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ACONDICIONAMIENTO FÍSICO EN EL MEDIO ACUÁTICO (Color) Juan Carlos Colado Sánchez,2004-05-28 Juan Carlos Colado Sánchez es doctor en Educación Física y Deportes Actualmente compagina su labor de profesor de las asignaturas de Natación y actividades acuáticas y de Prescripción del ejercicio físico para la salud con la de director del grupo de investigación sobre Actividad Física en el Medio Acuático AFEMA en la Facultad de Ciencias de la Salud de la Actividad Física y del Deporte de la Universidad Católica San Antonio de Murcia En este libro el lector encontrar toda la información necesaria para realizar el acondicionamiento físico en el medio acuático Se detalla las formas en que es posible entrenar la fuerza la resistencia y la flexibilidad Para ello se presenta numerosos ejercicios con descripción y ejecución técnica y de involucración muscular variantes de realización y materiales todo esto con más de quinientas fotografías esquemas y figuras que muestran la correcta ejecución de los mismos *Fitness acuático* Juan Carlos Colado Sánchez,Juan Antonio Moreno Murcia,2001 Esta obra desarrolla las bases fundamentales de cualquier tipo de programa de ejercitación acuática y se muestran explicados y con fotografías más de 100 ejercicios totalmente seguros y eficaces presentados en forma de ficha técnica con las fotografías que los ilustran Posibilita ampliar y diversificar la utilización de nuevos métodos y sistemas orientados al desarrollo de la condición física en el medio acuático Facilita el conocimiento y los ejercicios necesarios para enseñar desarrollar y o mantener un programa de acondicionamiento físico en el agua con recursos variados creativos divertidos y de variada forma de participación El ejercicio acuático así planteado favorece la mejora de las cualidades físicas básicas resistencia fuerza flexibilidad y contribuye a la mejora de la composición corporal eliminando la grasa innecesaria así como al bienestar psicofísico de las personas que lo realizan **Bibliografía española** ,2003 **Host Bibliographic Record for Boundwith Item Barcode 30112044669122 and Others** ,2013 *Libros españoles en venta, ISBN* ,1998 *Libros españoles en venta* ,1998 Libros españoles ,1979

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