



Droga PowerRev: Jak Rozwinąć Całego Sportowca

Indeks: 755903 Producent: OS Press

Cena: **174.18 zł**

Opis

The PowerRev Way: Developing the Total Athlete

Producent: OS Press

- **temat:** EDUCATION / Teaching / Subjects / Physical Education, Education / Testing & Measurement, Education/Teaching - Subjects - Physical Education, HEALTH & FITNESS / Exercise / Strength Training, Health & Fitness / Exercise, Health & Fitness/Exercise - Strength Training, SPORTS & RECREATION / Training, Sports & Recreation/Training, HC/Pädagogik/Bildungswesen, Strength Conditioning; athlete; Coach, HC/Pädagogik/Bildungswesen, HC, Pädagogik, Bildungswesen, Fachspezifischer Unterricht, Unterricht und Didaktik: Sport, Exercise & workout books, Sport science, physical education, Sports training & coaching, Fachspezifischer Unterricht, Sports training and coaching, Unterricht und Didaktik: Sport, Weight / strength training
- **wiążący:** paperback
- **język:** english, english, english
- **waga przedmiotu:** 962 grams
- **strony:** 418
- **słowo kluczowe tematu:** Athlete, Coach, Strength Conditioning, Strength Conditioning; Athlete; Coach; Instructor, Strength Conditioning; athlete; Coach
- **kod podmiotu:** 1572, JNU, SCG, YPWF, VFMG2, EDU033000, EDU030000, EDU033000, HEA007050, HEA007000, HEA007050, SPO047000, SPO047000, VFMG, WSDF, WSD
- **grupa docelowa:** General/trade
- **Liczba przedmiotów:** 1
- **waga opakowania przedmiotu:** 0.986 kilograms
- **producent:** OS Press
- **zewnętrznie przypisany identyfikator produktu:** 9798986586021, 09798986586021
- **autor:** International Performance Sciences, Anderson, Tim, Bishop, Phil, Carter, Paul, Cook, Ben, Dornemann, Tim, Edlbeck, Brian, Kemble, Dave, Molaro, Carson, Newport, Chris
- **gatunek muzyczny:** HC, Pädagogik, Bildungswesen, Fachspezifischer Unterricht, Unterricht und Didaktik: Sport
- **Data publikacji:** 2023-05-31T00:00:01Z
- **nazwa przedmiotu:** The PowerRev Way: Developing the Total Athlete
- **data premiery:** 2023-05-31T00:00:01Z
- **data uruchomienia strony produktu:** 2022-12-03T00:00:01Z

Parametry

Liczba_stron

418

Język	angielski
Waga	962 grams