



La fuerza muscular en la esgrima de alta competencia: criterios para su entrenamiento (Original) [

2016

text (article)

Analítica

In this article the preparation of forces is analyzed in the sport of Fencing from the perspective of its evolution and development, but without denying in its entirety the approach of different authors that you/they outline methodologies, strategies and methods to work this conditional physical capacity in different sport modalities, the results of this investigation they seek protection in the convenience of developing a good force that denotes its relevancy in the planning of the sport training and the necessity of outlining solutions that allow on bases scientists to guarantee high sport results in the Cuban sport. This work was carried out with the athletes of Sword of the category 13-15 years in the School of School Sport Initiation in the county of Granma, in this work he/she thinks about an approach of preparation of forces with a systemic focus sustained in a methodological theoretical conception of the training of the good force in the esgrimistas that establishes relationships among the different manifestations of force, keeping in mind the areas of intensity for the development of this physical capacity in the school athletes, and that it allows him to carry out the offensive and defensive actions of this sport with the required quality guaranteeing this way high competitive results

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Editorial: 2016

Tipo Audiovisual: Forces maxim it forces good methods offensive actions defensive actions fuerza máxima fuerza óptima métodos acciones ofensivas acciones defensivas

Documento fuente: Olimpia: Publicación científica de la facultad de cultura física de la Universidad de Granma, ISSN 1817-9088, Vol. 13, N°. 41, 2016 (Ejemplar dedicado a: octubre-diciembre), pags. 153-168

Nota general: application/pdf

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Enlace a fuente de información: Olimpia: Publicación científica de la facultad de cultura física de la Universidad de Granma, ISSN 1817-9088, Vol. 13, N°. 41, 2016 (Ejemplar dedicado a: octubre-diciembre), pags. 153-168

Baratz Innovación Documental

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