



Track and Field Applied Research in Sprint and Jump

By Coh, Milan

Condition: New. Publisher/Verlag: LAP Lambert Academic Publishing | Book Track and Field Applied Research in Sprint and Jumps delves into the application of biomechanical diagnostics in the training process of athletes performing sprint running and athletic jumps. The ever tougher competition seen in today s athletics requires intensive scientific and research work in the fields of the use of biomechanical diagnostic technologies and methods enabling an optimally objective analysis and evaluation of athletes movement technique. Athletes modern training process is based on the appropriate selection, optimal technique, motor abilities, correct training methods, interdisciplinary approach, and participation of various specialists in the sports profession and the application of the findings of sports science. The monograph presents certain diagnostic procedures and methods such as 3-D kinematics, dynamics tensiometry, EMG muscle activation and their practical application. It is a very important source of information for athletics coaches, sport experts, sport teachers and students of physical education. | Format: Paperback | Language/Sprache: english | 176 gr | 220x150x6 mm | 120 pp.

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