



Młody Gracz Rugby: Wiedza i Praktyka

Indeks: 802753 Producent: Routledge Kod producenta: 9780367612320

Cena: 197.59 zł

Opis

The Young Rugby Player: Science and Application

Producent: Routledge

- **temat:** Rugby football, Sports training & coaching, Sports training & coaching, SPORTS & RECREATION / Coaching / General, SPORTS & RECREATION / General, SPORTS & RECREATION / Rugby, Sports & Recreation/Coaching - General, Sports & Recreation/Rugby, ANF: Sport, Adolescent Rugby, Adolescent Rugby Players, Anterior Cruciate Ligament Injuries, Ballsport, CHO Intake, CoD Performance, Coaching, Coaching - General, Competition Ratios, Dietary CHO, Effective TDEs, External Load Measures, External Training Loads, Female Rugby, Football variants and related games, Game Specific Skills, General, HC, HC/Ratgeber/Sport/Ballsport, Injury Risk Factors, Intermittent Fitness Test, Long Term Athletic Development, Match Hours, Maturity Offset, Non-Fiction, Non-functional Overreaching, Positive Youth Development, Ratgeber, Rugby, Rugby League, Rugby Union, Rugby Union Players, Rugby football, Rugby football players, SPORTS & RECREATION, SPORTS & RECREATION / Coaching / General, SPORTS & RECREATION / General, SPORTS & RECREATION / Rugby, Senior Professional Player, Sport, Sports, Sports & Recreation/Coaching - General, Sports & Recreation/Rugby, Sports for children, Sports training & coaching, Sports training & coaching, Sports training and coaching, TEXT, Training Load Measurement, Young Rugby Players, Youth Rugby, Youth Rugby; Rugby League; Long Term Athletic Development; Adolescent Rugby Players; Non-functional Overreaching; Maturity Offset; Rugby Union Players; Anterior Cruciate Ligament Injuries; CHO Intake; External Load Measures; Positive Youth Development; Intermittent Fitness Test; Adolescent Rugby; Senior Professional Player; Competition Ratios; Young Rugby Players; Training Load Measurement; Dietary CHO; Female Rugby; Injury Risk Factors; Effective TDEs; Game Specific Skills; External Training Loads; CoD Performance, Football variants and related games, Rugby League, Rugby Union, Sports training and coaching, HC/Ratgeber/Sport/Ballsport
- **wiązący:** paperback
- **język:** english, english, english
- **waga przedmiotu:** 544 grams
- **strony:** 378
- **słowo kluczowe tematu:** CHO Intake; Non-functional Overreaching; Young Rugby Players; Youth Rugby; Adolescent Rugby Players; External Load Measures; Positive Youth Development; Maturity Offset; Anterior Cruciate Ligament Injuries; Long Term Athletic Development; Intermittent Fitness Test; Adolescent Rugby; Senior Professional Player; Rugby Union Players; Training Load Measurement; Competition Ratios; Rugby League; Dietary CHO; Female Rugby; Injury Risk Factors; Effective TDEs; Game Specific Skills; External Training Loads; CoD Performance; Match Hours, Youth Rugby; Rugby League; Long Term Athletic Development; Adolescent Rugby Players; Non-functional Overreaching; Maturity Offset; Rugby Union Players; Anterior Cruciate Ligament Injuries; CHO Intake; External Load Measures; Positive Youth Development; Intermittent Fitness Test; Adolescent Rugby; Senior Professional Player; Competition Ratios; Young Rugby Players; Training Load Measurement; Dietary CHO; Female Rugby; Injury Risk Factors; Effective TDEs; Game Specific Skills; External Training Loads; CoD Performance
- **kod unspsc:** 55101500
- **kod podmiotu:** SPO061000, SPO000000, SPO056000, SPO061000, SPO056000, 1445, SFB, SFBV, SFBT, SCG, WSJF, WSD, WSD
- **grupa docelowa:** General/trade
- **numer części:** 9780367612320

- **waga opakowania przedmiotu:** 0.54 kilograms
- **wydanie:** 1
- **zewnętrznie przypisany identyfikator produktu:** 0367612321, 9780367612320, 09780367612320
- **producent:** Routledge
- **gatunek muzyczny:** HC, Ratgeber, Sport, Ballsport, Rugby Union, Rugby League
- **Data publikacji:** 2022-12-22T00:00:01Z
- **numer wydania:** 1
- **nazwa przedmiotu:** The Young Rugby Player: Science and Application
- **data premiery:** 2022-12-22T00:00:01Z
- **data uruchomienia strony produktu:** 2022-08-03T08:41:59.537Z

Parametry

Wydanie	1
Ilość stron	378
Waga	0.54 kg
Data publikacji	2022-12-22