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Chapter 1 : Essentials of strength training and conditioning (Audiobook on CD,) [calendrierdelascience.com]

*Speed, Agility, and Speed-Endurance Development Steven S. Plisk, MS; CSCS,*D chapter 17 Speed, Agility, and Speed-Endurance Development This preview has intentionally blurred sections. Sign up to view the full version.*

Concepts and applications of the exercise sciences -- ch. Hunter and Robert T. Harris -- Muscular system -- Neuromuscular system -- Cardiovascular system -- Respiratory system -- Conclusion -- Learning aids -- ch. Cramer -- Essential terminology -- Biological energy systems -- Substrate depletion and repletion -- Bioenergetic limiting factors in exercise performance -- Oxygen uptake and the aerobic and anaerobic contributions to exercise -- Metabolic specificity of training -- Conclusion -- Learning aids -- ch. Vingren, and Barry A. Spiering -- Synthesis, storage, and secretion of hormones -- Muscle as the target for hormone interactions -- Role of receptors in mediating hormonal changes -- Steroid hormones versus polypeptide hormones -- Heavy resistance exercise and hormonal increases -- Mechanisms of hormonal interactions -- Hormonal changes in peripheral blood -- Adaptations in the endocrine system -- Primary anabolic hormones -- Adrenal hormones -- Other hormonal considerations -- Conclusion -- Learning aids -- ch. Ratamess -- Neural adaptations -- Muscular adaptations -- Connective tissue adaptations -- Endocrine responses and adaptations to anaerobic training -- Cardiovascular and respiratory responses to acute exercise -- Compatibility of aerobic and anaerobic modes of training -- Overtraining -- Detraining -- Conclusion -- Learning aids -- ch. Hatfield and Evan B. Hoffman and Jeffrey R. Stout -- Types of performance-enhancing substances -- Hormones -- Dietary supplements -- Conclusion -- ch. Testing and evaluation -- ch. Exercise techniques -- ch. Earle and Thomas R. Baechle -- Exercise technique fundamentals -- Spotting free weight exercises -- Conclusion -- Resistance training exercises -- Learning aids -- Section 4: Program design -- pt. Anaerobic exercise prescription -- ch. Earle, and Dan Wathen -- Step 1: Needs analysis -- Step 2: Exercise selection -- Step 3: Training frequency -- Step 4: Exercise order -- Step 5: Training load and repetitions -- Step 6: Volume -- Step 7: Rest periods -- Conclusion-- Learning aids -- ch. Potach and Donald A. Chu -- Plyometric mechanics and physiology -- Plyometric program design -- Age considerations -- Plyometrics and other forms of exercise -- Safety considerations -- Conclusion -- Plyometric drills -- Learning aids -- ch. Plisk -- Movement mechanics -- Running speed -- Agility -- Methods of developing speed and agility-- Program design -- Conclusion -- Learning aids -- pt. Aerobic exercise prescription -- ch. Reuter and Patrick S. Hagerman -- Factors related to aerobic endurance performance -- Designing an aerobic endurance program -- Types of aerobic endurance training programs -- Application of program design to training seasons -- Special issues related to aerobic endurance training -- Conclusion -- Learning aids -- pt. Applying exercise prescription principles -- ch. Baechle, and Roger W. Earle -- Responses to training stress -- Periodization cycles -- Periodization periods -- Applying sport seasons to the periodization periods -- Undulating nonlinear versus linear periodization models -- Example of a macrocycle -- Conclusion -- Learning aids -- ch. Potach and Terry L. Grindstaff -- Sports medicine team -- Types of injury -- Tissue healing -- Rehabilitation and reconditioning strategies -- Conclusion -- Learning aids -- Section 5: Organization and administration -- ch. Viewable in new browser window: Table of Contents for: Essentials of strength training and cond Enter Search Terms:

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Chapter 2 : Essentials of Strength Training and Conditioning-3rd Edition

*Speed, Agility, and Speed-Endurance Development Steven S. Plisk, MS; CSCS,*D chapter 17 Speed, Agility, and Speed-Endurance Development Slide 2 Chapter Objectives Apply movement principles to locomotion modes and techniques and teach their correct execution.*

To change your location, please select the HK region where you live: Canada , Europe , U. Outside these regions , select other. In this text, 30 expert contributors explore the scientific principles, concepts, and theories of strength training and conditioning as well as their applications to athletic performance. The research-based approach, extensive exercise technique section, and unbeatable accuracy of Essentials of Strength Training and Conditioning make it the text readers have come to rely on for CSCS exam preparation. The third edition presents the most current strength training and conditioning research and applications in a logical format designed for increased retention of key concepts. The text is organized into five sections. The first three sections provide a theoretical framework for application in section 4, the program design portion of the book. The final section offers practical strategies for administration and management of strength and conditioning facilities. Section 1 chapters 1 through 10 presents key topics and current research in exercise physiology, biochemistry, anatomy, biomechanics, endocrinology, sport nutrition, and sport psychology and discusses applications for the design of safe and effective strength and conditioning programs. Section 2 chapters 11 and 12 discusses testing and evaluation, including the principles of test selection and administration as well as the scoring and interpretation of results. Section 3 chapters 13 and 14 provides techniques for warm-up, stretching, and resistance training exercises. For each exercise, accompanying photos and instructions guide readers in the correct execution and teaching of stretching and resistance training exercises. This section also includes a set of eight new dynamic stretching exercises. Section 4 examines the design of strength training and conditioning programs. The information is divided into three parts: Step-by-step guidelines for designing resistance, plyometric, speed, agility, and aerobic endurance training programs are shared. Section 4 also includes detailed descriptions of how principles of program design and periodization can be applied to athletes of various sports and experience levels. Within the text, special sidebars illustrate how program design variables can be applied to help athletes attain specific training goals. Section 5 chapters 21 and 22 addresses organization and administration concerns of the strength training and conditioning facility manager, including facility design, scheduling, policies and procedures, maintenance, and risk management. Chapter objectives, key points, key terms, and self-study questions provide a structure to help readers organize and conceptualize the information. Unique application sidebars demonstrate how scientific facts can be translated into principles that assist athletes in their strength training and conditioning goals. Essentials of Strength Training and Conditioning also offers new lecture preparation materials. A product specific Web site includes new student lab activities that instructors can assign to students. Students can visit this Web site to print the forms and charts for completing lab activities, or they can complete the activities electronically and email their results to the instructor. The instructor guide provides a course description and schedule, chapter objectives and outlines, chapter-specific Web sites and additional resources, definitions of primary key terms, application questions with recommended answers, and links to the lab activities. The presentation package and image bank, delivered in Microsoft PowerPoint, offers instructors a presentation package containing over 1, slides to help augment lectures and class discussions. In addition to outlines and key points, the resource also contains over figures, tables, and photos from the textbook, which can be used as an image bank by instructors who need to customize their own presentations. Easy-to-follow instructions help guide instructors on how to reuse the images within their own PowerPoint templates. These tools can be downloaded online and are free to instructors who adopt the text for use in their courses. Essentials of Strength Training and Conditioning, Third Edition, provides the latest and most comprehensive information on the structure and function of body systems, training adaptations, testing and evaluation,

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exercise techniques, program design, and organization and administration of facilities. Its accuracy and reliability make it not only the leading preparation resource for the CSCS exam but also the definitive reference that strength and conditioning professionals and sports medicine specialists depend on to fine-tune their practice. About the Editor Thomas R. Baechle has earned numerous certifications and awards, taught at various universities, held a variety of professional and civic offices, and volunteered for many national and international associations and organizations related to fitness and personal health. Baechle is widely published and lectures frequently. Baechle makes his home with his wife, Susan, in Omaha. In 1998, he became the Professional Education division director at Human Kinetics. He also previously served as the head strength and conditioning coach and a faculty member of the exercise science and athletic training department at Creighton University in Omaha. Earle has over 25 years of experience as a personal fitness trainer for people of all age and fitness levels, and he frequently gives lectures at national and international conferences about designing personalized exercise and training programs. Table of Contents Section 1: Concepts and Applications of the Exercise Sciences Chapter 1. Hunter, PhD, and Robert T. Harris, PhD Muscular System.

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Chapter 3 : Table of contents for Essentials of strength training and conditioning

*Speed, Agility, and Speed-Endurance Development. Steven S. Plisk, MS; CSCS,*D. Chapter Objectives. Apply movement principles to locomotion modes and techniques and teach their correct execution.*

Under this term complex psychomotor abilities are understood. The development of these abilities are underpinned also by perceptual components including also anticipation and decision-making processes. Authors point to the importance of agility in sport games. They stress the fact that the speed of movement is only one of the components of the complex motor ability called agility. The results suggest that agility is not simply one of speed abilities. A test selection guide for assessing and evaluating athletes. National Strength and Conditioning Association Journal, 9 3: Journal of Strength and Conditioning Research, 21 4: Understanding change of direction ability in sport: A review of resistance training studies, Sports Medicine, 38 Agility and speed in soccer players are two different performance parameters. How to develop sport-specific speed. Strength and Conditioning for Team Sports: A Way of Life. John Wiley and Sons, Inc. Administration, Scoring, and Interpretation of Selected Tests. Essentials of Strength Training and Conditioning, 3rd ed. Journal of Strength and Conditioning Research, 19 1: Science of Strength and Conditioning Series. Edited by Todd Miller, Strength and Conditioning, Speed, Agility, and Speed-Endurance Development. Running Technique for Field Sport Players. Are the perceptual and decision-making aspects of agility trainable? A preliminary investigation, Journal of Strength and Conditioning Research, 25 5: Classifications, Training and Testing. Journal of Sports Sciences, 24 9: Quickness and Velocity in Sports Movements. New Studies in Athletics, 11 Strength and Conditioning Journal, 23 2: Journal of Sports Medicine and Physical Fitness, 43,

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Chapter 4 : SAGE Reference - Speed, Agility, and Speed Endurance Development

1 *Speed, Agility, and Speed-Endurance Development* Steven S. Plisk, MS; CSCS,*D chapter 17 *Speed, Agility, and Speed-Endurance Development Key Terms* ≠ speed: The skills and abilities needed to achieve high movement velocities.

Slide 37 Key Point Running speed is the interaction of stride frequency and stride length. The goal of sprinting is to achieve high stride frequency and optimal stride length, with explosive horizontal push-off and minimal vertical impulse. Modification of action sequence upon observation or anticipation of novel or changing conditions and situations. Static and dynamic equilibrium. Coordination of body movements into a given action. Accurate, economical adjustment of body movements and mechanics. Spatial and temporal control of body movements. Quick, well-directed response to stimuli. Observation and implementation of dynamic motion pattern, timing, and variation. Slide 42 Agility Skill Classification ≠ "General Versus Special Skills ≠ "Closed Versus Open Skills ≠ "Continuous Versus Discrete Versus Serial Skills Slide 43 Agility Change in Velocity ≠ "Initial speed and direction ≠ "Decrease or increase in speed or both and redirection of movement ≠ "Final speed and direction Slide 44 Agility Locomotion Mode ≠ "The specific locomotion mode s performed and the movement technique s used to execute them discretely ≠ "The specific sequence s in which they are performed and the technique s used to transition between them serially Slide 45 Key Point The available evidence suggests that backpedal running is a distinct technique rather than a simple reversal of forward running. Slide 46 Agility Technical Considerations ≠ "Linear sprinting can be described as a closed, serial task: Slide 47 Agility Technical Considerations ≠ "Certain sprinting mechanics≠ "including body position, visual focus, leg action, arm action, and braking mechanics≠ "can be adapted to various multidirectional tasks. Slide 50 Key Point Strength and conditioning professionals can simplify the agility needs analysis by addressing task specificity on two fronts change in velocity, mode of locomotion and classifying motor skills according to basic schemes general vs. Identify limitations due to flexibility, and address them in training. SSC actions usually deserve high priority in speed and agility training. Slide 57 Figure Slide 60 Key Point The primary method for speed and agility development is execution of sound movement technique in a specific task. Secondary methods include sprint resistance and sprint assistance training. Tertiary methods include mobility, strength, and speed-endurance training. The duration or distance over which a repetition is executed. The sequence in which a set of repetitions is executed. The relative density of exercise and relief intervals in a set, expressed as a ratio also called work: Slide 63 Key Terms frequency: The number of training sessions performed in a given time period e. The effort with which a repetition is executed. The time period between repetitions and sets. The execution of a specific work-load assignment or movement technique. Slide 64 Key Terms series: A group of sets and relief intervals. A group of repetitions and relief intervals. The amount of work performed in a given training session or time period. Structure training sessions around brief work bouts and frequent 2- to 3-minute rest periods in order to maximize the quality of learning and training effects. Distribute daily sessions into modules separated by recovery breaks, subdivide workloads into brief clusters separated by frequent rest pauses, or both. A given volume of preparatory speed-endurance work can be divided into segments, with rest pauses as needed. Slide 68 Program Design Short-Term Planning ≠ "Motor Learning Guidelines Physical versus mental practice Amount of practice Whole versus part practice Augmented feedback and instruction Practice distribution Practice variation Slide 69 Program Design Medium-Term Planning ≠ "The basic objectives of medium-range planning are to exploit complementary training effects at optimal times and minimize the compatibility problems associated with concurrent training. Training tasks involve deliberate play rather than performance-oriented activity while emphasizing basic movement competencies and fun. Novice learning to train. Training begins to involve basic movement competencies and mechanics while starting to target the development of motor abilities. Intermediate training to train. Training begins to involve deliberate practice,

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with balanced emphasis on competency-based and performance-based tasks. Advanced training to compete. Development of specific techniques and abilities gets high priority. Elite training to win. Mastery of specific strategies, skills, and abilities gets top priority. Slide 72 Program Design Training Plan "The sample week preseason macrocycle for American football is organized into four blocks, each three to four weeks in length: Accumulation three weeks Restitution four weeks Accumulation three weeks "Training in this period may simulate ideal or real game conditions. Restitution four weeks Slide 73 Key Point Program design involves multiple levels of planning:

Chapter 5 : Library Resource Finder: Table of Contents for: Essentials of strength training and cond

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Chapter 6 : PPT - Agility PowerPoint Presentation - ID

Transcript of Speed, Agility, and Speed-Endurance Development In addition to improving concentric power production capability, the S&C coach should develop - The eccentric strength needed to tolerate extreme force and power absorption during eccentric .

Chapter 7 : Speed, Agility, and Speed-Endurance Development by Neil Parker on Prezi

1 chapter 17 Speed, Agility, and Speed-Endurance Development Chapter Objectives " Apply movement principles to locomotion modes and techniques and teach their correct execution.

Chapter 8 : Running Improve Speed, Power, Agility & Endurance - [PPTX Powerpoint]

The goal of all team and individual sports athletes is to have great speed, agility, and speed endurance to outperform their opponents. S , 'Speed, agility.

Chapter 9 : Speed Development

Speed Development Steve Blocker Introduction Why Important? Greater risk of injury - Poor kinematics/technique Plisk, Steven S. Speed, Agility, and.