

Anatomia Dell Esercizio Fisico Erika

Michael Brown



Anatomia Dell'Esercizio Fisico Erika:

Anatomia dell'esercizio fisico Pat Manocchia, 2016-10 In forma fisicamente, in equilibrio psicologicamente LAURA VENTUROLI, 2020-06-22 Questo ebook parla di un programma di lavoro mente e corpo nato da anni di esperienza individuale dell'autrice e dal suo percorso formativo personale e professionale. Avere un buon ascolto del proprio corpo, dei pensieri e delle emozioni significa avere un contatto con tutte le parti di sé in un equilibrio sano. Allenare il corpo con consapevolezza porta ad avere più energia e vitalità creando una buona sinergia con la mente. L'autrice, impegnata da anni nel mondo del fitness in ambito psicopedagogico e in medicine alternative ed olistiche, offre un programma di lavoro che si prende cura del corpo attraverso attività fitness e wellness, della sfera energetica con discipline olistiche energetiche e della dimensione più legata al recupero di potenzialità e al cambiamento dei schemi mentali ed emozionali non fruttosi attraverso sedute di counseling. In una unica persona si racchiudono più figure professionali e questo consente di accogliere e condurre le persone verso un percorso di benessere globale.

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Anatomia-fisiologia ed igiene applicate all'esercizio fisico, 1923 **Allenamento funzionale e anatomia umana. Manuale illustrato per il perfezionamento del movimento** Kevin Carr, Mary Kate Feit, 2022 Allenamento a corpo libero. E anatomia umana Bret Contreras, 2023 **Anatomia-fisiologia ed igiene applicate all'esercizio fisico** Adolfo Paolini, 1923 *Fondamenti di biochimica dell'esercizio fisico* Michael E. Houston, 2008 *Anatomia dell'allenamento per la forza e la velocità* Brandon Leigh, 2013 **Anatomia del movimento** Blandine Calais Germain, 1993 *Anatomia umana e movimento 7 ed* Roger Soames, Nigel Palastanga, 2020-02-13T00:00:00+01:00 Quali sono le caratteristiche anatomiche del corpo umano in movimento? Per chi si occupa nella vita lavorativa di programmazione dell'attività fisica o di recupero della funzionalità motoria, lo studio dell'anatomia non può limitarsi alla descrizione analitica di ossa, muscoli, legamenti e articolazioni, ma deve focalizzarsi anche sul loro ruolo in ogni fase del meccanismo motorio. Ogni elemento del sistema muscolo scheletrico è preso in considerazione senza perdere di vista il collegamento tra struttura e funzione. Le numerose radiografie sono messe in rapporto con i disegni anatomici in modo da offrire una trattazione dell'anatomia organica completa e già orientata al futuro professionale nel mondo dello sport o della riabilitazione. Al termine di ogni capitolo sono presenti box di riepilogo e domande di autovalutazione che facilitano la memorizzazione e che consentono di monitorare i progressi nell'apprendimento.

Fisiologia dell'esercizio fisico. Integrare gli aspetti teorici con l'applicazione pratica William J. Kraemer, Steven J. Fleck, Michael R. Deschenes, 2018

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