



Szybkość Wielokierunkowa w Sporcie: Badania i Zastosowanie

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Cena: 184.66 zł

Opis

Multidirectional Speed in Sport: Research to Application

Producent: Routledge

- **temat:** MEDICAL / Physiology, SPORTS & RECREATION / Bodybuilding & Weightlifting, SPORTS & RECREATION / Coaching / General, SPORTS & RECREATION / General, SPORTS & RECREATION / Racket Sports / General, SPORTS & RECREATION / Running & Jogging, SPORTS & RECREATION / Track & Field, Sports & Recreation/Bodybuilding & Weightlifting, Sports & Recreation/Coaching - General, Sports & Recreation/Running & Jogging, Sports and Active outdoor recreation, Biomechanics, human kinetics, Sports & outdoor recreation, SPORTS & RECREATION / Running & Jogging, SPORTS & RECREATION, Running & Jogging, SPORTS & RECREATION / Bodybuilding & Weightlifting, Bodybuilding & Weightlifting, SPORTS & RECREATION / Coaching / General, Coaching, General, SPORTS & RECREATION / General, Multidirectional speed;speed;agility';Sprint;ACL Injury;Performance;Side Step Cut;Minimising Ground Contact Time;Cod;Knee Abduction Moments;Knee Joint Loads;English Premier League;Braking Impulse;Anterior Cruciate Ligament Injury;Cod Performance;Plyometric Training;Cod Angle;Perception Action Coupling;High Step Frequencies;Sprint Performance;Perceptual Cognitive Training;Higher Running Velocities;Eccentric Muscle Actions;Propulsive Impulse;American Football;RSI;Eccentric Phase;Ground Reaction Force;Sport Specific Environments;GCTs, Biomechanics, human kinetics, Sports and Active outdoor recreation, Track and field sports, athletics, Racket games, Sports & outdoor recreation, Track & field sports, athletics
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- **język:** english, english, english
- **waga przedmiotu:** 720 grams
- **strony:** 365
- **słowo kluczowe tematu:** Multidirectional speed; speed; agility'; Sprint; Performance; Cod; ACL Injury; Side Step Cut; Knee Joint Loads; Braking Impulse; Cod Angle; Cod Performance; Plyometric Training; Sprint Performance; High Step Frequencies; Perceptual Cognitive Training; Perception Action Coupling; RSI; Eccentric Phase; American Football; Propulsive Impulse; Eccentric Muscle Actions; English Premier League; Minimising Ground Contact Time; Knee Abduction Moments; Anterior Cruciate Ligament Injury; Higher Running Velocities, Multidirectional speed;speed;agility';Sprint;ACL Injury;Performance;Side Step Cut;Minimising Ground Contact Time;Cod;Knee Abduction Moments;Knee Joint Loads;English Premier League;Braking Impulse;Anterior Cruciate Ligament Injury;Cod Performance;Plyometric Training;Cod Angle;Perception Action Coupling;High Step Frequencies;Sprint Performance;Perceptual Cognitive Training;Higher Running Velocities;Eccentric Muscle Actions;Propulsive Impulse;American Football;RSI;Eccentric Phase;Ground Reaction Force;Sport Specific Environments;GCTs
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- **grupa docelowa:** General/trade, Tertiary education, Professional and scholarly
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- **waga opakowania przedmiotu:** 0.665 kilograms
- **wydanie:** 1

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