



Nauka Łyżwiarstwa Figuralnego (Routledge Badania w Sporcie i Nauce o Wysiłku)

Indeks: 802888 Producent: Routledge

Cena: 240.50 zł

Opis

The Science of Figure Skating (Routledge Research in Sport and Exercise Science)

Producent: Routledge

- **temat:** SPORTS & RECREATION / General, SPORTS & RECREATION / Winter Sports / General, SPORTS & RECREATION / Winter Sports / Ice & Figure Skating, Sports & Recreation/Winter Sports - General, Sports & Recreation/Winter Sports - Ice & Figure Skating, ANF: Sport, Figure skating, General, Ice & Figure Skating, Ice-skating, Non-Fiction, SPORTS & RECREATION, SPORTS & RECREATION / General, SPORTS & RECREATION / Winter Sports / General, SPORTS & RECREATION / Winter Sports / Ice & Figure Skating, Sport, allgemein, Sports, Sports & Recreation/Winter Sports - General, Sports & Recreation/Winter Sports - Ice & Figure Skating, Sports injuries & medicine, TEXT, Winter Sports, Winter Sports - General, Winter Sports - Ice & Figure Skating, figure skating; ergogenic aids; Elite Figure Skaters; Daily Training Environment; Male Figure Skaters; Female Figure Skaters; Blood Lactate; Competitive Figure Skating; Bod Pod; Energy Balance; High Intensity Interval Training Sessions; Biering Sorensen Test; Minimizing Ground Contact Time; General Preparation Phase; Creatine Supplementation; Jason Vescovi; training; Jaci VanHeest; physiology; skates; winter sports; biomechanics; sports psychology; sports nutrition; elite performance; sports injury; Jason D. Vescovi, Sport, allgemein, Ice-skating, Sports injuries & medicine
- **wiązący:** paperback
- **język:** english, english, english
- **waga przedmiotu:** 210 grams
- **strony:** 156
- **słowo kluczowe tematu:** Non-Fiction, Sports, TEXT, figure skating; ergogenic aids; Elite Figure Skaters; Daily Training Environment; Male Figure Skaters; Female Figure Skaters; Blood Lactate; Competitive Figure Skating; Bod Pod; Energy Balance; High Intensity Interval Training Sessions; Biering Sorensen Test; Minimizing Ground Contact Time; General Preparation Phase; Creatine Supplementation; Jason Vescovi; training; Jaci VanHeest; physiology; skates; winter sports; biomechanics; sports psychology; sports nutrition; elite performance; sports injury; Jason D. Vescovi
- **kod unspsc:** 55101500
- **kod podmiotu:** SPO000000, SPO052000, SPO023000, SPO052000, SPO023000, SC, WSWs, MMS
- **grupa docelowa:** General/trade
- **waga opakowania przedmiotu:** 0.21 kilograms
- **zewnętrznie przypisany identyfikator produktu:** 0367787059, 9780367787059, 09780367787059
- **producent:** Routledge
- **tytuł serii:** Routledge Research in Sport and Exercise Science
- **gatunek muzyczny:** SPORTS & RECREATION, General, Sport, allgemein
- **Data publikacji:** 2021-03-31T00:00:01Z
- **numer wydania:** 1
- **nazwa przedmiotu:** The Science of Figure Skating (Routledge Research in Sport and Exercise Science)

- **data premiery:** 2021-03-31T00:00:01Z
- **data uruchomienia strony produktu:** 2020-12-15T13:01:10.158Z

Parametry

Rodzaj	Książka
Wydawnictwo	Routledge
Data publikacji	31 marca 2021
Język	Angielski
Ilość stron	156