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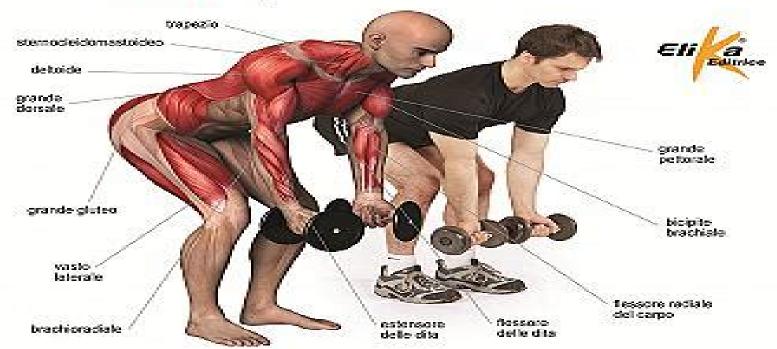
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## Una GUIDA professionale al vostro allenamento



# **Anatomia Dell Esercizio Fisico Elika**

**R Sandford** 

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Fondamenti di biochimica dell'esercizio fisico Michael E. Houston, 2008 Anatomia dell'allenamento per la forza e Anatomia del movimento Blandine Calais Germain.1993 la velocità Brandon Leigh, 2013 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 occuper nella vita lavorativa di programmazione dell'attivit fisica o di recupero della funzionalit motoria lo studio dell'anatomia non pu 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 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 gi 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

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