



Exercise and sporting activity during pregnancy : evidence-based guidelines /

Santos-Rocha, Rita

Electronic books

Monografía

This clinically and practice oriented, multidisciplinary book is intended to fill the gap between evidence-based knowledge on the benefits of physical activity and exercise during pregnancy and the implementation of exercise programmes and related health promotion measures in pregnant women. It will provide medical, sports, and fitness professionals both with the knowledge needed to allay undue fears regarding the consequences of exercising during pregnancy and with the practical expertise to offer optimal guidance on exercising to pregnant exercisers and athletes. Readers will find up-to-date evidence on the psychological, social, physiological, body composition, musculoskeletal, and biomechanical changes that occur during pregnancy and their implications for physical activity and exercise. Detailed descriptions are provided of the components of exercise testing and prescription for pregnant women, the current evidence-based and practice-oriented guidelines, and exercise selection and adaptation during pregnancy. Exercises specifically targeting musculoskeletal health are discussed separately, and a concluding chapter explains the nutritional requirements in pregnant women who exercise

<https://rebiunoda.pro.baratznet.cloud:38443/OpacDiscovery/public/catalog/detail/b2FpOmNlbGVicmF0aW9uOmVzLmJhcmF0ei5yZW4vMjU0MTkzNjY>

Título: Exercise and sporting activity during pregnancy evidence-based guidelines Rita Santos-Rocha, editor

Editorial: Cham, Switzerland Springer [2019]

Descripción física: 1 online resource (xvii, 355 pages)

Bibliografía: Includes bibliographical references

Contenido: 1 Physical activity, exercise and health promotion for the pregnant exerciser and the pregnant athlete -- 2 Psychological, social and behavioural changes during pregnancy: implications for physical activity and exercise -- 3 Physiological changes during pregnancy. Main adaptations and discomforts and implications for physical activity and exercise -- 4 Musculoskeletal and biomechanical changes. Main adaptations and discomforts, and implications for physical activity and exercise -- 5 Body composition changes during pregnancy and effects of physical exercise -- 6 Physical activity and exercise testing and prescription for pregnant women -- 7 Evidence-based and practice-oriented guidelines for exercising during pregnancy -- 8 Exercise selection and adaptations to pregnancy -- 9 Therapeutic exercise regarding musculoskeletal health of the pregnant exerciser and athlete -- 10 Nutritional requirements for the pregnant exerciser and athlete

Copyright/Depósito Legal: 1079922382 1086510816 1090712636 1099317052 1105194240 1117870254
1122811445 1156093078 1156370981 1156763821

ISBN: 9783319910321 electronic bk.) 3319910329 electronic bk.) 9783319910314 3319910310 9783319910338
print) 3319910337

Materia: Exercise for pregnant women Exercise Pregnancy Exercise for pregnant women

Autores: Santos-Rocha, Rita

Enlace a formato físico adicional: Print version Santos-Rocha, Rita. Exercise and Sporting Activity During
Pregnancy : Evidence-Based Guidelines. Cham : Springer, 2018 9783319910314 (OCoLC)1030911822

Baratz Innovación Documental

- Gran Vía, 59 28013 Madrid
- (+34) 91 456 03 60
- informa@baratz.es