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ACCESO: http://www.saludmed.com/ejercicio/evaluacion/PF1_U1-U4_INSTRUC_Entrena_Deporte.pdf

PROGRAMA DE ENTRENAMIENTO FISICO-DEPORTIVO

INSTRUCCIONES

Descripción General

Programa de entrenamiento para el desarrollo de las cualidades físicas del atleta, reconocidas como, 1) potencia o explosividad, 2) fortaleza muscular funcional, 3) fuerza rápida, 4) tolerancia muscular, 5) flexibilidad dinámica, 6) balance dinámico, 7) capacidad anaeróbica, 8) tolerancia cardiorrespiratoria o aeróbica, 9) velocidad, 10) agilidad, 11) rapidez y otros. El tipo de entrenamiento puede ser con resistencias, o entrenamiento funcional, para la preparación física-integrada de la aptitud neuromuscular. Es importante que siempre se encuentre orientada hacia la destreza especializada en el deporte de tenis de mesa, tenis de campo y atletismo. Es importante partir de una análisis de necesidades del deporte seleccionado.

Perspectiva:

Tal sistema puede emplear los siguientes enfoques:

1. Bolas medicinales
2. Bandas elásticas
3. Pesas libres
4. Máquinas Universales o multiuso
5. Otros

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Descripción general del producto. Elementos decorativos con protección frente a la humedad. Estilos decorativos. Estructuras de superficie. Búsqueda de estilos decorativos. DoP acc. to CPR. Estudio de Suelos. descripción nombre femenino: Sustantivo de género exclusivamente femenino, que lleva los artículos la o una en singular, y las o unas en plural. Ejemplos: la mesa, una tabla. (explicación detallada). description noun: Refers to person, place, thing, quality, etc. Hizo una descripción detallada del lugar del suceso. She gave a detailed description of the scene of the incident. Is something important missing? Report an error or suggest an improvement. 'descripción' aparece también en las siguientes entradas Descripción general del sistema (entrada, proceso, salida). El proceso es lo que transforma una entrada en salida, como tal puede ser una máquina, un individuo, una computadora, un producto químico, una tarea realizada por un miembro de la organización, etc. ENTRADA.