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Jeremy

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Coquart, Jeremy B J 1,2; Bosquet, Laurent 3,4 Journal of Strength and Conditioning Research: November 2010 - Volume 24 - Issue 11 - p 2920-2926 doi: 10.1519/JSC.0b013e3181c69278 Precision in the Prediction of Middle Distance-Running ... Conflict of interest Jeremy Coquart, Montassar Tabben, Abdulaziz. Farooq, Claire Tourny and Roger Eston declare that they have no. conflict of interest ...

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\* Tabben, Coquart, and Tourny are with the Center for the Study of Physical and Sports Activities Transformations (CETAPS EA 3832), University of Rouen, Mont Saint Aignan, France. Chaabène is with the Tunisian Research Laboratory "Sports Performance Optimization,"

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National Center of Medicine and Science in Sports, Tunis, Tunisia.  
Franchini is with the School of Physical Education and ...

The love of friendship has, at the least, established its place as a necessary model of love in Christian tradition. This study shows the deep roots it has in Christian thought, among both ancient and modern writers, and is intended to facilitate further reflection on and exploration of its creative potential now and for the future.

Tout exercice physique requiert un "effort". Nous sommes tous capables de percevoir un effort "nul", au repos, et un effort "maximal", à la fin d'une épreuve physique. Mais comment évaluer cet effort et comment



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utiliser sa mesure pour optimiser l'entraînement, la préparation physique, la réhabilitation clinique ou les séances d'EPS ? L'objectif de ce livre est donc de présenter, à partir des dernières connaissances scientifiques, les outils de terrain qui permettent d'y parvenir. Mais surtout, il détaille les nombreux intérêts de cette mesure, aussi bien pour le sportif loisir que pour l'athlète de haut niveau, le patient ou l'élève : évaluer les effets de l'entraînement ou de la réhabilitation, confirmer la maximalité de la performance, sécuriser l'exercice, prédire la vitesse maximale aérobie (VMA) ou la consommation maximale d'oxygène (VO<sub>2</sub> max), identifier le seuil d'endurance, prescrire une intensité d'exercice (à un individu ou à un groupe), quantifier la charge d'entraînement, prévenir le surentraînement... Ce manuel inédit sera une aide précieuse pour les entraîneurs, les préparateurs physiques, les professeurs d'APA et d'EPS afin d'optimiser simplement et efficacement leurs séances et programmes.

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developing fields of knowledge. During the past 2 decades, a significant body of scientific knowledge has been published in these areas. However, there is a demand for practical references which address sports medicine and science in the context of different sports. This demand is higher in some sports including combat sports, which are highly physically and mentally demanding, and cause challenging issues such as risk of blood-borne infections, weight reduction, head injuries, stress management, and safety for women and children. This book has been developed to meet the needs of the practitioners who work with combat sports athletes in order to improve their health and performance. Combat sports include four Olympic sports (boxing, wrestling, judo, and taekwondo) and other popular sports such as karate, kick boxing, and Wushu. These sports are popular in most countries of the world, both at competitive and recreational levels. Combat sports are practiced by people of different ages for a variety of reasons such as to gain fitness and health benefits and to learn self-defense.