



STRENGTH AND CONDITIONING

A concise introduction



John Cissik

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Strength And Conditioning A Concise Introduction

Matt Berry,Chris Hodgson



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Cissik,2019-12-02 Strength and Conditioning A Concise Introduction offers a concise but comprehensive overview of training for athletic performance Introducing essential theory and practical techniques in all of the core areas of athletic training the book clearly demonstrates how to apply fundamental principles in putting together effective real world training programs This book encourages students and professionals to think critically about their work and to adopt an evidence based approach It explains the inter dependence of aspects of training such as needs analysis assessment injury competition level athlete age and program design and it fully explains how those aspects should be integrated Strength and Conditioning is an accessible engaging and reflective introduction to the theory and application of strength and conditioning programs Including clear step by step guidance suggestions for further reading and detailed sport specific examples this is the perfect primer for any strength and conditioning course or for any professional trainer or coach looking to refresh their professional practice Included in the second edition are in depth descriptions of free weights kettlebells heavy ropes speed agility horizontal force production training as well as updated research from the strength and conditioning field Programming chapters and real world programs provide examples of how to incorporate all the modern strength and conditioning tools This is the perfect primer for any strength and conditioning course or for any professional trainer or coach looking to refresh their professional practice **Psychology: A Concise Introduction** Richard A. Griggs,2005-03-18 This text explores the territory of the introductory psychology course with both brevity and clarity Griggs draws on his classroom experience and extensive research in his choice of the core concepts in psychology

Science and Practice of Youth Soccer Michael Duncan,Mark Noon,Andre Seabra,2023-12-26 Soccer remains the world s most popular sport with significant numbers of the world s population engaged in grassroots soccer particularly during childhood and adolescence There is considerable

scientific and practical data focused on soccer science available most of which relates to elite performers and does not address the needs to grassroots coaches in understanding the science of soccer and translating this into practical messages and learning to help coaches maximise the experiences enjoyment and development of the more than 250 million players who play grassroots soccer worldwide Science and Practice of Youth Soccer presents a comprehensive and accessible introduction to key topics relating to effective player and team development in youth grassroots soccer Written by international experts and practitioners in the field and with a particular emphasis on the development of children and youth the book provides essential guidance of how science translates into practice for coaches and those working in youth grassroots soccer Each chapter outlines the scientific research base for each topic highlights myths and misconceptions that are commonplace in current practice of grassroots coaches and then provides practical solutions that coaches can take and use in their coaching practice This book is key reading to those working in or studying sport and exercise science sports coaching and sports development and also of interest to grassroots coaches and parents of soccer players

Adventure Sports Coaching Matt Berry,Chris Hodgson,2015-03-24 Coaching adventure sports is part of the core work of many adventure educators but has been largely neglected in the adventure studies literature This is the first book to link contemporary sports coaching science with adventure sports practice It examines the unique set of challenges faced by adventure sports coaches such as the dynamic natural environment and the requirement to train athletes to levels of high performance outside of traditional structures of competition and explores both key theory and best practice The book covers key topics such as Skill acquisition and skill development Models of learning and teaching Performance analysis Tactics and decision making Training principles Mental skills techniques Goal setting and progression Risk management Each chapter contains applied examples from a range of adventure sports including mountaineering rock climbing canoeing kayaking surfing and winter sport as well as practical coaching techniques and a guide to further reading Written by a team of authors with wide experience of coaching teaching researching and high performance participation in adventure sports this book is invaluable reading for any student or practitioner with an interest in adventure outdoor education sports coaching or lifestyle sport

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Open Shelf, 1917 **Advanced Strength and Conditioning** Anthony Turner, Paul Comfort, 2017-10-25 Becoming an effective strength and conditioning practitioner requires the development of a professional skills set and a thorough understanding of the scientific basis of best practice Aimed at advanced students and beginning practitioners this book explores the latest scientific evidence and applies it to exercise selection and programming choices across the full range of functional areas in strength and conditioning from strength and power to speed and agility With coverage of data analysis and performance feedback both vital skills for the contemporary strength and conditioning coach this concise but sophisticated textbook is the perfect bridge from introductory study to effective professional practice Written by experts with experience in a wide variety of sports its chapters are enhanced by extensive illustrations and address key topics such as fitness testing and data analysis developing strength and power motor skill acquisition and development strategies for competition priming monitoring training load fatigue and recovery **Advanced Strength and Conditioning An Evidence based Approach** is a valuable resource for all advanced students and practitioners of strength and conditioning and fitness training

Choice, 1976 **Forthcoming Books** Rose Arny, 1998-04 *Psychology* Terry F. Pettijohn, 1992 *The Complete Guide to Physical Conditioning for Golfers* David G. Keir, 1996 **The Journal of Applied Sport Science Research**, 1987

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