

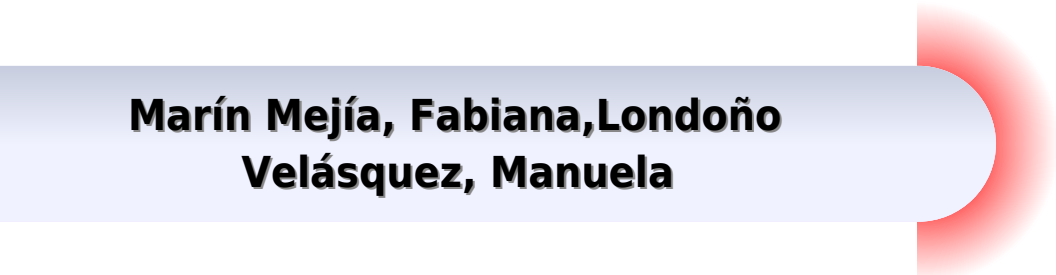


Danza

ACONDICIONAMIENTO FÍSICO

Danza Acondicionamiento Fisico Deportes

**Marín Mejía, Fabiana,Londoño
Velásquez, Manuela**



Danza Acondicionamiento Físico Deportes:

MIL EJERCICIOS Y JUEGOS DE GIMNASIA RÍTMICA DEPORTIVA Ana Ma Barta Peregot, Conxita Duran Delgado, 2006-06-26 Este libro pretende sistematizar en la medida en que ello sea posible un amplio número de ejercicios juegos y actividades extraídos del ámbito de la gimnasia rítmica deportiva y trasladarlos al mundo de la educación física potenciando en cada una de ellas aquellos aspectos que puedan tener un interés particular para un educador ansioso de investigar no solamente nuevas formas de movimiento sino también en nuevas dimensiones motrices del individuo que pueden ir más allá del cuerpo mecánico y del movimiento rendimiento buscando formas más creativas que impliquen también al cuerpo rítmico y al cuerpo simbólico expresivo Para ello el libro se ha estructurado en dos bloques El primero llamado bloque teórico trata de definir en qué marco se desarrolla nuestra disciplina desde el punto de vista meramente educativo y de formación haciendo breves incursiones en el mundo de la competición abrazando los siguientes apartados aspectos pedagógicos soporte corporal soporte material soporte sonoro El segundo el bloque práctico se aborda a modo de fichas propuestas de ejercicios tanto de manos libres es decir sin manipulación de aparatos como los que se realizan con aparatos propios de esta disciplina deportiva cuerda aro pelota mazas y cintas Los contenidos desarrollados en el texto se concretan en forma de ejercicios y cada uno de ellos trata los siguientes aspectos objetivo nivel de dificultad material organización descripción observaciones y variantes El libro incluye también una amplia discografía con música de la Edad Moderna Contemporánea actual bandas sonoras tanto españolas como extranjeras

Acondicionamiento físico a través del baile recreativo Marín Mejía, Fabiana, Londoño Velásquez, Manuela, 2022-07-17 El acondicionamiento físico orientado hacia la salud ha sido ampliamente estudiado en la última década diversos métodos se han analizado y entre ellos los que utilizan la danza y el baile como medios para mejorar la condición física y de salud han logrado ser reconocidos en el ambiente académico y en el sector fitness como valiosas herramientas de intervención en diversas poblaciones Este libro de texto pone a disposición de los profesores de centros de acondicionamiento físico programas masivos y centros fitness de actividad física como una guía de estudio que facilitar la planificación de programas de acondicionamiento físico fundamentados en el baile recreativo y profundiza en temas trascendentales como Metodología y aprendizaje del baile recreativo desde la perspectiva del acondicionamiento físico La música como componente metodológico y estructural para el diseño de sesiones de baile recreativo Además se detallan los componentes metodológicos para la orientación de clases el manejo de progresiones pasos de transición y comandos de conducción Se proponen las variables de descripción a tener en cuenta para programas de baile recreativo así como las recomendaciones específicas para poblaciones especiales De igual forma se plantea el histórico y las tendencias fundamentadas en danza y baile como parte de programas de acondicionamiento físico Asimismo se muestran las evidencias científicas que validan el uso del baile para lograr procesos de adaptación fisiológica aclarando su influencia sobre los componentes de la condición física y los factores de riesgo de práctica para usuarios y docentes

Danza y medicina Juan

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