



Consideraciones sobre las presiones ambientales que influyen en el rendimiento del tenis de mesa [

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text (article)

Analítica

The work presented is part of one of the researches contained in the institutional project "Table tennis for the integral development of the human being, systematization from the subject Physical activity, sport and recreation: school sports massification". This research aims to assess, through a diagnostic study, if environmental pressures affect the practice of table tennis in students of the Technical University "Luis Vargas Torres" in Esmeraldas. After carrying out a theoretical analysis on some background related to environmental pressures in sport, a group of surveys, interviews, documentary review and tests were applied to verify the presence of environmental pressures in direct relation to psychological and physical pressures. It was concluded that the pressures related to the public, the time limit and the scoreboard were the most significant and as a consequence, measures must be taken to prevent their impacts, as well as considering their inclusion in the methodological guidelines for tennis training. table

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Baratz Innovación Documental

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