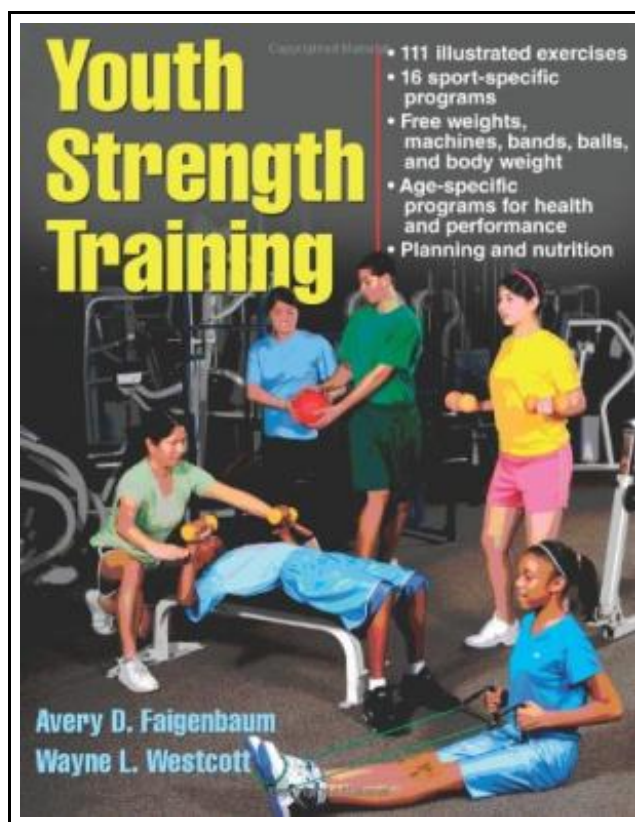


Youth Strength Training: Programs for Health, Fitness and Sport



Filesize: 1.36 MB

Reviews

These types of publication is the greatest publication available. It really is filled with knowledge and wisdom Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Prof. Lenna Beatty III)

YOUTH STRENGTH TRAINING: PROGRAMS FOR HEALTH, FITNESS AND SPORT



Human Kinetics Publishers. Paperback. Book Condition: New. Paperback. 248 pages. Dimensions: 10.9in. x 8.4in. x 0.6in. The benefits of strength training for youth are clearly documented. Yet teachers, fitness instructors, and youth coaches are often not sure how to proceed, and they end up watering down adult versions of strength-training programs. That is definitely not the way to go. But authors Avery Faigenbaum and Wayne Westcott, with their 50 years of combined experience in teaching youth strength-training classes and coaching, can tell you the way to go and back it with the most current research on instructional techniques and program design for youth. Long recognized as leading authorities on strength training, Faigenbaum and Westcott guide you in designing efficient, enjoyable, and productive programs for kids of varying abilities in elementary school (ages 7 to 10), middle school (11 to 14), and high school (15 to 18). You will focus first on broad-based, balanced muscle development, and then move into comprehensive, sport-specific strength-training programs. In addition, Youth Strength Training will teach you- productive protocols for warming up and cooling down;- procedures for enhancing joint flexibility;- innovative ways to incorporate resistance exercises into physical education classes, sport practice sessions, and exercise facilities; and- proper exercise technique for 111 resistance exercises using weight stack machines, free weights, medicine balls, elastic bands, and body-weight resistance. Much has changed since the authors first wrote a book on strength training for youth, and those changes including information in the areas of nutrition, hydration, and recovery to maximize the effects of strength training and minimize the risks of overtraining are incorporated in this book. Additional changes, based on the authors studies, are reflected in workout frequency, exercise repetitions, related training components, and other factors that affect program design and conditioning results. All programs were fashioned with the latest NASPE standards in...



[Read Youth Strength Training: Programs for Health, Fitness and Sport Online](#)



[Download PDF Youth Strength Training: Programs for Health, Fitness and Sport](#)

Other eBooks



Kindle Fire Tips And Tricks How To Unlock The True Power Inside Your Kindle Fire

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 52 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. Still finding it getting your way around your Kindle Fire Wish you had...

[Download ePub »](#)



Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. This book is about my cousin, Billy a guy who taught me a lot over the years and who...

[Download ePub »](#)



The Preschool Inclusion Toolbox: How to Build and Lead a High-Quality Program (Paperback)

Brookes Publishing Co, United States, 2015. Paperback. Book Condition: New. 274 x 213 mm. Language: English . Brand New Book. Filled with tips, tools, and strategies, this book is the comprehensive, practical toolbox preschool administrators...

[Download ePub »](#)



Children s Educational Book Junior Leonardo Da Vinci : An Introduction to the Art, Science and Inventions of This Great Genius Age 7 8 9 10 Year-Olds. [British English] (Paperback)

Createspace, United States, 2013. Paperback. Book Condition: New. 248 x 170 mm. Language: English . Brand New Book ***** Print on Demand *****.ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to...

[Download ePub »](#)



Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginner s Crochet Guide with Pictures) (Paperback)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Getting Your FREE Bonus Download this book, read it to the end and...

[Download ePub »](#)