



Strength and power in sport

/

Komi, Paavo V.

Blackwell Science,
©2003

Electronic books

Monografía

The second edition of this broadly based book continues to examine and update the basic and applied aspects of strength and power in sport from the neurophysiology of the basic motor unit to training for specific activities. Authorship is, again, international and includes leading physiologists and clinicians

<https://rebiunoda.pro.baratznet.cloud:28443/OpacDiscovery/public/catalog/detail/b2FpOmNlbGVicmF0aW9uOmVzLmJhcmF0ei5yZW4vMjU4MjE2NDg>

Título: Strength and power in sport edited by Paavo V. Komi

Edición: 2nd ed

Editorial: Osney Mead, Oxford Malden, MA Blackwell Science ©2003

Descripción física: 1 online resource (xiv, 523 pages) illustrations

Mención de serie: The Encyclopaedia of sports medicine v. 3

Bibliografía: Includes bibliographical references and index

Contenido: Basic considerations for exercise / Howard G. Knuttgen and Paavo V. Komi -- Neuronal control of functional movement / Volker Dietz -- Motor unit and motoneurone excitability during explosive movement / Toshio Moritani -- Muscular basis of strength / R. Billeter and H. Hoppeler -- Hormonal mechanisms related to the expression of muscular strength and power / William J. Kraemer and Scott A. Mazzetti -- Exercise-related adaptations in connective tissue / Ronald F. Zernicke and Barbara Loitz-Ramage -- Contractile performance of skeletal muscle fibres / K.A. Paul Edman -- Skeletal muscle and motor unit architecture : effect on performance / Roland R. Roy [and others] -- Mechanical muscle models and their application to force and power production / Walter Herzog and Rachid Ait-Haddou -- Stretch-shortening cycle / Paavo V. Komi -- Cellular and molecular aspects of adaptation in skeletal muscle / Geoffrey Goldspink and Stephen Harridge -- Hypertrophy and hyperplasia / J. Duncan Macdougall -- Acute and chronic muscle metabolic adaptations to strength training / Per A. Tesch and Björn A. Alkner -- Neural adaptation to strength training / Digby G. Sale -- Mechanisms of muscle and motor unit adaptation to explosive power training / Jacques Duchateau and Karl Hainaut -- Proprioceptive training : considerations for strength and power production / Albert Gollhofer -- Connective tissue and bone response to strength training / Michael H. Stone and Christina Karatzaferi -- Endocrine responses and adaptations to strength and power training / William J. Kraemer and Nicholas A. Ratamess -- Cardiovascular responses to strength training / Steven J. Fleck -- Ageing and neuromuscular adaptation to strength training / Keijo Häkkinen -- Use of electrical

stimulation in strength and power training / Gary A. Dudley and Scott W. Stevenson -- Biomechanics of strength and strength training / Vladimir M. Zatsiorsky -- Vibration loads : potential for strength and power development / Joachim Mester, Peter Spitzenpfeil and Zengyuan Yue -- Training for weightlifting / John Garhammer and Bob Takano

Lengua: English

Copyright/Depósito Legal: 212127314 230188764 233792542 432966117 457162075 646757899 663435814 767068605 770841635 961534923 962677198 991954109 994987846 1007373842 1037529368 1038691088 1045514822 1055361517 1058390511 1062950857 1066613434 1076306544 1081201828 1111638202 1113669303 1153534194 1162250045

ISBN: 9781405140591 electronic bk.) 1405140593 electronic bk.) 9780470757215 0470757213 9780632059119 0632059117 0632059117 Cloth) 1281308838 9781281308832 9786611308834 6611308830 0470709316 9780470709313

Materia: Sports- Physiological aspects Muscle strength Physical education and training Sports- physiology Exercise- physiology Muscles- physiology Sports- Aspect physiologique Force musculaire MEDICAL- Physiology SCIENCE- Life Sciences- Human Anatomy & Physiology Muscle strength Physical education and training Sports- Physiological aspects Músculos (resistência) Treinamento esportivo

Autores: Komi, Paavo V.

Entidades: IOC Medical Commission International Federation of Sports Medicine

Enlace a formato físico adicional: Print version Strength and power in sport. 2nd ed. Osney Mead, Oxford ; Malden, MA : Blackwell Science, ©2003 0632059117 9780632059119 (DLC) 2002005028 (OCoLC)49529904

Punto acceso adicional serie-Título: Encyclopaedia of sports medicine v. 3

Baratz Innovación Documental

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