



2005 ACSM Annual Meeting Featured Science Session"" Pacing Strategy: The Unexplored Territory in Sports Performance /

Lecture/presentation

Material Proyactable

The (6) presentations from the 2005 ACSM annual meeting Featured Science Session on pacing strategy as a factor in sports performance are included on a single DVD. Almost three hours of authoritative information and insights, featuring: Pacing Strategy: Historical Perspective (Carl Foster, Human Performance and Power Output Related to the Energy Flow Model of Performance (Jos J. de Koning), Brain Control Mechanisms Creating Pacing Strategy (Alan St. Clair Gibson), How Do Athletes Pace Themselves in Very High Intensity Competitions? (David T. Martin), How Do Athletes Pace Themselves During Very Prolonged Competitions? (Alejandro Lucia), roundtable discussion

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Título: 2005 ACSM Annual Meeting Featured Science Session""Pacing Strategy: The Unexplored Territory in Sports Performance Presented by Carl Foster, Ph.D., Jos J. de Koning, Ph.D., Alan St. Clair Gibson, M.D., Ph.D., David T. Martin, M.D., Alejandro Lucia, M.D.

Editorial: Monterey, CA Healthy Learning 2005

Descripción física: 1 online resource (157 minutes)

Duración: 023619

Nota general: Title from resource description page (viewed January 13, 2017)

Lengua: In English Original language in English

Materia: Body Mechanics Athletic Training Athletes Athletic events

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