



Correr Con Inteligencia Deportes

José Moratinos Iglesias



Correr Con Inteligencia Deportes:

Deporte y salud. ¿Qué dice la ciencia? Manuel Suárez, 2024-04-24 Hasta qué punto el deporte de alto nivel es saludable Se pueden conseguir las marcas actuales sin la ayuda de las nuevas tecnologías Tienen límites los récords La ingestión de proteínas provoca un aumento de la musculatura Qué tipo de ejercicio físico pueden practicar las mujeres embarazadas El deporte mueve pasiones colectivas y también individuales plantea retos que exigen entrenarse duramente incluso lleva a algunos deportistas a tomar sustancias que pueden perjudicar su salud En los últimos años la ciencia del deporte ha proporcionado información que permite mejorar el rendimiento e invita a reflexionar sobre los objetivos de la práctica deportiva Dirigido tanto a deportistas como a las personas que hacen ejercicio regularmente y a las que son poco activas este libro presenta las claves para mejorar la condición física de manera provechosa y saludable

Preparación Integral para un Maratón de 21 km en la Ciudad de México para Atletas de 34 a 60 Años Javier Pérez, 2024-04-10 Tesis del año 2024 en el tema Deporte Quinesiología y teoría del entrenamiento Materia Colegio de Ciencias y Humanidades Idioma Español Resumen El objetivo es definir las necesidades actividades y acciones a tomar en materia de la Promoción de la Salud para correr un maratón de 21 K obteniendo buenos resultados al momento de la competencia El medio maratón de la Ciudad de México no es solo una competencia deportiva sino una celebración de la resistencia y la tenacidad humana Para las atletas de 34 a 60 años ganar esta carrera implica una preparación integral que abarca aspectos físicos nutricionales mentales y logísticos El entrenamiento para un maratón de 21 kilómetros es una tarea que demanda no solo un compromiso físico sino también una supervisión médica rigurosa La atención médica necesaria abarca desde evaluaciones preventivas hasta pruebas de dopaje asegurando así la salud y la equidad en la competencia El entrenamiento para un maratón de 21 kilómetros es una empresa que desafía tanto el cuerpo como la mente Los atletas deben estar preparados para los cambios físicos y mentales que acompañan a un régimen de entrenamiento intensivo y cómo estos pueden afectar su rendimiento El éxito en el deporte no solo depende del entrenamiento físico sino también de una nutrición adecuada Para los atletas mantener un peso óptimo es crucial ya que influye directamente en su rendimiento resistencia y recuperación Una dieta bien diseñada es crucial para el rendimiento de un atleta Debe proporcionar la energía necesaria los nutrientes para la reparación de tejidos y la regulación del metabolismo corporal Alcanzar la meta en un tiempo regular en un maratón de 21k requiere de una preparación meticulosa que abarca las etapas previas al entrenamiento el proceso de entrenamiento mismo y los cuidados posteriores

Ser feliz corriendo José Moratinos Iglesias, 2013-03-06 En esta obra escrita con un estilo dinámico y motivador el autor José Moratinos desarrolla una concepción amplia y también multidisciplinaria de lo que podemos llamar teoría de la carrera a pie Rompe moldes y abre nuestros caminos aportando una visión científica Ciencias del Deporte de modo que el correr se convierte en una vía en ese camino del hombre a la utopía y la felicidad pero con apoyo sólido en las distintas ciencias del saber Ser feliz Corriendo se convierte en una obra imprescindible que todas aquellas personas que quieren y practiquen el

deporte *Liderazgo, empresa y deporte* Juan Carlos Cubeiro, Leonor Gallardo, 2008-05 Juan Carlos Cubeiro y Leonor Gallardo comparan la alta gestión y el deporte de alta competición y nos explican los factores comunes que conducen al éxito. Con prólogo de Jaime Lissavetzky

CORRER CON INTELIGENCIA Hal Higdon, 2006-11-13 Hal Higdon como experto de la página web de la revista *Runner's world* recibe casi 1 000 preguntas al mes de corredores de todo el mundo. Preguntas que abarcan desde cómo curar el dolor en las espinillas a cómo usar el correr para eliminar kilos con seguridad. Hal utiliza 40 años de experiencia corriendo y una amplia red de científicos y médicos del ejercicio para dar sensatos consejos a los lectores. Y en *Correr con inteligencia* traslada esta misma experiencia y conocimientos a corredores nuevos y veteranos. Descubrir usted cómo encajar el correr con un estilo de vida ocupado. Cuáles es el mejor programa para perder peso. Cómo correr una maratón. Cómo motivarse para hacer ejercicio de forma consistente. Si está preparado para correr un maratón. Cuáles son los mejores tipos de zapatillas para correr. Qué diferencia hay entre una inflamación muscular y una lesión. Cómo correr con seguridad por la noche. Cuánto entrenamiento cruzado debe haber en su programa de correr. Si se debe correr menos a medida que se envejece. Cómo entrenarse para un maratón. Si su dieta debe tener un alto contenido en hidratos de carbono. Cuántos ejercicios de velocidad debe hacer en sus sesiones de entrenamiento. Cuáles son los tejidos más nuevos en ropa para correr.

Andarines y deporte en España en el siglo XIX: de oficio a espectáculo Donato Gómez Díaz, 2024-12-20 Exploramos un capítulo fascinante de la actividad física premoderna: la antigua profesión de andarín en España desde finales del siglo XVIII. A través del análisis de sus principales exponentes examinamos la transformación de este oficio que pasó de ser una ocupación ligada al transporte de cartas y paquetes a convertirse en espectáculo y desaparecer con la llegada del deporte moderno. En sus inicios los andarines recorrían el territorio español un paso con grandes carencias de infraestructura de transporte. Su labor fue especialmente valiosa durante las guerras cuando actuaban como enlaces entre diferentes puntos del frente. Sin embargo, la expansión del ferrocarril y la construcción de nuevas carreteras los hicieron innecesarios, sobre todo en las zonas que quedaron bien comunicadas por las nuevas redes rápidas y económicas. Aunque desde siempre habían participado en las competiciones durante las fiestas patronales, ahora algunos andarines hallaron una alternativa de trabajo en las exhibiciones y apuestas organizadas tanto en plazas de toros como en fiestas patronales. Convirtieron así su antigua destreza de correr en un negocio que a menudo era familiar. Aunque hacia finales del siglo XIX esta modalidad de espectáculo fue perdiendo relevancia en favor del deporte amateur sin ánimo de lucro, aunque todavía en muchas provincias siguió siendo parte de las celebraciones hasta bien entrado el siglo XX. Este recorrido histórico por la profesión de andarín ilustra el proceso de adaptación de un oficio a las necesidades cambiantes del mercado. Surgió como actividad de transporte, logró encajar en el creciente ámbito de ocio y finalmente se vio desplazado por el nuevo deporte de masas sin ánimo de lucro, desapareciendo paulatinamente del panorama cultural español.

Inteligencias múltiples en el aula Thomas Armstrong, 2006-06 Respetar las múltiples diferencias entre las personas. Este es según Howard Gardner el propósito del estudio de las inteligencias múltiples. IM

En esta segunda edición ampliada y revisada de Inteligencias múltiples en el aula Thomas Armstrong actualiza su guía práctica para educadores e incorpora los resultados de las últimas investigaciones llevadas a cabo por Gardner y muchos otros investigadores Incluye información sobre la octava inteligencia la naturalista un capítulo sobre una posible novena la existencial e información y recursos actualizados para ayudar a los educadores de todos los niveles a aplicar la teoría de las IM Al propio tiempo incluye numerosos consejos prácticos estrategias y ejemplos reales En definitiva Armstrong proporciona herramientas recursos e ideas que los educadores pueden aplicar directamente para ayudar a alumnos de todas las edades a aprovechar todo su potencial *Diálogos frente al año 2000* Alberto Quiroz, 1976 *Zen Fitting* Juan Chamero, 2014-08-24 Series de Clases de Excelencia Sico-física SF bajo una Visión Zen y dictado por un maestro Zen con la participación activa de reconocidos pensadores científicos estadistas religiosos personalidades y deportistas de toda América En este compendio de 822 páginas se presentan tres series de 40 clases de hora y media de duración cada una para alumnos con distintos grados de aptitud sico-física que van de atletas de alta competencia y ejecutivos a personas con severas minusvalías y sufriendo enfermedades terminales A lo largo de 8 años pasaron 8 000 alumnos por estos cursos **Revista de la OMPI, Número 3/2021 (Septiembre)** World Intellectual Property Organization, La Revista de la OMPI ilustra el devenir de la propiedad intelectual la creatividad y la innovación en el mundo *Criterio*, 1928 **Diccionario de los deportes** Acisclo Karag, 1959 **El Siglo médico**, 1917 **Colección de obras completas** Ricardo León, 1927 *La Esfera*, 1920 **Vista**, 1994

Psicoeducar 2 Lic Alicia Gómez, Dr. Ariel Gold, 2017-06-01 Psicoeducar 2 Algunas claves para entender cómo aprenden nuestros alumnos es el segundo libro del Dr Ariel Gold médico psiquiatra de niños y adolescentes y la Lic Alicia Gómez maestra especializada en Dificultades de Aprendizaje y fonoaudióloga En esta nueva entrega los autores desarrollan conceptos psicológicos y pedagógicos de forma que sean comprensibles por personas que no necesariamente tienen una formación profunda en esas áreas A través de más de cien ejemplos se entrega al lector una serie de claves para entender por qué algunos estudiantes tienen dificultades para aprender Establecen una especie de hoja de ruta en la que el lector podrá identificar las diferentes condiciones que pueden explicar el bajo rendimiento académico en algunos niños y adolescentes El lector objetivo es el docente pero también los autores presentan espacios dedicados especialmente a los padres debido al interés que mostraron en Psicoeducar 1 De este modo en clave psicoeducativa o sea con sencillez pero sin perder la profundidad se abordan temas de gran interés como el Trastorno por Déficit Atencional con Hiperactividad la Dislexia los Trastornos de Ansiedad y los Trastornos del Humor Asimismo se desarrolla el concepto de herramientas de la inteligencia donde el lenguaje adquiere un rol preponderante Psicoeducar 2 no es estrictamente la continuación de Psicoeducar 1 está pensado para que pueda ser leído de manera independiente El Dr Gold y la Lic Gómez mantienen el tono optimista de su primer trabajo continúan con el objetivo de tender puentes entre la Salud Mental y la Educación Apuestan a que esta lectura llegue a los padres para que no sólo se reconozcan como actores fundamentales en el arte de educar a sus hijos sino además como promotores de la tarea de

reubicar a los docentes en el lugar que deben tener aquellos que ejercen la importantísima tarea de ayudar a educar a nuestros hijos *Curso internacional de medicina del deporte* Antonio Venerando, 1972 **Nuevo mundo**, 1928 *El hogar*, 1916

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