

PRESCRIPCIÓN DEL EJERCICIO FÍSICO PARA LA SALUD EN LA EDAD ESCOLAR

Aspectos metodológicos, Preventivos e Higiénicos

Pedro Ángel Latorre Román · Julio Herrador Sánchez



EDITORIAL
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Prescripcion Del Ejercicio Fisico Para La Salud En Edad Escolar

Emilie Sanchez



Prescripción Del Ejercicio Físico Para La Salud En Edad Escolar:

Prescripción del ejercicio físico para la salud en la edad escolar: aspectos metodológicos, preventivos e higiénicos Pedro Ángel Latorre Román, Julio Ángel Herrador Sánchez, Manuel Jiménez Lara, 2003-12 En este libro se presentan los conocimientos esenciales para favorecer el correcto desarrollo y maduración biológica del alumnado la adecuada orientación y preparación deportiva en edades de desarrollo el acceso al currículo para aquellos alumnos con necesidades educativas especiales y la creación de hábitos de vida saludables Asimismo se tratan los aspectos básicos necesarios para prevenir accidentes o situaciones que perjudiquen la salud de los educandos y cómo actuar en caso de emergencia INDICE Prólogo Presentación CAPITULO 1 Actividad física y salud CAPITULO 2 Factores determinantes del desarrollo de la condición física en la edad escolar CAPITULO 3 Riesgos asociados a la actividad físicodeportiva escolar CAPITULO 4 Educación postural Aspectos metodológicos preventivos e higiénicos en el medio escolar CAPITULO 5 Aspectos preventivos de lesiones y accidentes en cuanto a la utilización de recursos materiales en la práctica de la actividad física y el deporte CAPITULO 6 Responsabilidad del profesor de enseñanza no superior Bibliografía Revista española de salud pública, 1997 *Gaceta médica de México*, 1999 **Argentina salud**, 2009-12 *Libros españoles en venta, ISBN*, 1997

Manual básico de prescripción de ejercicio físico para todos Antonio Jesús Casimiro Andujar, José M^o Muyor Rodríguez, Miguel Aliaga Rodríguez, Ángeles Prada Pérez, 2016-01-28 El libro surge con la intención de favorecer un incremento de la práctica deportiva entre los ciudadanos Así en el manual se analizan los beneficios fisiológicos psicológicos y sociales del ejercicio físico la prescripción del mismo en función de la edad y características individuales de la persona patología o enfermedades el desarrollo de los componentes de la condición física salud prevención de lesiones hábitos de salud ejercicios desaconsejados y alternativas saludables etc En definitiva cultura física para todos INDICE 1 INTRODUCCIÓN 2 ESTILO DE VIDA Y SALUD 3 RELACIÓN ENTRE LA SALUD Y LA ACTIVIDAD FÍSICA DEPORTIVA 4 BENEFICIOS FISIOLÓGICOS PSICOLÓGICOS Y SOCIALES DEL EJERCICIO FÍSICO 5 HÁBITOS DE VIDA VINCULADOS CON LA SALUD 6 ACTITUD POSTURAL Y SALUD 7 ADAPTACIÓN AL ENTRENAMIENTO 8 PRESCRIPCIÓN Y DESARROLLO DE LOS COMPONENTES DE LA CONDICIÓN FÍSICA SALUD CFS 9 EJERCICIOS DE FORTALECIMIENTO CON AUTOCARGAS Y ESTIRAMIENTO DE LOS PRINCIPALES GRUPOS MUSCULARES 10 EJERCICIOS DE FORTALECIMIENTO CON SOBRECARGAS DE LOS PRINCIPALES GRUPOS MUSCULARES 11 RECOMENDACIONES ACTIVIDAD FÍSICA EN LA INFANCIA 12 RECOMENDACIONES DE ACTIVIDAD FÍSICA EN LA ADOLESCENCIA Y JUVENTUD 13 ACTIVIDAD FÍSICA EN ADULTOS 14 ACTIVIDAD FÍSICA EN MAYORES 15 ESTRUCTURA DE LA SESIÓN DE ACTIVIDAD FÍSICA Y SALUD 16 EJEMPLOS DE PROGRAMAS CONCRETOS DE ACTIVIDAD FÍSICA SALUD 17 ADAPTACIÓN DE LA ACTIVIDAD FÍSICA ANTE DIFERENTES ANOMALÍAS FRECUENTES EN PERSONAS ADULTAS Y MAYORES 18 PRESCRIPCIÓN DEL EJERCICIO FÍSICO ANTE DETERMINADAS PATOLOGÍAS 19 ADHERENCIA A LA ACTIVIDAD FÍSICA 20 EJERCICIOS DESACONSEJADOS Y

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