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Howard Payne, Rosemary Payne



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Principles and Practice of Resistance Training Michael H. Stone, Meg Stone, William A. Sands, 2007 Aimed at strength and conditioning specialists health and fitness professionals personal trainers and exercise scientists this research based book details the physiological and biomechanical aspects of designing resistance training programmes for improved power strength and performance in athletes

Circuit Training for All Sports Manfred Scholich, 1992

Sports Training Principles Dr. Frank W. Dick O.B.E., 2014-12-11 This is the fully revised sixth edition of this ultimate reference tool for all coaches responsible for training athletes to fulfill their performance potential Written by world renowned and highly sought after coach and President of the European Athletics Coaches Association Frank W Dick with contributions from Professor John Brewer St Mary's University Twickenham UK Dr Penny Werthner University of Calgary Canada Dr Scott Drawer RFU UK Vern Gambetta Sports Training Systems Dr Cliff Mallett and Professor David Jenkins University of Queensland Australia and Professor Timothy Noakes University of Cape Town South Africa this textbook comprehensively covers the core aspects of sports coaching which can be applied to all sports and disciplines This new edition has been extensively revised to incorporate the latest theory and practice in sports training and coaching with supplementary contributions from international experts The book covers the key sports science topics Anatomy and physiology Biomechanics Psychology Nutrition Performance Analysis Training and Coaching methods This is a highly recommended resource for students of applied sports science sports coaching sports development PE teachers fitness advisers coaches and athletes

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