



Ciclismo Y Rendimiento

José Luis Algarra



Ciclismo Y Rendimiento:

Ciclismo y rendimiento Yago Alcalde Gordillo, 2011-04 Ciclismo y rendimiento es una guía de entrenamiento para cualquier ciclista que desee mejorar su nivel de condición física ya sea de cara a la competición o al cicloturismo. La finalidad de esta guía es que el ciclista sea capaz de diseñar su propio plan de entrenamiento siguiendo las directrices que en ella se muestran. Dado que el rendimiento deportivo no solo se basa en entrenar, se incluyen también capítulos sobre aquellos aspectos que deben tenerse en cuenta para mejorar la condición física: nutrición y ayudas ergogénicas, biomecánica y fisiología básica del ejercicio. Todos los contenidos de *Ciclismo y rendimiento* están basados en dos pilares fundamentales: la ciencia y la experiencia. La ciencia como fuente de conocimiento fiable y la experiencia como aplicación de los conocimientos científicos al entrenamiento. Está comprobado que el entrenamiento sistemáticamente organizado y planificado es una herramienta infalible para mejorar el rendimiento. Solo hace falta saber cómo hacerlo. *Ciclismo y rendimiento* José Luis Algarra, 2006 En esta obra se cuenta todo lo que es fundamental conocer en entrenamiento: fisiología, técnica, aerodinámica, nutrición y otros aspectos que podrán permitir la mejora de los ciclistas. Recoge fotografías gráficas y esquemas ilustrativos para la formación.

LA RESISTENCIA EN EL DEPORTE R.J. Shephard, D. Åstrand, 2007-06-19 La información contenida en este libro está centrada en las pruebas deportivas en las que la propia competición y o el entrenamiento requerido duran 1 hora o más. Los autores han considerado la competición internacional como el desafío más extremo para los varios sistemas reguladores del cuerpo: el fisiológico, el bioquímico, el biomecánico y el psicológico. Cómo se acomoda el cuerpo a las exigencias metabólicas y térmicas para poder participar en una carrera de maratón en el calor de verano o en el Vasa Loppet en pleno invierno. Para llevar a cabo esta compleja tarea han sido más de sesenta los colaboradores especialistas en todas las áreas de la ciencia del deporte. Así el volumen ofrece una amplia perspectiva internacional sobre el desafío que implica la participación humana en pruebas de resistencia. El material está dividido en siete secciones: 1 una breve definición de los términos y conceptos fundamentales; 2 un análisis completo de consideraciones científicas básicas sobre anatomía, biomecánica, fisiología, bioquímica, nutrición, función humoral e inmune, factores psicológicos y limitaciones genéticas y ambientales; 3 métodos de medición de varios determinantes de la capacidad de resistencia en el campo y en el laboratorio; 4 principios prácticos de preparación para varios tipos de competición de resistencia; 5 entrenamiento de la resistencia en grupos especiales de población; 6 prevención de problemas médicos y quirúrgicos durante el entrenamiento y la competición de resistencia con un análisis de los beneficios potenciales para la salud derivados de tales actividades; y 7 una exploración de temas específicos para tipos individuales de capacidad de resistencia que abarca desde el esquí de fondo hasta el vuelo impulsado por la fuerza muscular del hombre. El material está presentado en un formato que será accesible para todo aquel que tenga unos ciertos conocimientos sobre las ciencias del deporte. Es de prever que el volumen atraerá particularmente a científicos y médicos deportivos que intervienen en la preparación de competidores de resistencia, pero el amplio espectro de los mecanismos reguladores humanos durante el

ejercicio prolongado atraer también el interés de una audiencia mucho más amplia en fisiología bioquímica y psicología y este volumen se convertirá sin duda alguna en material de lectura obligada para muchos programas de licenciatura en medicina y en la ciencia del deporte Annual International Congress of Doctoral Students 2023 Carlos Soler Samper, Carmen María Botella Martínez, Celeste Ruiz Aracil, Fernando García Aguilar, Francisco Manuel Cabello Torres, Héctor Pulgar Haro, María Isabel Cornejo Cárdenas, Jorge de Andrés López, José Ángel Cabrera Miras, Marta Arumí Planas, Marta Puig García, Rocío Rodríguez Mas, Domingo Orozco Beltrán, Miguel Ángel Sogorb Sánchez, Josep Xavier Barber, Laura Antón Sánchez, 2023-12-07 El manuscrito que se presenta corresponde al libro de resúmenes de las comunicaciones presentadas al tercer congreso internacional anual de estudiantes de doctorado de la Universidad Miguel Hernández de Elche. Dicho congreso se celebró de manera telemática los días 2 y 3 de febrero de 2023. El Congreso estuvo organizado por un comité formado por estudiantes de doctorado de nuestra Universidad en estrecha colaboración con el Vicerrectorado de Investigación.

Fisiología del Deporte y el Ejercicio/Physiology of Sport and Exercise W. Larry Kenney, Jack H. Wilmore, David L. Costill, 2014-10-08 La quinta edición de Fisiología del Deporte y el Ejercicio, el libro de texto preferido en los programas de estudio de fisiología del ejercicio, ha sido completamente actualizada tanto en su contenido como en su diseño gráfico. Todos los autores son investigadores destacados y expresidentes del American College of Sports Medicine. Su amplia experiencia ha permitido conformar un libro con un contenido técnico de excelencia pero que conserva a la vez un formato fácilmente comprensible para el estudiante. Características que han llevado a esta obra a ser la elegida por los docentes y los alumnos. Esta edición se ha rediseñado para conseguir un aspecto visual más atractivo que facilite a los estudiantes el proceso de aprendizaje. Las nuevas fotografías e ilustraciones tienen mayor detalle y claridad y muestran de forma más precisa el funcionamiento del organismo y sus respuestas a la actividad física. El texto también se ha redactado nuevamente a fin de que se integre con las figuras, lo que facilita la comprensión de los temas expuestos. Además de las nuevas ilustraciones, el contenido de Fisiología del Deporte y el Ejercicio se ha actualizado conforme a las últimas investigaciones e incluye nuevo texto en los capítulos sobre entrenamiento de la resistencia que comprende los principios sobre el entrenamiento de la fuerza basados en la información de la ACSM de 2009 y nuevas secciones sobre la fuerza, el entrenamiento de la estabilidad y el entrenamiento intermitente de alta intensidad. Los capítulos sobre metabolismo y control hormonal se han reorganizado y actualizado por completo conforme a los comentarios recibidos de los docentes a fin de ayudar a los estudiantes a comprender mejor estos sistemas complejos. Nuevos contenidos sobre el ciclo lúctico como fuente de energía, calambres musculares, obesidad infantil, utilización de sustratos y respuesta endocrina al ejercicio y envejecimiento de los vasos sanguíneos. Cobertura actualizada de las funciones cardíacas centrales y periféricas, la adaptación de las atletas y el ciclo menstrual. Nuevas investigaciones sobre los efectos de la actividad física sobre la salud que incluyen los datos internacionales sobre la incidencia de las enfermedades cardiovasculares y la obesidad. Una de las características tradicionalmente apreciadas de este libro es su claridad en la

exposición de los temas Esta edición continúa ofreciendo un tratamiento integral de la compleja relación entre la fisiología humana y el ejercicio conservando a la vez un enfoque ameno y que consigue captar el interés del alumno Sus características pedagógicas singulares permiten a los estudiantes adquirir conocimientos a medida que descubren la profundidad y la amplitud de este campo de estudio fascinante El diseño del libro con secciones introductorias en cada capítulo y recuadros de revisión ayudan a los alumnos a centrarse en los conceptos principales Las preguntas y las palabras clave ubicadas al final de cada capítulo los ayudan a repasar y evaluar sus conocimientos Un completo glosario y una lista de las abreviaturas frecuentes y las tablas de conversión representan un apoyo adicional para las prácticas de laboratorio Fisiología del Deporte y el Ejercicio es sin duda el recurso más completo y más actualizado e incluye información sobre las investigaciones más recientes en un formato fácilmente comprensible Estas características facilitan a los estudiantes el aprendizaje de las increíbles capacidades del organismo para desempeñar ejercicios y deportes de diversos tipos y con diferente intensidad adaptarse a situaciones de tensión y mejorar sus capacidades fisiológicas

Physiology of Sport and Exercise-5th Edition-Spanish
Kenney, W. Larry, Wilmore, Jack, Costill, David, 2014-12-15 Physiology of Sport and Exercise Fifth Edition offers comprehensive coverage of the relationship between human physiology and exercise Updated in both content and design this edition features revamped artwork that better illustrates how the body performs and responds to physical activity

Nutrición en el deporte Louise Burke, 2009-11-19 A medida que los conocimientos y la práctica de la nutrición en el deporte se hacen cada vez más sofisticados aumenta la comprensión sobre las diferentes necesidades nutricionales de los deportistas Se exige ahora información especializada respecto de la nutrición para varios deportes o ejercicios ya no resulta suficiente considerar al deportista en general o aspectos universales como la comida previa a una competencia o el aporte alimentario para la recuperación Actualmente se sabe que los jugadores de baloncesto los nadadores los fondistas los gimnastas y los fisicoculturistas tienen diferentes requerimientos nutricionales que surgen de la diversidad en las necesidades diarias para el entrenamiento así como de las estrategias específicas para optimizar el rendimiento en una sesión de ejercicio físico como es una competición Esta obra es la primera en brindar recomendaciones detalladas específicas para cada deporte con consejos aplicables al contexto real de la práctica

Impacto del deporte en la Región de Murcia 2021-2022 José María López Gullón, Arturo Díaz Suárez, Este informe tiene como objetivo cumplir una misión divulgativa dentro del contexto deportivo de la población de la Región de Murcia para mostrar una visión lo más completa posible de la práctica de actividad física y deporte dentro de la región y la participación de su población en actividades asociadas Los autores asumen la responsabilidad de los datos mostrados de otras fuentes que se encuentren citadas en el informe

Avances en investigación en biomecánica del movimiento humano y biomateriales Konstantinos Gianikellis, Jorge Pérez Gómez, María José González Becerra, Santiago Gómez Paniagua, Marta González Cava, José Carmelo Adsuar Sala, Miguel Rodal Martínez, 2023-04-24 Los trabajos de la presente obra son contenidos del XLIV Congreso de la Sociedad Ibérica de Biomecánica

nica y Biomateriales SIBB celebrado en Caceres y que coincide con los 25 años de la creación del laboratorio de biomecánica del movimiento humano y ergonomía de la UEX Bajo el lema BioCaceres 2022 empujando los límites de desarrollo tecnológico de Extremadura con las ciencias de la Biomecánica y los Biomateriales se intenta contribuir a que la Sociedad Ibérica de Biomecánica y Biomateriales SIBB potencie aún más su relevante papel en la Sociedad del Conocimiento y el Sistema Nacional de Ciencia Innovación Tecnológica y Desarrollo Económico Prof Dr Kostas Gianikellis Presidente del XLIV Congreso de la SIBB Los contenidos de esta publicación fueron expuestos en el XLIV Congreso de la Sociedad Ibérica de Biomecánica y Biomateriales SIBB celebrado la ciudad de Caceres en el Centro de Cirugía de Mínima Invasión Jesús Usón y en la Facultad de Ciencias del Deporte de la Universidad de Extremadura UEX el mencionado Congreso diferentes perfiles en el mundo de la investigación y de la empresa intercambiaron sus más recientes experiencias y comunicaciones científicas destacando especialmente como novedad la inclusión de la Robótica Aplicada a la Cirugía de Mínima Invasión y Neurorehabilitación en el área de Biomedicina Diego Velasco Bayón Presidente de la SIBB

Fisiología, entrenamiento y medicina del baloncesto (Bicolor) Julio Calleja González, Nicolás Terrados Cepeda, 2018-12-05 El baloncesto ha experimentado durante los últimos años numerosos cambios en aspectos que rodean el propio juego Cada vez se juegan más partidos hay menos tiempo para recuperarse el juego es más intenso y los jugadores son más altos más fuertes y corren más rápido durante los partidos lo que determina un juego mucho más físico versátil y rápido Asimismo el número de profesionales que desarrollan su labor dentro de los equipos ha ido en aumento Los entrenadores los preparadores físicos y los médicos deben tener entre ellos una relación de colaboración en todos los ámbitos para organizar el trabajo que ha de hacer el jugador desde el punto de vista físico y técnico Este libro desarrolla con los últimos datos que aporta la investigación científica desde los conocimientos de fisiología pasando luego por el entrenamiento hasta la medicina deportiva aplicada al baloncesto Este enfoque multidisciplinario le brindará al lector una visión completa y acabada de lo que es hoy en día el trabajo en un equipo de baloncesto en el que colaboran entrenadores preparadores físicos fisioterapeutas masajistas médicos

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