolistas para el alto rendimiento Antonio Wanceulen Ferrer, Antonio Wanceulen Moreno, José Francisco Wanceulen Moreno, 2015-04-30 El objetivo del presente trabajo es servir de ayuda y fundamentación en el difícil proceso de selección y formación de jóvenes futbolistas para el alto rendimiento Consideramos que la obra puede ser útil tanto a entrenadores como al resto de técnicos que participan en la referida tarea de seleccionar y formar jóvenes futbolistas a coordinadores y técnicos de cantera tanto de clubs de lite como de clubs de base y en general a los técnicos y dirigentes de las estructuras del fútbol en su base Partimos de la idea generalmente aceptada de que la detección y la selección de jóvenes deportistas realizada con base científica y una adecuación de las cargas de entrenamiento y del nivel competitivo junto a una aplicación de medios suficientes produce un aumento importante en las posibilidades potenciales de los jóvenes futbolistas de cara al alto rendimiento No es la panacea que fabrica un jugador de lite tras de otro pero sí es un proceso racional que facilita la formación de futbolistas para el alto rendimiento rentabilizando de forma importante los medios humanos y materiales aplicados En toda la obra hay una clara intención de no pretender aportar propuestas sobre el entrenamiento en ninguna de sus vertientes técnica táctica educación física preparación física etc Lo que sí hemos pretendido es formar un esquema de los factores de rendimiento y desarrollarlos pero sí lo al nivel que pueda ser útil en una tarea con posibilidades de selección predictora a largo plazo buscando la activación de los conocimientos de esos técnicos a los que va dirigido y a los que consideramos introducidos en estas materias tratando de que entre todos logremos una selección y formación fundamentada sin improvisaciones y beneficiando al joven futbolista en cuanto a una correcta orientación de su futuro futbolístico

El entrenador personal Kim Forteza, Josep Comellas, Pablo López de Viñaspre, 2013-10 Desarrollo de todos aquellos aspectos claves para el entrenador personal en el mundo del fitness

El acondicionamiento físico orientado a la salud en la ESO Francisco Javier Jiménez Melero, 2008 Preparación física. Teoría, aplicaciones y metodología práctica Carles Los Santos i Poquet, 2004-07-31 Afortunadamente las ciencias aplicadas al ejercicio físico y al entrenamiento se han sumado en los últimos años a la metodología de la investigación científica Muchos y

sistemas de entrenamiento han ido fundamentándose en base a los resultados aportados por múltiples estudios. La presente obra representa un manual de referencia para todos aquellos profesionales que se relacionen con el ejercicio físico como herramienta de trabajo y requieran de unos conocimientos bien estructurados. Técnicos, monitores y entrenadores encontrarán las bases para el desarrollo de las diferentes Capacidades Físicas Básicas, los fundamentos del entrenamiento deportivo así como propuestas concretas para su valoración.

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Table of Contents Bases Teoricas Del Entrenamiento Deportivo

1. Understanding the eBook Bases Teoricas Del Entrenamiento Deportivo
 - The Rise of Digital Reading Bases Teoricas Del Entrenamiento Deportivo
 - Advantages of eBooks Over Traditional Books
2. Identifying Bases Teoricas Del Entrenamiento Deportivo
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Bases Teoricas Del Entrenamiento Deportivo
 - User-Friendly Interface
4. Exploring eBook Recommendations from Bases Teoricas Del Entrenamiento Deportivo
 - Personalized Recommendations
 - Bases Teoricas Del Entrenamiento Deportivo User Reviews and Ratings

- Bases Teoricas Del Entrenamiento Deportivo and Bestseller Lists
- 5. Accessing Bases Teoricas Del Entrenamiento Deportivo Free and Paid eBooks
 - Bases Teoricas Del Entrenamiento Deportivo Public Domain eBooks
 - Bases Teoricas Del Entrenamiento Deportivo eBook Subscription Services
 - Bases Teoricas Del Entrenamiento Deportivo Budget-Friendly Options
- 6. Navigating Bases Teoricas Del Entrenamiento Deportivo eBook Formats
 - ePub, PDF, MOBI, and More
 - Bases Teoricas Del Entrenamiento Deportivo Compatibility with Devices
 - Bases Teoricas Del Entrenamiento Deportivo Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Bases Teoricas Del Entrenamiento Deportivo
 - Highlighting and Note-Taking Bases Teoricas Del Entrenamiento Deportivo
 - Interactive Elements Bases Teoricas Del Entrenamiento Deportivo
- 8. Staying Engaged with Bases Teoricas Del Entrenamiento Deportivo
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Bases Teoricas Del Entrenamiento Deportivo
- 9. Balancing eBooks and Physical Books Bases Teoricas Del Entrenamiento Deportivo
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Bases Teoricas Del Entrenamiento Deportivo
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Bases Teoricas Del Entrenamiento Deportivo
 - Setting Reading Goals Bases Teoricas Del Entrenamiento Deportivo
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Bases Teoricas Del Entrenamiento Deportivo
 - Fact-Checking eBook Content of Bases Teoricas Del Entrenamiento Deportivo
 - Distinguishing Credible Sources

13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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