



Correr Descalzo Deportes

AN Whitehead



Correr Descalzo Deportes:

VI Congreso internacional de deporte inclusivo José Gallego Antonio, Manuel Alcaráz Ibáñez, José Manuel Aguilar Parra, Adolfo Javier Cangas Díaz, Elena Martínez Rosales, Estefanía Martínez Morillas, 2018-03-12 Las aportaciones incluidas en este libro de actas han sido muy variadas y planteadas desde un enfoque principalmente multidisciplinar en el cual la actividad física adaptada y el deporte inclusivo han tenido un lugar primordial Dentro de las técnicas de autocontrol corporal y mental mencionar trabajos presentados relacionados con la técnica de pilates aplicada a grupos de bipolares en pacientes con escoliosis a la estabilidad emocional optimismo y depresión en personas mayores de 60 años Podemos ver también trabajos de yoga y de mindfulness En relación con la salud mental se han expuestos temas referentes a la anorexia bulimia estabilidad emocional estrés ansiedad depresión y trastorno mental grave como la esquizofrenia Se pueden encontrar también aportaciones relacionadas con las dificultades del aprendizaje como el déficit atencional con hiperactividad TDAH diferentes tipos de discapacidad como auditiva y visual trastorno del espectro autista como la importancia de la hidroterapia en el autismo en pacientes con parálisis cerebral infantil y la importancia de la actividad física en personas con síndrome de down La equitación terapéutica en personas con discapacidad la fuerza de presión manual en el esquí náutico adaptado sentado la motivación en la competición del tenista en silla de ruedas y trabajos referentes al síndrome de asperger Asimismo aparecen numerosas aportaciones referentes a las personas mayores como anciano institucionalizado el temor a las caídas de mayores en residencias artrosis en la vejez ejercicios pasivos en anciano encamado reeducación del equilibrio en mayores rehabilitación física en mayores osteoporosis en mujeres de la tercera edad aquagym en las personas de edad avanzada gerontogimnasia y la influencia de la actividad física en el deterioro cognitivo y las demencias La música como terapia en ancianos vulnerables la neuroplasticidad cerebral y la actividad física de deportes aeróbicos para la mejora del funcionamiento cognitivo en mayores Existen muchas aportaciones desde el punto de vista clínico sanitario como las referentes a la gestación y el embarazo lumbalgias síndrome de fatiga crónica síndrome de Sinding Larsen Johansson hipertensión fibromialgia cáncer de mama alzheimer hemiplejía obesidad infantil y a otras edades diabetes cirrosis hepática fibrosis quística sustancias tóxicas en los adolescentes tratamiento con metadona estreñimiento mujeres postmenopáusicas niños asmáticos el niño con espina bífida pacientes con esclerosis lateral amiotrófica artritis juvenil idiopática rehabilitación tras una artroplastia de cadera ejercicio acuático en personas con enfermedad de Parkinson arritmias relacionadas con la muerte súbita en deportistas de elite pacientes con enfermedades cardiovasculares esguinces articulares tratamiento rehabilitador del paciente postictus enfermedad pulmonar obstructiva crónica gimnasia postparto pacientes que presentan problemas respiratorios pacientes con cáncer de próstata deporte para dejar de fumar deporte tras síndrome coronario agudo lesiones de la columna vertebral efectos del ejercicio físico en pacientes con insomnio crisis convulsivas en niños con epilepsia dieta y consumo de tabaco y alcohol en adolescentes prevenir y tratar la incontinencia urinaria el deporte en personas con lesión medular paciente con angina crónica

estable escoliosis idiopática generalidades y natación terapéutica hidrocefalia compleja hernia discal lumbar tratamiento de esclerosis múltiple mediante la natación complicaciones de la vigorexia en los adultos muerte súbita durante la práctica deportiva Y para finalizar resaltar la presentación de trabajos relacionados con diferentes temas como el rendimiento académico beneficios de la actividad física en la violencia de género prevención de drogodependencias el atletismo adaptado como medio de socialización habilidades cognitivas y conciencia corporal en practicantes de artes marciales higiene postural en el deporte actividad física en edades tempranas indicadores de rendimiento en fútbol para personas ciegas penaltis y doble penaltis y la influencia de la formación específica en materia de discapacidad sobre la autoeficacia para la inclusión en educación física percibida por maestros en formación

La vuelta al mundo de unas zapatillas de deporte Wolfgang

Korn, 2020-07-01 Después de La vuelta al mundo de un forro polar rojo llega esta nueva y apasionante historia para conocer más sobre el fenómeno de la globalización Al terminar la maratón de su ciudad Werner un experimentado periodista encuentra un par de zapatillas de deporte de los más peculiares manchadas de sangre De quién eran esas zapatillas Y por qué las dejó tiradas Werner decide investigar y comienza indagando sobre las zapatillas alemanas de marca Esto lo lleva hasta China donde descubrir la lucrativa industria de las réplicas para llegar a Addis Abeba capital de Etiopía allí conocer la terrible situación de los trabajadores del calzado A partir de una emocionante historia llena de intriga Wolfgang Korn explica con rigor y sencillez cómo son los métodos de producción y la compleja estructura del comercio internacional

Correr con los keniatas

Adharanand Finn, 2013-02-13 Una biografía pica y personal para descubrir los extraordinarios secretos de los mejores corredores del mundo Tras ver durante años cómo los atletas keniatas ganaban las principales carreras de larga distancia en todo el mundo Adharanand Finn emprendió la tarea de descubrir por qué son tan rápidos y de paso comprobar si era capaz de seguir su ritmo Preparó a la familia y abandonó Devon para mudarse a la pequeña ciudad de Iten en Kenia tierra natal de cientos de los mejores atletas del país y sin lugar a dudas capital mundial del atletismo Una vez allí se calzó las zapatillas y se lanzó a la aventura por las pistas de tierra corriendo en compañía de campeones olímpicos jóvenes esperanzados y colegiales descalzos Comió lo mismo que ellos durmió en sus campamentos de entrenamiento y se despertó a las cinco de la mañana para salir a correr por las mismas cuevas que ellos Al final del camino lo esperaba el sueño de unirse a los mejores atletas de Kenia en su primer maratón una carrera pica por el territorio de los leones en plena llanura keniana Correr con los keniatas es a la vez una investigación y un trayecto personal que interesar a cualquiera que en algún momento se haya preguntado por qué son tan rápidos los keniatas y qué podemos aprender de ellos Reseñas Investigación cultural tratado sobre el hábito de correr y punzante historia personal a partes iguales Correr con los keniatas resulta fascinante en distintos niveles L. Hon Wertheim articulista de Sports Illustrated y coautor de Scorecasting Absolutamente satisfactorio posee tanto ritmo y resulta tan estimulante como una buena carrera Boston Globe Una excelente lectura Bernd Heinrich autor de Why We Run Estudio científico memorias de viaje y relato de autodescubrimiento a partes iguales el relato de Finn es una lectura tan aguda como

amena Publishers Weekly Un canto a la vida a la conmovedora belleza de la tenacidad a la alegría del movimiento The Plain Dealer Si quieres conocer los secretos de los corredores keniatas y de paso tener una divertida aventura nete a Finn en su fascinante relato sobre lo que significa intentar coger el ritmo de la gente m s r pida del planeta Neal Bascomb autor de The Perfect Mile *Los hombres que hicieron la historia de las marcas deportivas* Eugenio Palopoli, 2014-04-01 Un hermano acusa al otro de desertor ante la SS para sacarlo del negocio un corredor gana una prueba ol mpica usando zapatillas de una marca y al subirse al podio cambia su calzado por el de la competencia un joven empresario debe decidir en menos de diez minutos el nombre de su empresa y con poca convicción elige Nike alguien es enviado a colocar un bolso Adidas frente a los pies de Johan Cruyff para que en la foto oficial del seleccionado holand s de f tbol no se vean sus botines Puma un distribuidor debe esconder miles de cajas de zapatillas en el fondo de su local para que su socio japon s no se d cuenta de la traición comercial los servicios secretos sovi ticos esp an al CEO de Adidas y ste lo sabe El modo en que unos pequeños emprendimientos familiares surgidos de las cenizas de la posguerra llegaron a transformarse en gigantescas y poderosas multinacionales y en transformar junto con ellos al deporte mundial est plagado de traiciones espionaje bromas pesadas manejos espurios victorias y fracasos pero sobre todo mucho talento y esfuerzo Los hombres que hicieron la historia de las marcas deportivas cuenta ese largo y muchas veces oscuro derrotero que atravesaron Adidas Puma Nike Reebok y otras marcas hasta llegar a ser lo que son hoy Y al contar esta historia el libro cuenta inevitablemente la trastienda de la relación entre las marcas los organismos deportivos internacionales los deportistas de primer nivel banqueros inversionistas playboys y aventureros de todo tipo y hasta no pocos pol ticos y altos funcionarios gubernamentales Con rigor documental y una escritura amena y precisa Eugenio Palopoli logra narrar una zona poco frecuentada de los ltimos setenta a os de la historia del deporte mundial

Gestión del Deporte: Face to Face con Eduardo Blanco Pereira David Blanco Luengo, Eduardo Blanco Pereira, 2024-12-30 Face to Face es una colección en la que prestigiosos especialistas en el mbito de la Gestión y Dirección Deportiva nos aportan su conocimiento su experiencia y su formada opinión sobre determinados temas relacionados con esas materias Además servir para dar a conocer a los referentes de nuestro sector a personas que se inician en la carrera profesional o estudiantil El formato elegido es el de hacer al entrevistado o a la entrevistada 60 preguntas las mismas para todos en las que se pretende conocer su opinión sobre gestión deportiva municipal Ley del deporte asociacionismo el futuro de la gestión del deporte formación importancia de la planificación estratégica etc Todo ello ser accesible de forma gratuita en formato ebook acceso abierto o conocimiento compartido en plataformas digitales

Biomecánica básica Pedro Pérez Soriano, Salvador Llana Belloch, 2016-02-19 El libro Biomecánica básica ha sido realizado con el propósito de acercar la biomecánica deportiva a todos aquellos profesionales y t cnicos en actividad física y el deporte de una forma clara sencilla y comprensible Respondiendo a la necesidad de acercar la biomecánica deportiva y promover su utilización pr ctica la estructura del libro permite conocer el origen de la biomecánica deportiva como ciencia las

bases te ricas de la biomec nica y su aplicaci n a las estructuras biol gicas y materiales deportivos finalizando la obra con una introducci n a la investigaci n en biomec nica y sus aplicaciones reales las principales actividades f sico deportivas La obra ha contado con una amplia colaboraci n de profesionales de los mbitos docente investigador y divulgativo procedentes de diversas universidades e instituciones respondiendo a las premisas de calidad profesional y de ser expertos en la tem tica abordada por sus cap tulos Braddom. Medicina f sica y rehabilitaci n David X. Cifu,2022-01-15 Presta especial atenci n a la rehabilitaci n con estudios de casos repartidos por toda la obra y cubre integralmente la evaluaci n del accidente cerebrovascular su rehabilitaci n y su tratamiento Ampl a el contenido sobre cuestiones clave como las opciones de abordaje del dolor en las intervenciones la marcha y las pr tesis la ecograf a la radioscopia y el electrodiagn stico A ade un nuevo cap tulo Medicina del trabajo y rehabilitaci n profesional y mejora la cobertura de temas como la vejiga neur gena la rehabilitaci n y la restauraci n prot sica en la amputaci n de extremidades superiores y los trastornos m dicos agudos entre ellos la enfermedad card aca la fragilidad m dica y la insuficiencia renal Analiza la valoraci n de la calidad y los resultados de la rehabilitaci n m dica los aspectos pr cticos de las tasas de deterioro y la determinaci n de la discapacidad la medicina integrativa en la rehabilitaci n y la tecnolog a de asistencia Cuenta con cap tulos profusamente ilustrados y de estructura uniforme en los que es f cil encontrar la informaci n clave Incluye la versi n digital de la obra original contenido en ingl s con acceso a trav s de distintos dispositivos al texto las figuras y la bibliograf a completa del libro Asimismo cuenta con m s de cincuenta pr cticos v deos y cientos de preguntas de autoevaluaci n basadas en problemas que buscan un aprendizaje m s eficaz **Qué pasa** ,2012 *Antiedad, pansexual, fracking y otras palabras recientes del espa ol de Am rica y Espa a* Andreína Adelstein,Judit Freixa,Constanza Gerding,Rosa Luna,María Pozzi,2017 La media distancia Alejandro Gándara,1984 A compelling account of an athlete s rise and decline this first novel brought its author immediate recognition Sitting by a locomotive mounted in a granite base in the middle of a public square El Charro notices that plaque that says 1920 1953 It was serviceable The same might be said of him El Charro is a 1500 meter runner just over the hill He remembers his glory days and the people and places who were in his life when he was on top *El Nuevo periodista* ,1988-06 *Cantaura de memoria* Rafael Dum,2005 *Cambio 16* ,1994 **Bohemia** ,2000 *Caretas* ,2004 Paraninfo ,1994 **Eugenio Mimica Barassi** Eugenio Mimica Barassi,1982 **Proceso** ,2000 *Horizontes* David Freeman,Yvonne S. Freeman,Margarita Calderon,1997 **Hábitos que abrazar (Edici n mexicana)** Miguel Camarena,2024-09-19 LLENA TU VIDA DE SALUD Si no te dedicas suficiente tiempo a ti mismo tienes una mala alimentaci n eres m s sedentario que activo o sufres de estr s o ansiedad este libro es la excusa perfecta para iniciar un cambio Al leerlo llenar s tu mochila con h bitos que impulsar n tu vitalidad la cantimplora con agua so adora que saciar tu sed y la fiambarrera con men s y recetas saludables que avivar n las ganas de comerte el mundo Abre bien tu mente y sum rgete en estas p ginas donde Miguel Camarena nos propone un viaje de descubrimiento y aprendizaje En l explorar s los alimentos que mejor

nutren tu cuerpo las rutinas de ejercicio más efectivas cómo la meditación puede ser una herramienta para encontrar la paz interior las técnicas para mejorar tu respiración y cómo aplicar el biohacking en tu vida diaria con hábitos muy sencillos de aplicar Paso a paso notarás que tu cuerpo se ve fortalecido sabe cómo moverse y tienes más energía Y te darás cuenta de que ahora disfrutas de una vida saludable sin remordimientos ni presiones Vale más un gramo de acción que una tonelada de intenciones que en marcha

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