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Global Education Monitoring Report Global Education Monitoring Report Team,UNESCO,2025-08-13 *Developing Speed* NSCA -National Strength & Conditioning Association,Ian Jeffreys,2024-07-03 *Developing Speed* is the definitive resource for developing speed training programs to improve performance Including speed training drills for 12 sports and assessments for testing speed this authoritative guide blends theory with best practice to provide all the tools needed for maximizing speed

Contemporary Sport Management Paul Mark Pedersen,2024-11-08 *Contemporary Sport Management Eighth Edition* examines core functions career opportunities and current trends in sport management conveyed by a diverse team of contributors Reflecting the latest information and examples from the field the text covers the essentials for entering the profession

Sports Nutrition for Masters Athletes Peter G. Nickless,2024-10-15 Discover the nutritional and physiological age related changes and needs of athletes aged 35 and above Athletic activity is becoming increasingly central to the lives of many adults as they age More and more adults over 35 participate actively in athletics Additionally older adults are increasingly encouraged to pursue athletics for reasons of health and wellness There is a growing need therefore for sports nutrition and physiology texts that focus on this population in detail and not simply as a subset of a field that has been primarily oriented towards younger athletes *Sports Nutrition for Masters Athletes* meets this need with an intensive evidence based approach to the nutritional needs of athletes over the age of 35 Alert to the importance of diet in performance and the requirements of older athletes the book offers a robust toolkit for maintaining athletic performance with age while adjusting for physiologic changes The result is an essential contribution to a growing field of research and clinical practice *Sports Nutrition for Masters Athletes* readers will also find An overview of physiological changes associated with the aging process and their impact on performance Detailed insights into the relationship between nutrition and the mitigation of the inflammatory process Coverage of subjects including the determination of caloric and nutrient needs dietary strategies and many more *Sports Nutrition for Masters Athletes* is ideal for those pursuing education in nutrition exercise science exercise physiology health and wellness and physical education It will also be of interest to those studying physical aging or work with older adults as clients and patients

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Research Abstract In Physical Education And Sport Science (2 Vols.) Dr. C. Ashok,2008-07-30 The book covers all the dimensions of Physical Education and Sports Sciences through nine major branches namely Anthropometry Biomechanics Endurance Flexibility Hormones Psychological Variables Rehabilitation Speed and Yoga Each branch contains minimum fifty research abstracts The abstracts contain introduction methodology results and conclusions The author did not manipulate anything in the abstracts since it may create big problem to him A researcher can use it for his her thesis as a review or even he she may contact the corresponding author for seeking help in their respective research The author has given the abstracts with variable index thus a reader can choose variables or find a particular variable without undue strain The book contains the chapters 1 Anthropometric Variables 2 Biomechanical variables 3 Endurance variables 4 Flexibility variables 5 Harmones variables 6 Psychological variables 7 Rehabilitation variables 8 Speed variables 9 Yoga variables Developing the Core NSCA -National Strength & Conditioning Association,Jeffrey M. Willardson,2024-08-15 It s no secret that a strong midsection is a necessity for elite level athletes In fact research has established a direct correlation between core strength performance and injury risk reduction With Developing the Core Second Edition you can gain the performance edge by strengthening your core and achieving greater stability and mobility Written by the National Strength and Conditioning Association with contributions from an experienced group of sport coaches and practitioners Developing the Core Second Edition is the most comprehensive and up to date resource on the science for core training and its application Along with the latest testing and assessment procedures and new insights regarding the neural control of the core muscles you will find the following Core training guidelines and sample programs for 15 sports including basketball football soccer lacrosse rugby and mixed martial arts Step by step instructions and detailed photos for 74 exercises Expert advice and strategies for varying exercises and customizing programs Developing the Core is the authoritative resource for strengthening the core and maximizing performance It is an absolute must have for serious athletes strength and conditioning professionals and coaches alike Earn continuing education credits units A continuing education exam that uses this book is also available It may be purchased

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