

RUNNING WAS THE MOST POPULAR SPORT – AND IT’S GROWING

Running saw the most uploads in 2023, and more and more athletes are motivated to lace ‘em up: The share of Strava athletes uploading runs increased 4%.



SPORTS WITH MOST UPLOADS ON STRAVA IN 2023:

1. RUN



2. RIDE (INCLUDING E-BIKE)



3. WALK



4. TRAIL RUN



5. GRAVEL AND MOUNTAIN BIKE RIDE



6. HIKE



7. VIRTUAL RIDE



8. WORKOUT



9. SWIM



10. ALPINE SKI



STRAVA

Global Trend Sports Training

Eric MacIntosh, Gonzalo Bravo, Ming Li



Global Trend Sports Training:

Psychology of Sport Training Boris Blumenstein, 2007 The content of this book is highly relevant not only for professionals in sport and exercise psychology but also for practitioners such as athletes coaches and physical education teachers who are Interested in the areas of sport training and sport and exercise psychology The various sport psychology practices and principles presented in *International Sport Management* Eric MacIntosh, Gonzalo Bravo, Ming Li, 2019-03-05 International Sport Management is the first comprehensive textbook devoted to the organization governance business activities and cross cultural context of modern sport on an international level As the sport industry continues its global expansion this textbook serves as an invaluable guide for readers as they build careers that require an international understanding of the relationships influences and responsibilities in sport management Through a systematic presentation of topics and issues in international sport this textbook offers a long overdue guide for students in this burgeoning subfield in sport management Editors Li MacIntosh and Bravo have assembled contributors from all corners of the globe to present a truly international perspective on the topic With attention to diversity and multiple viewpoints each chapter is authored by distinguished academics and practitioners in the field A foreword by esteemed sport management scholar Dr Earle Zeigler emphasizes the importance of a dedicated study of the issues in international sport management All chapters in the text use a global perspective to better showcase how international sport operates in various geopolitical environments and cultures The text is arranged in five parts each serving a unique purpose To outline the issues associated with international sport management To examine sport using a unique perspective that emphasizes its status as a global industry To introduce the structure of governance in international sport To examine the management essentials in international sport To apply these strategies in the business segments of sport marketing sport media and information technology sport facilities and design sport event management and sport tourism Written to engage students International Sport Management contains an array of learning aids to assist with comprehension of the material It includes case studies and sidebars that apply the concepts to real world situations and demonstrate the varied issues challenges and opportunities affecting sport management worldwide Chapter objectives key terms learning activities summaries and discussion questions guide learning in this wide ranging subject area In addition extensive reference sections support the work of practitioners in the field With International Sport Management both practicing and future sport managers can develop an increased understanding of the range of intercultural competencies necessary for success in the field Using a framework of strategic and total quality management the text allows readers to examine global issues from an ethical perspective and uncover solutions to complex challenges that sport managers face With this approach readers will learn how to combine business practices with knowledge in international sport to lead their current and future careers International Sport Management offers readers a multifaceted view of the issues challenges and opportunities in international sport management as well as the major functional areas that govern

international sport The text provides students academics and practitioners with critical insights into the practice of business as it applies to international sport

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Worldwide Experiences and Trends in Sport for All Lamartine Pereira da Costa, Ana Miragaya, 2002 This collective volume contributes to a growing debate concerning the extent to which we are now

living in a global society shaped by sport in addition to economy technology and so on It covers 36 countries from five continents analyzed by 87 contributors so it offers a large comparative study It is also a data bank of national information resources for students researchers policy makers sports leaders and managers By means of a standard framework used in all chapters the collected data from national cases on history management and culture of sport provide interpretations of marketing sponsorship finance target groups settings for activities strategy of promotion and social changes as related to Sport for All This cross national approach seeks to offer adequate meaning to the practices of each country stimulating further research on specific themes of physical activities for health and leisure either in affluent or poor social conditions The concluding chapter lays the groundwork of Sport for All

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Global Dialogue on Media Dynamics, Trends and Perspectives on Public Relations and Communication

Fong Peng Chew,2025-01-08 This book contains the proceedings of the International Conference on Public Relations and Media Communication PRMC 2024 which explore the dynamic intersections of public relations and media in today s rapidly evolving landscape It has a repository of innovative research insightful discussions and emerging trends in digital media strategies crisis communication media ethics public relations in the age of social media and the impact of emerging technologies on media practices It touches upon a wide array of topics and provides a comprehensive overview of the latest advancements and challenges in these fields With innovative research contributions and case studies from around the world this book will be instructive in shaping the way we look at the world of media and ourselves This is a highly useful guide for university professors research scholars writers journalists and media professionals who wish to stay updated on the recent shifts in public relations and media communication

Sports Psychology S. K. Mangal,Shubhra Mangal,2023-12-01 This book analyses the essential aspects of sports psychology by throwing light on issues related to the upkeep of athletes mental state and improving their performance in sports activities On one hand it covers topics like anxiety stress conflicts overtraining and sports injuries and on the other it includes strategies helpful for managing and developing skills for better performance in various sports activities In its wide coverage the volume discusses a range of key topics which include Sports psychology historical perspectives and the present position Contribution of heredity and environment the role of growth and development and the individual differences in sports psychology How factors like intelligence cognitive and emotional processes personality and motivation influence learning and the transfer of learning The role of attention concentration and

focus in the performance of athletes Athletes mental and psyche levels displayed in the states of their anxiety stress and conflicts and aggression and violence Sports injuries and their management Overtraining and Burnout in Athletes Group dynamics and guidance and counseling in the learning and development of the athletes etc Engaging and reader friendly this book will be useful to students researchers and teachers of physical education psychology applied psychology and sports psychology It will also be key reading for trainees of the various sport academies coaches sports associations managing bodies and sport psychologists

Sport Management in the Ibero-American World Gabriel Cepeda Carrión, Jerónimo García-Fernández, James J. Zhang, 2023-07-10 This book explores innovation in technology products and services in sport management in the Ibero American region one of the most rapidly developing regions in world sport This timely volume captures a sense of the potential impact and opportunities presented in the region for international sport businesses and sporting organisations The book presents cutting edge research into topics as diverse as digitization in the Chilean sport industry responses to COVID 19 by sports clubs in the region consumer behavior in the Portuguese fitness industry multiplatform content distribution in Brazilian basketball and the strategy behind the growth and development of the Valencia marathon in Spain It is full of insight data and examples of best practice in innovation This is fascinating reading for any student researcher or practitioner working in sport management sport business sport governance international business and management or Ibero American studies

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web table 1 and 3 ampacities for 2 to 4 single conductors table 5b tables 2 and 4 for more than 3 insulated conductors table 5c for vertical layers of insulated conductors in ventilated ladder type trays

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web feb 1 2021 by william bill burr rule 28 000 scope states that section 28 motors and generators is a supplementary or amendatory section of the code and provides additional and specific requirements for the installation wiring methods conductors protection and control of all motors and generators

application of rule 4 006 of the canadian electrical code - Jul 30 2022

web may 1 2020 although as per 90 c column of table 2 the ampacity of such no 3 awg conductor is 115 a in accordance with provisions of rule 4 006 the ampacity of this conductor would be assigned based on 75 c column of

table 2 b maximum amperage for common wire - Sep 12 2023

web table 2 b maximum amperage for common wire sizes per canadian electrical code cec canada copper wire aluminum or copper size clad aluminum temperature 60 c 75 c 90 c 60 c 75 c 85 90 c rating 15 15 15 14 20 20 20 12 15 15 15 30 30 30 10 25 25 25 40 45 45 8 30 30 30 55 65 65 6 40 50 55 70 85 4 55 65

revised march 2021 csa group - Apr 07 2023

web csa c22 1 21 canadian electrical code part i administrative update march 2021 index added

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web mar 14 2017 rule 4 004 ampacity of wires and cables contains 7 items each in subrules 1 and 2 covering scenario options each for copper and aluminum that need to be studied and chosen in addition there are 21 other factors in

conductor wire size calculation according to the cec 2021 - Jun 09 2023

web in canada the canadian electrical code cec provides guidelines and tables to help determine the correct wire size based on various factors in this article we will walk you through the step by step process of calculating wire size according to the cec

conductor sizing canadian electrical code cec - Oct 13 2023

web table 2 and 4 allowable ampacities of less than 4 insulated conductors rated 0 2000 volts based on 30 c ambient temperature and in a raceway or cable this table provides ampacity values for various sizes of copper and aluminum conductors based on their insulation type and the termination temperature rating

csa c22 2 no 0 20 product csa group - Aug 31 2022

web preface this is the eleventh edition of csa c22 2 no 0 general requirements canadian electrical code part ii it supersedes the previous editions published in 2010 1991 1982 1975 1960 1956 1950 1941 1936 and 1932 changes in this edition include the following a updates of definitions to align with canadian electrical code

wire and cable ampacity ratings anixter - Apr 26 2022

web for example a 10 awg 3c 600 v cable with xhhw singles would have an ampacity of 35 amps if using the 75 c column in nec 2014 table 310 15 b 16 allowable ampacities of insulated conductors rated up to and including 2000 volts 60 c through 90 c not more than three current carrying conductors in raceway cable