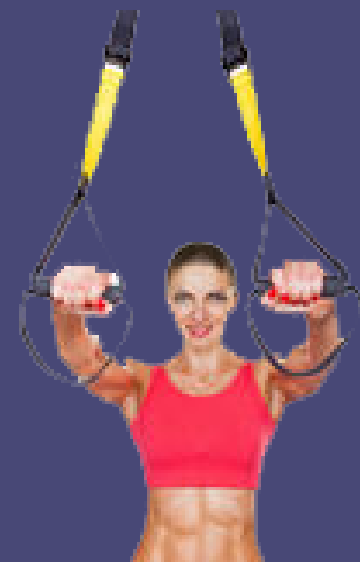




METODOLOGÍA DEL *ENTRENAMIENTO FUNCIONAL:* *Orientación*



Prof. Edgar Lopategui Corsino
M.A., Fisiología del Ejercicio

 Web: <http://www.saludmed.com/>

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 Curso: <http://www.saludmed.com/entrenafuncional/entrenafuncional.html>



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**[http://www.saludmed.com/
entrenafuncional/presentaciones/
01_entrenafuncional-ORIENTA.pdf](http://www.saludmed.com/entrenafuncional/presentaciones/01_entrenafuncional-ORIENTA.pdf)**



BOSQUEJO



➤ **Agradecimientos**

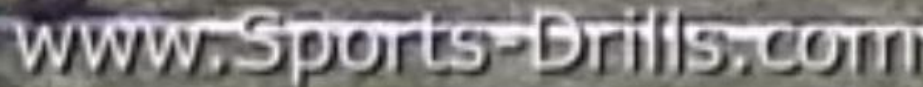


➤ **Material educativo: *Recursos y publicaciones***

➤ **Preguntas**



➤ **Cómo contactar al profesor: *Correo/Teléfono***



Exercises [Archivo de video]. Recuperado de <https://www.youtube.com/watch?v=8EpqHV4eicg>

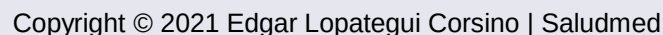
**** Lista Focalizada ****

- 1.
- 2.
- 3.

PUBLICACIONES

SALUDMED: CIENCIAS DEL MOVIMIENTO HUMANO Y DE LA SALUD
DIRECCIÓN DEL SITIO WEB: <http://www.saludmed.com>

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DISEÑO DE PROGRAMAS DE EJERCICIOS – Literatura Académica

DIRECCIÓN DEL SITIO WEB:

<http://www.saludmed.com/entrenafuncional/contenido/entrenamientointegradoyfuncional.html>



HPER-4310: Metodología del Entrenamiento Funcional



Prof. Edgar Lopategui Corsino
M.A., Fisiología del Ejercicio

[Saludmed](#) | [HPER-4310](#) | [Bienvenida](#) | [Contenido](#) | [Evaluación](#) | [Hojas/Formularios](#) | [Comunicación](#) | [Recursos](#)

[Consideraciones](#) | [Conceptos](#) | [Justificación](#) | [Medidas](#) | [Estructura](#) | [Recursos](#) | [Calentamiento](#) | [Sistemas](#) | [Métodos](#) | [Referencias](#)

ENTRENAMIENTO FÍSICO-DEPORTIVO DE NATURALEZA INTEGRADA Y DE TIPO FUNCIONAL

Prof. Edgar Lopategui Corsino

CONSIDERACIONES GENERALES

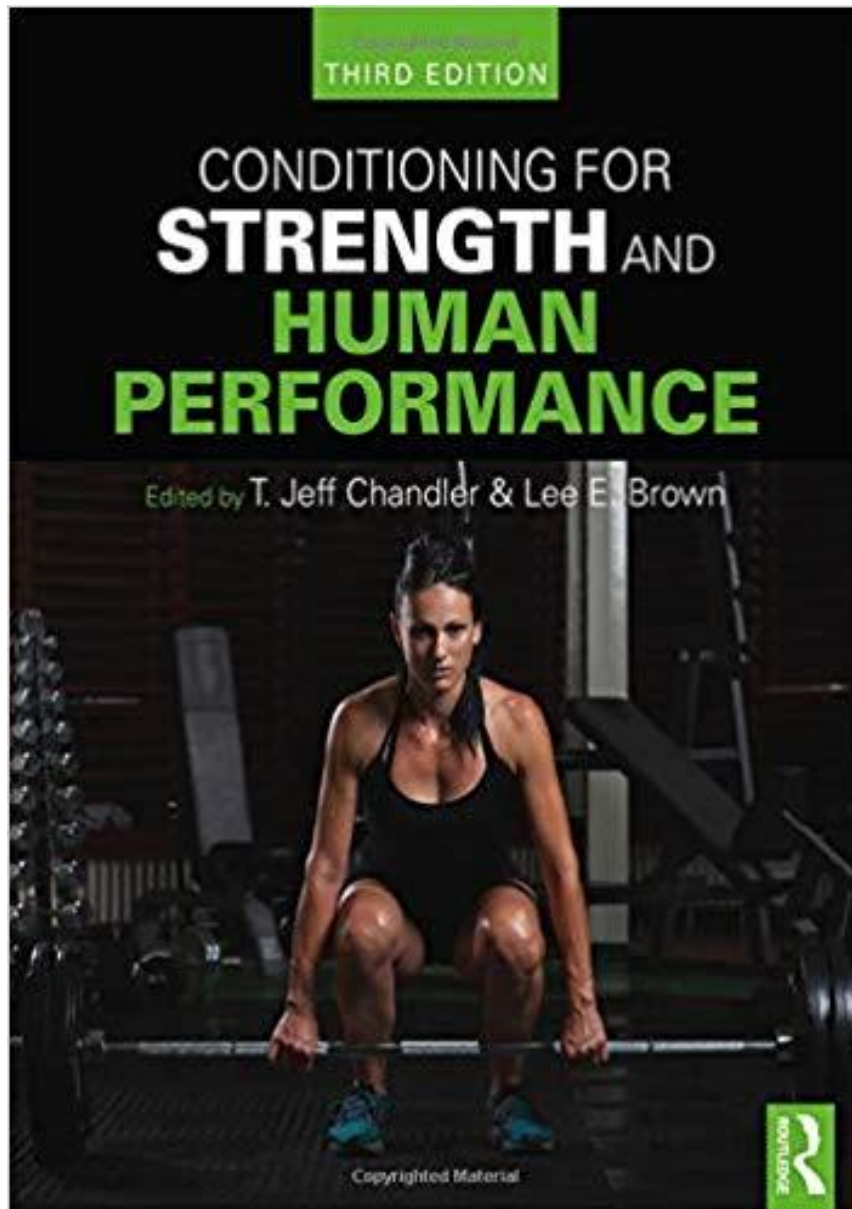
Las bases del **entrenamiento funcional** consisten en **educación del movimiento**, según sea de utilidad para la efectiva ejecución de las destrezas motoras involucradas en el deporte donde participa el atleta. El fin último, es pues, mejorar rendimiento del atleta durante su eventos competitivos (Boyle, 2004, pp. 1-2; Gambeta, 2007, p. 3). Consecuentemente, la clave para un efectivo programa de entrenamiento deportivo es comenzar a entrenar aquellas destrezas motrices básicas, o comunes, en todo deporte.

El principio funcional consiste, pues, en acondicionar y perfeccionar los **patrones de movimientos fundamentales**, locomotores o no locomotores. Entonces, para asegurar el éxito en los eventos deportivos competitivos, es imperante planificar un sistema de entrenamiento físico general para deportistas, donde se enfatice en las actividades motrices fundamentales para cualquier deporte. Esto significa que el objetivo del entrenamiento funcional es, proveer al atleta un medio para transferir estos movimientos básicos hacia las destrezas motoras más complejas presentes en una variedad de deportes. En entrenador debe estar consciente de cómo se relacionan los patrones de movimiento fundamentales en la meta del entrenamiento deportivo.

Se le considera a una actividad funcional efectiva si el movimiento, o movimientos, se ejecutan de manera integrada (coordinada con otros movimientos, multi-articular y se mueve paralela a diversos planos), donde las articulaciones del organismo humano se encuentran apoyadas desde el suelo el suelo. Esto último se conoce como **ejercicios de cadena cinética cerrada**, donde el ejercicio soporta a todos los segmentos del cuerpo.

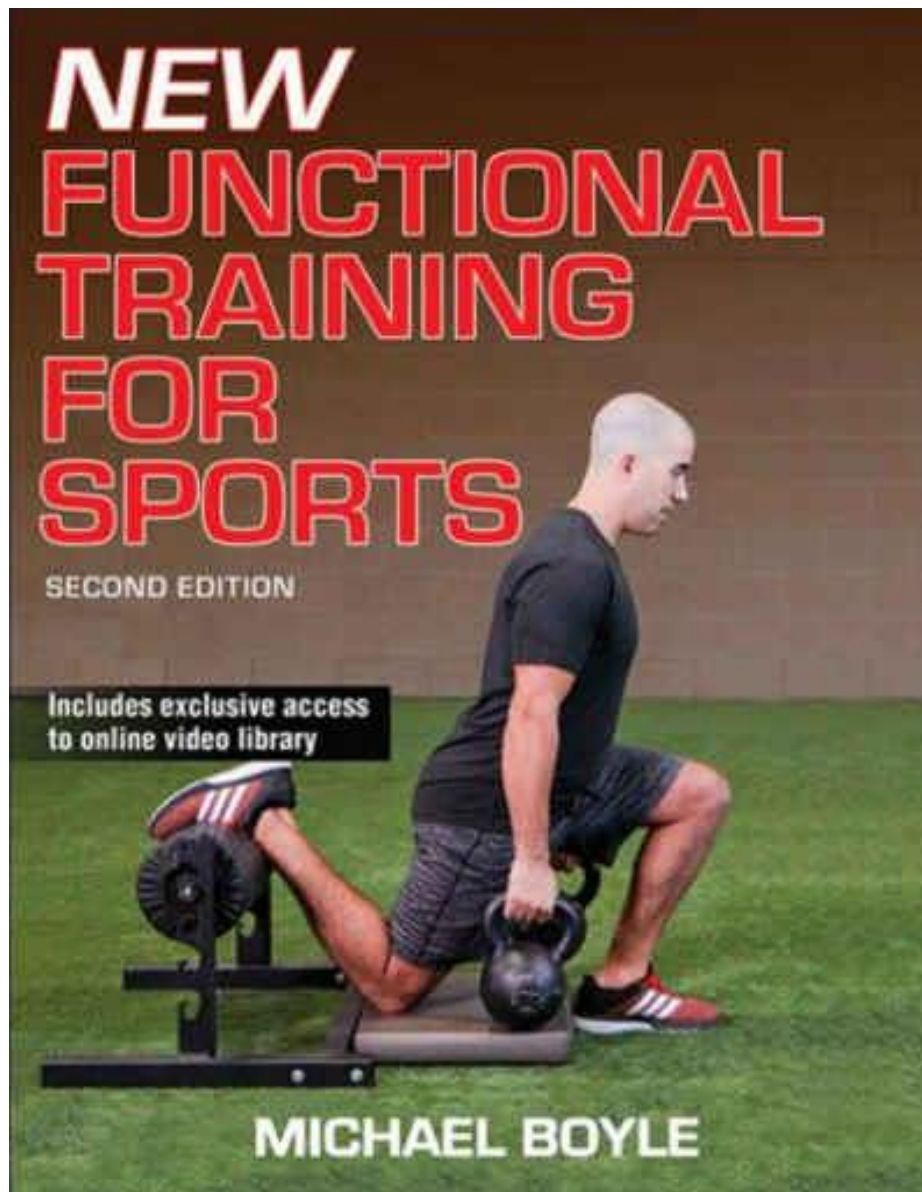
LIBROS

2019



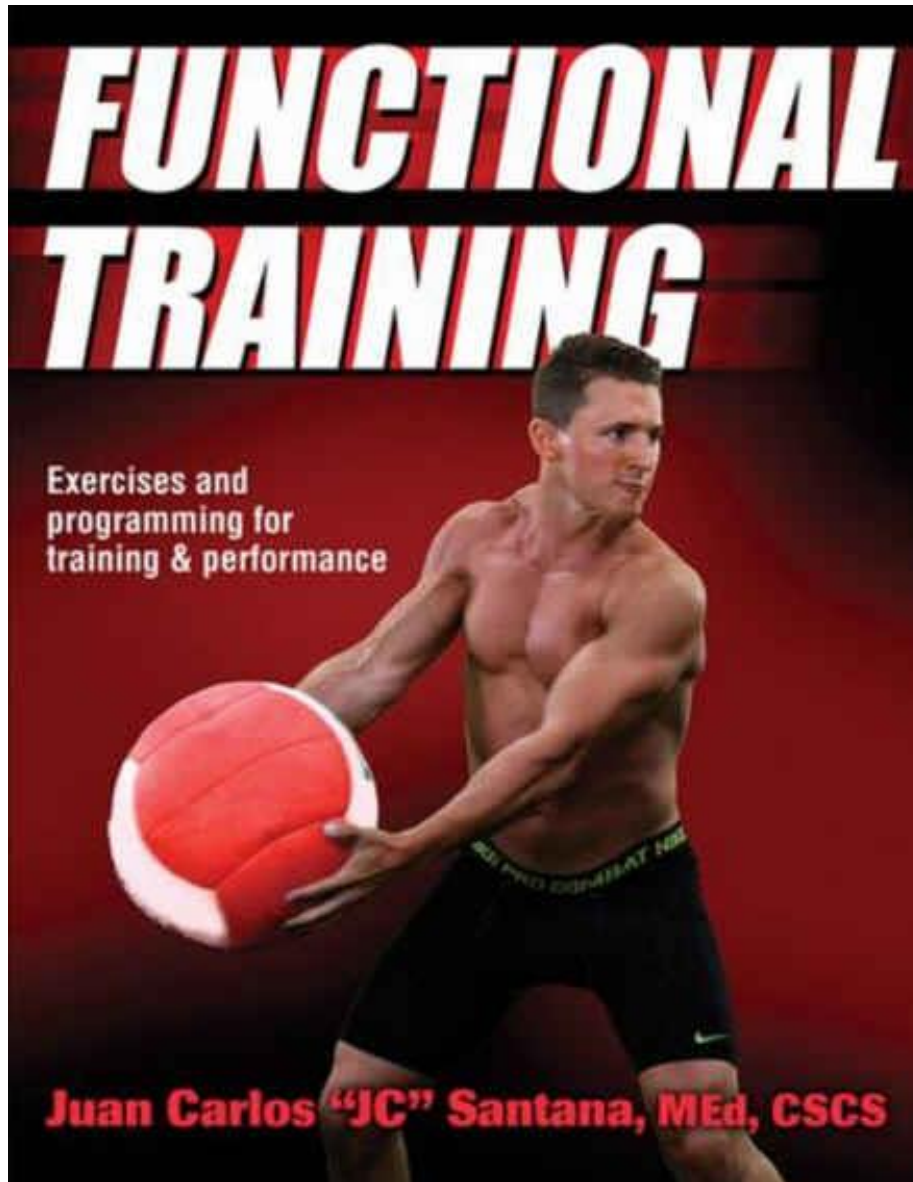
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2016



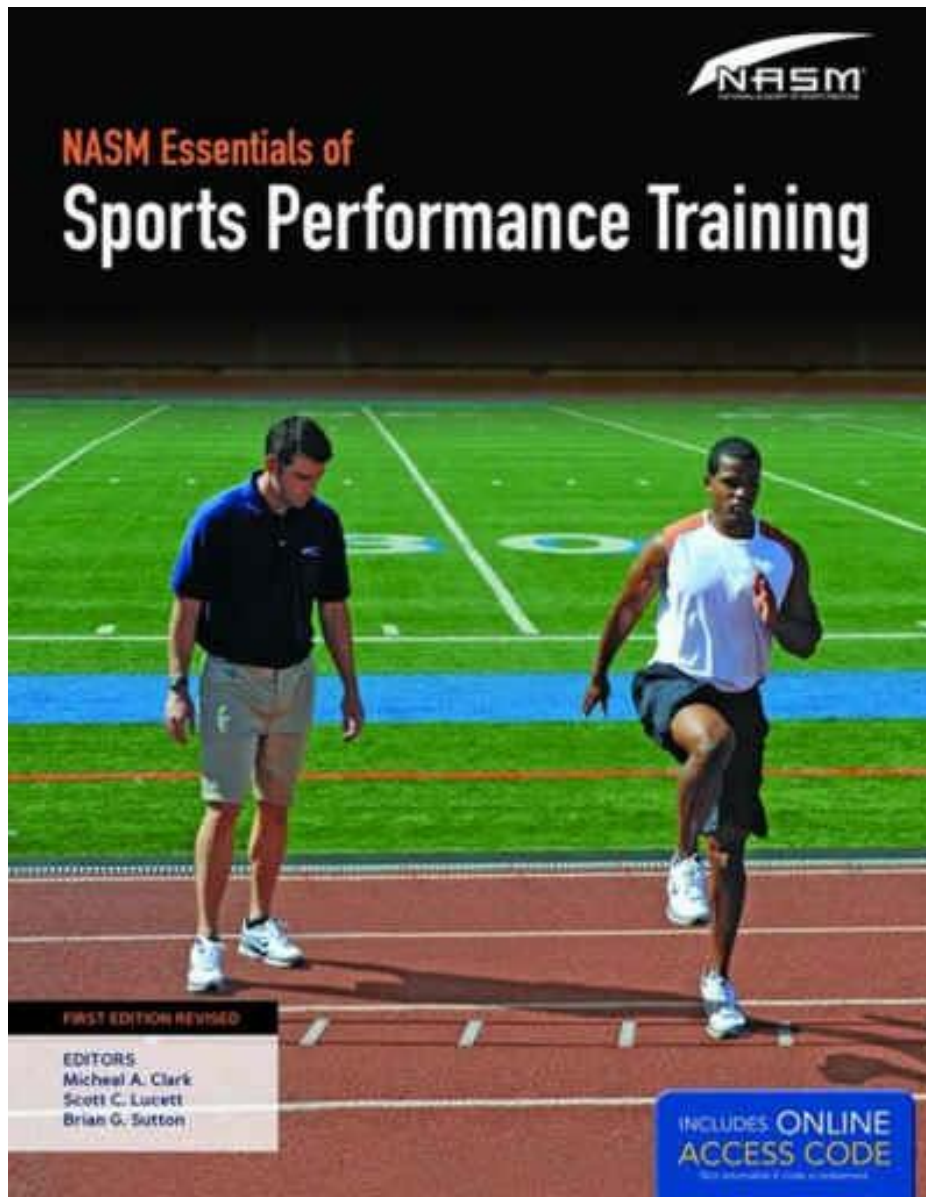
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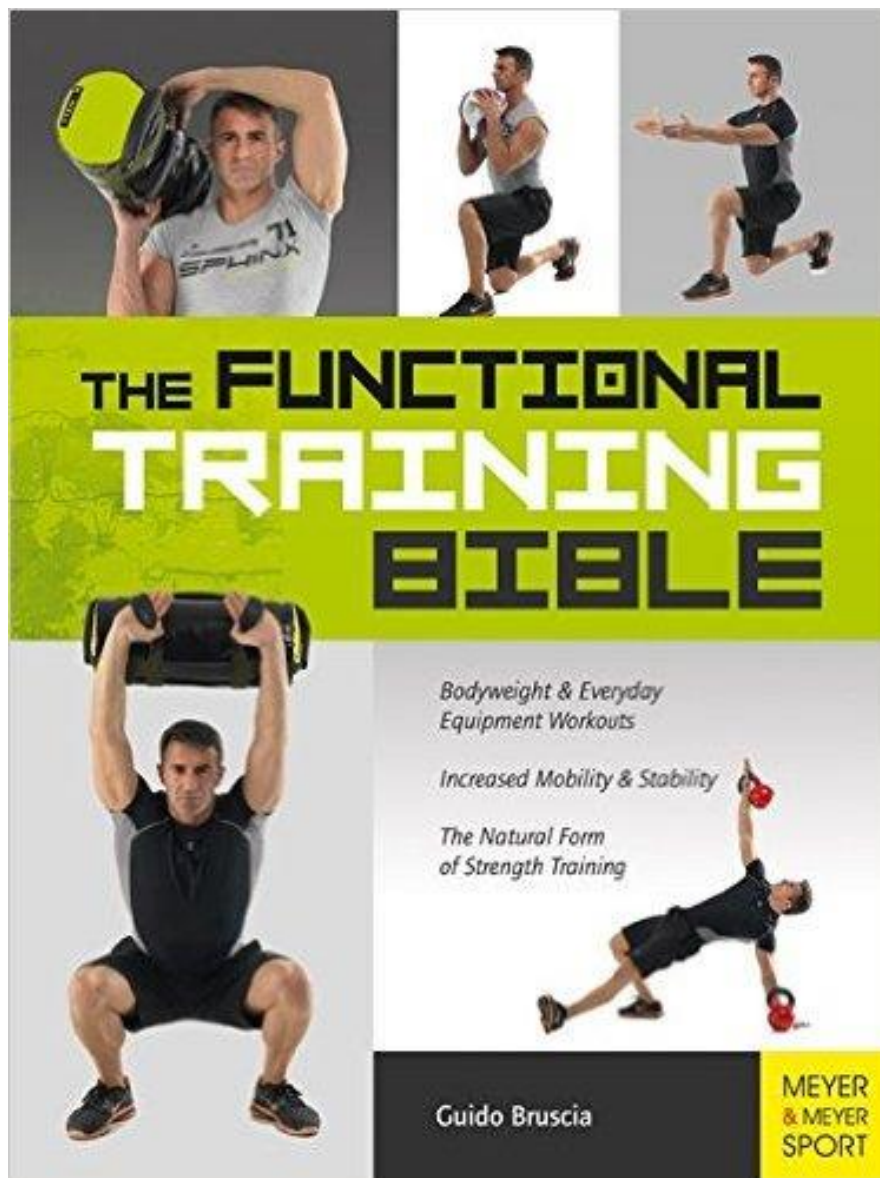
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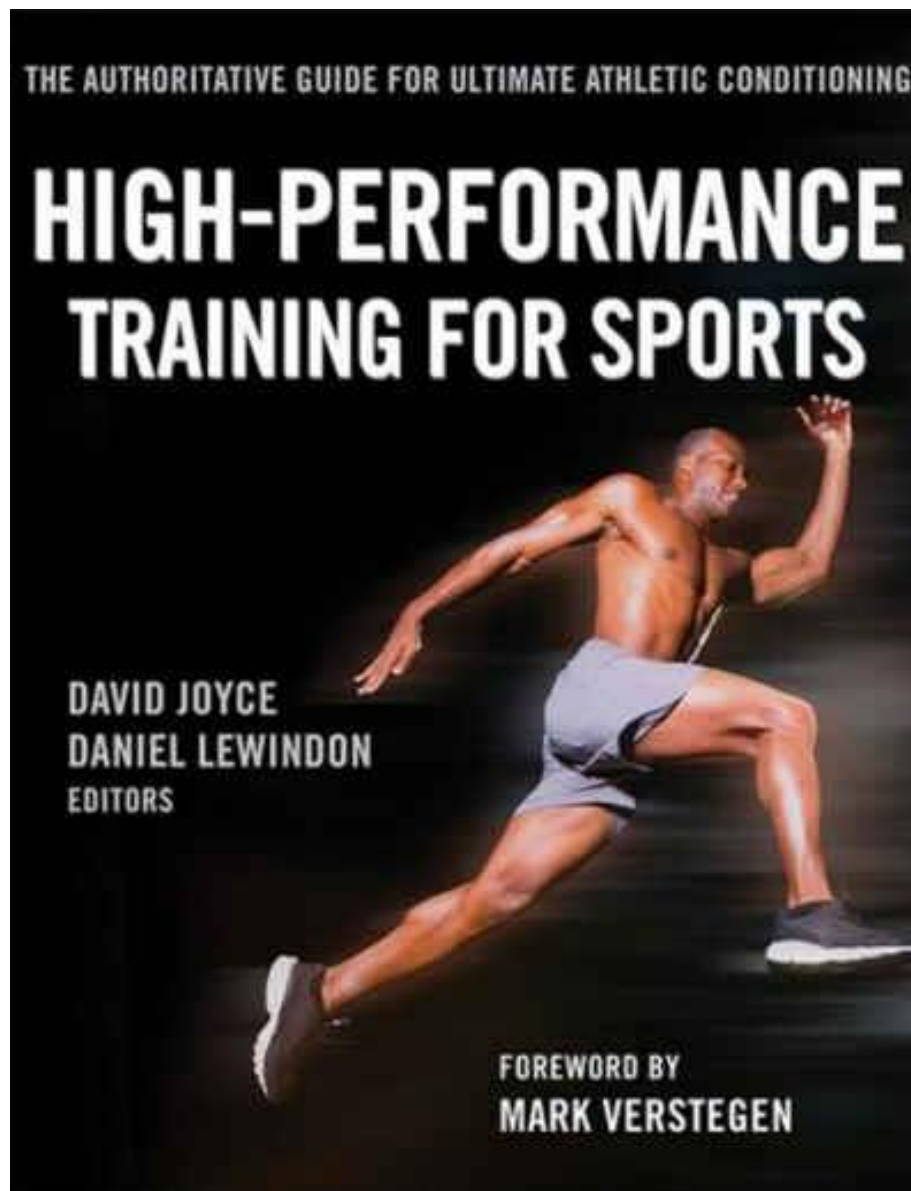
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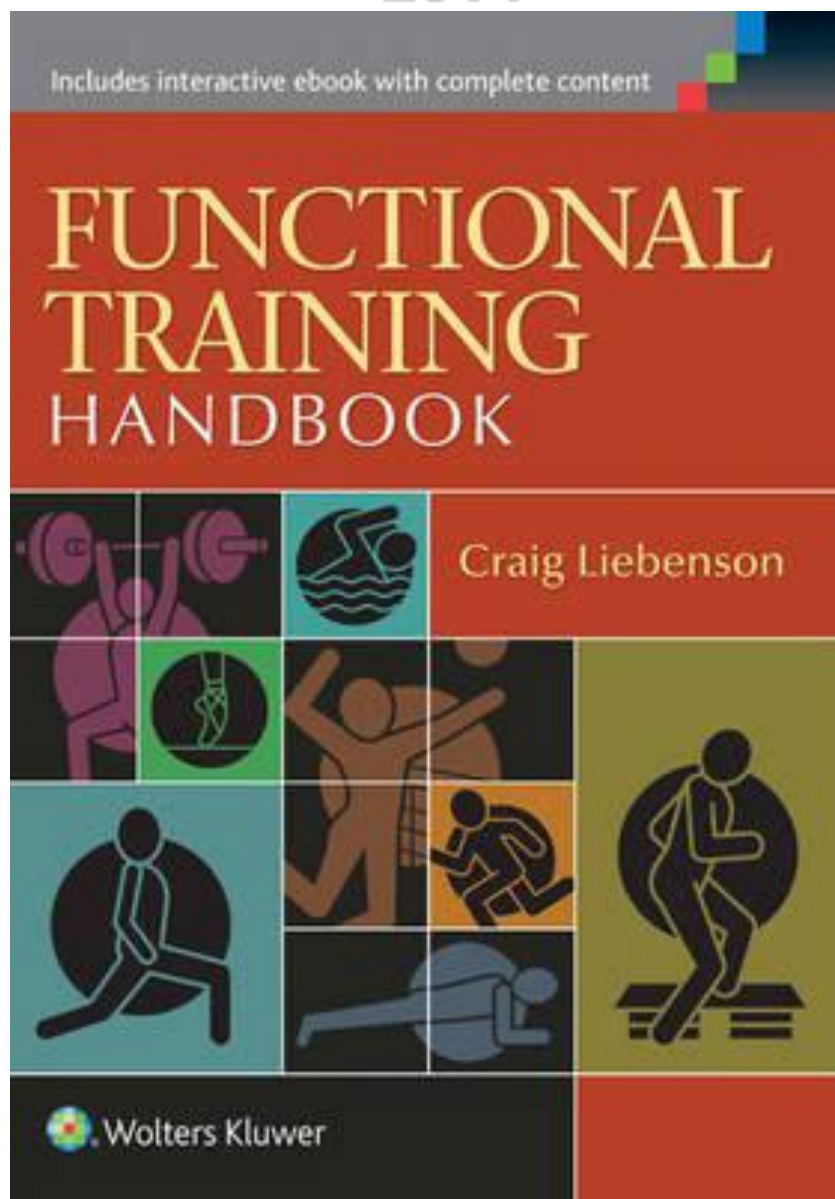
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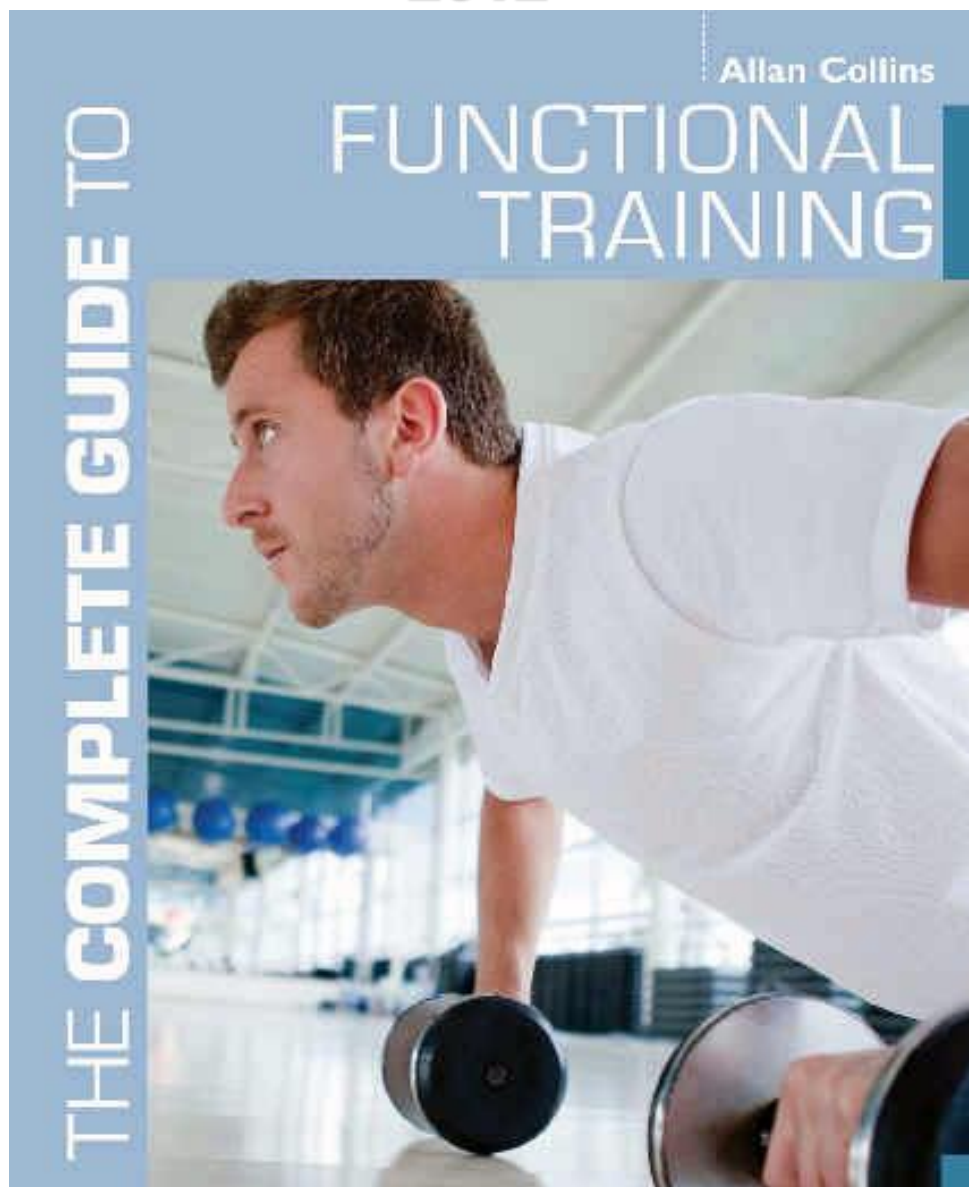
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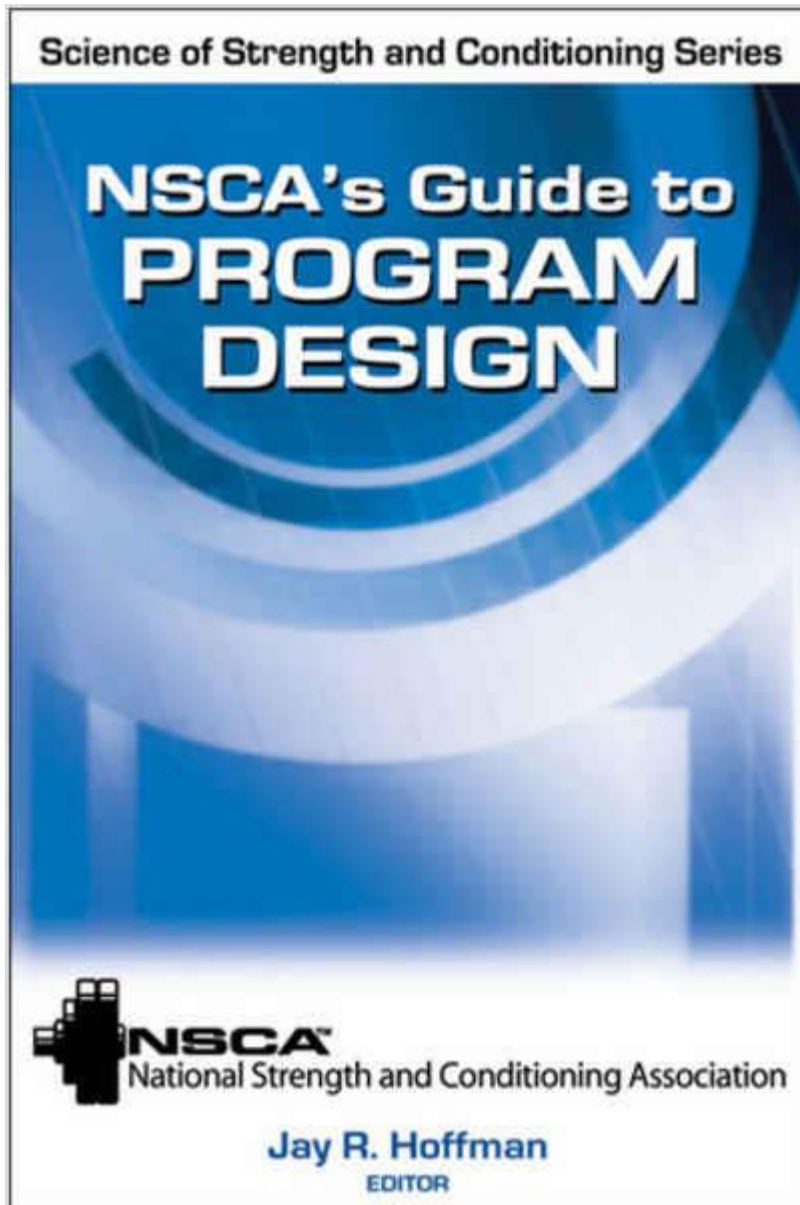
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2012



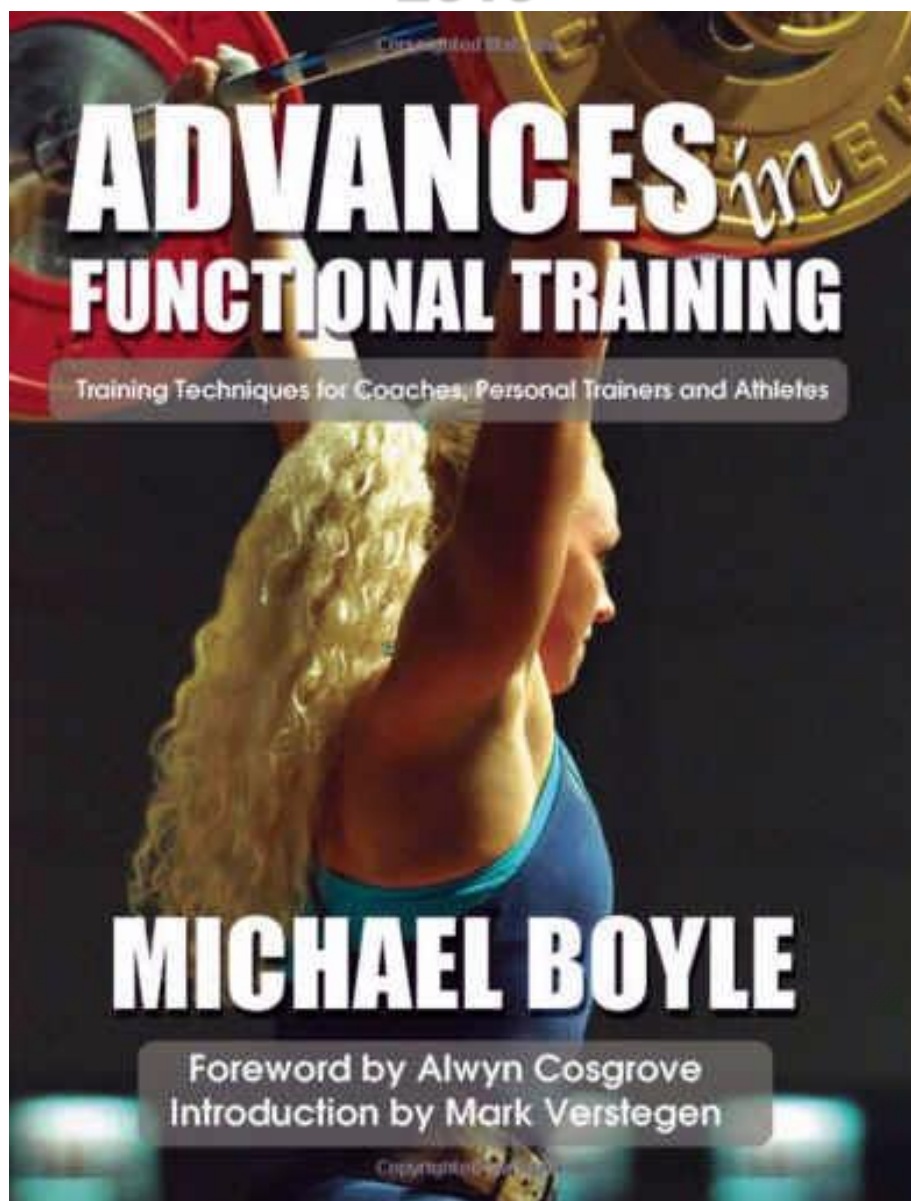
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2012



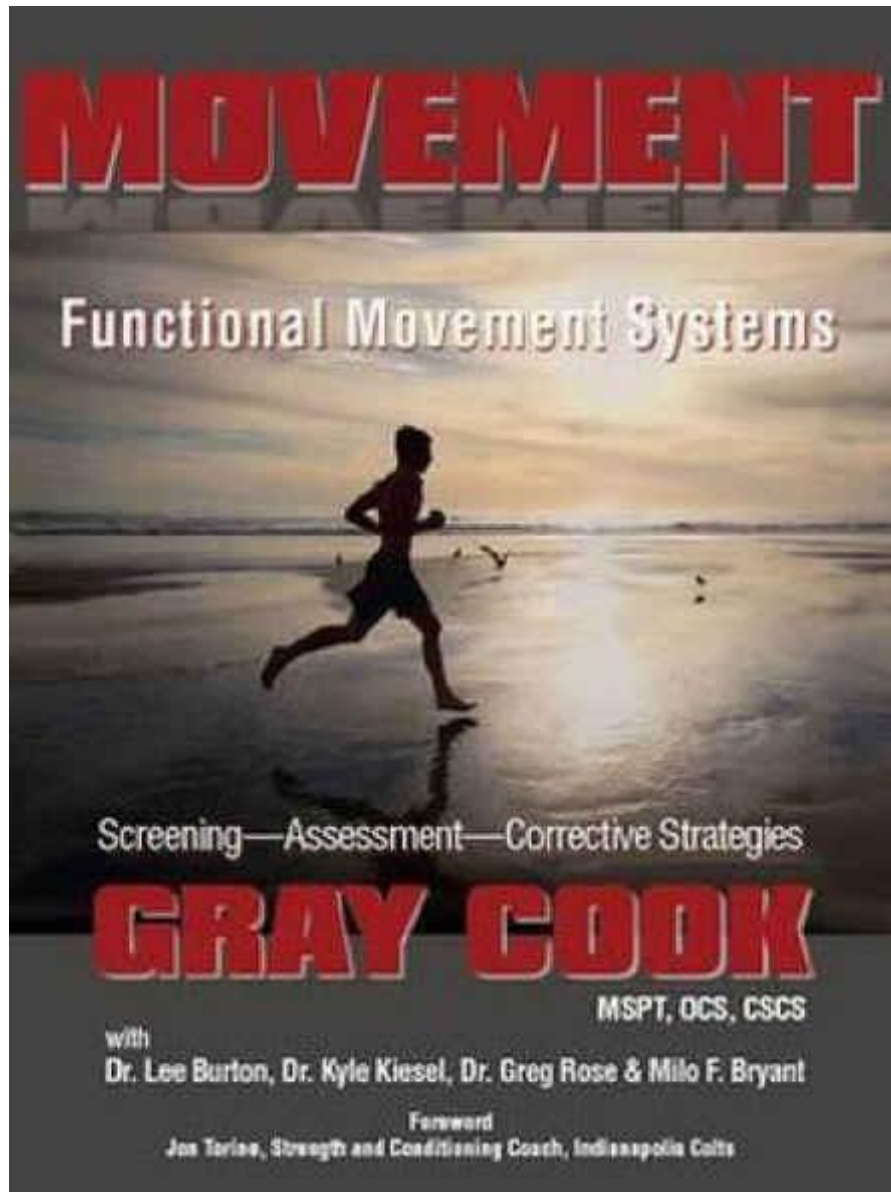
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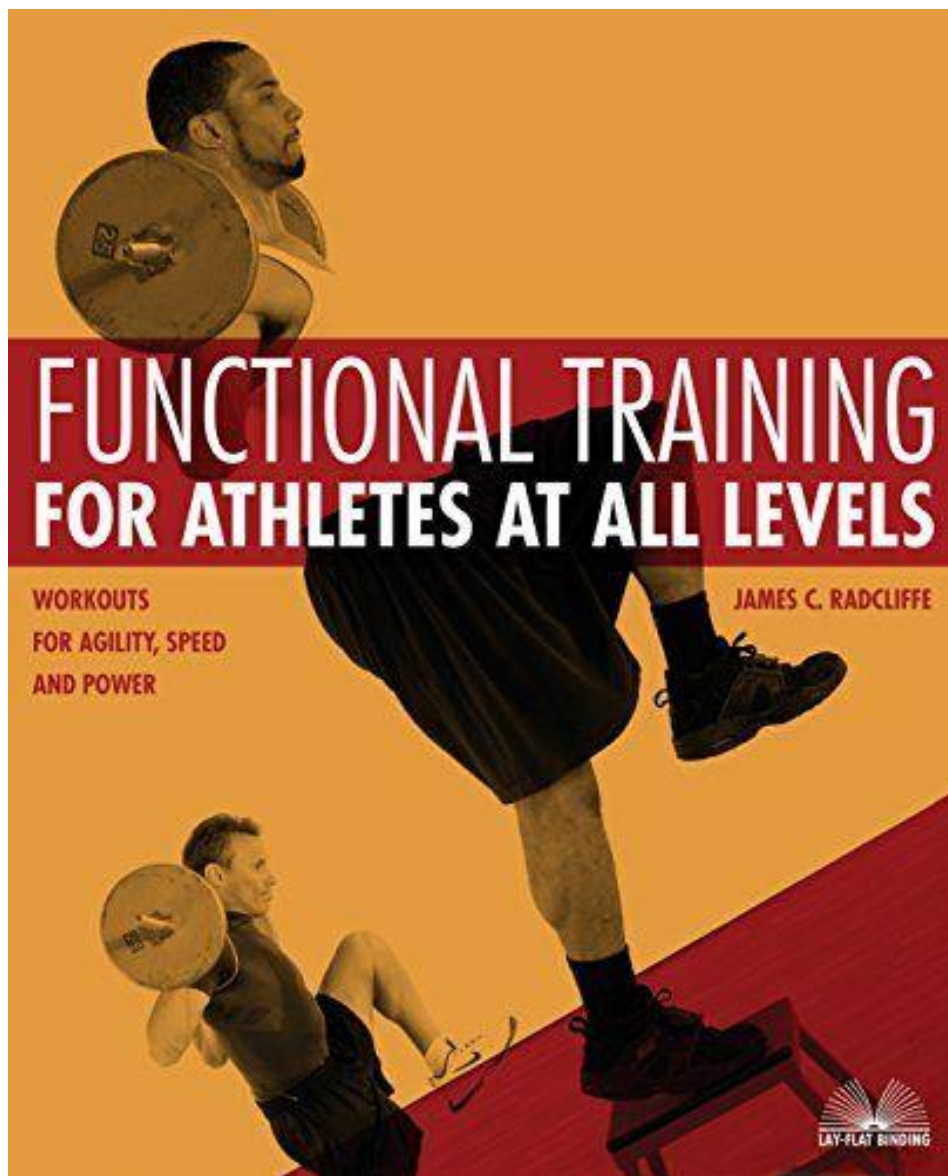
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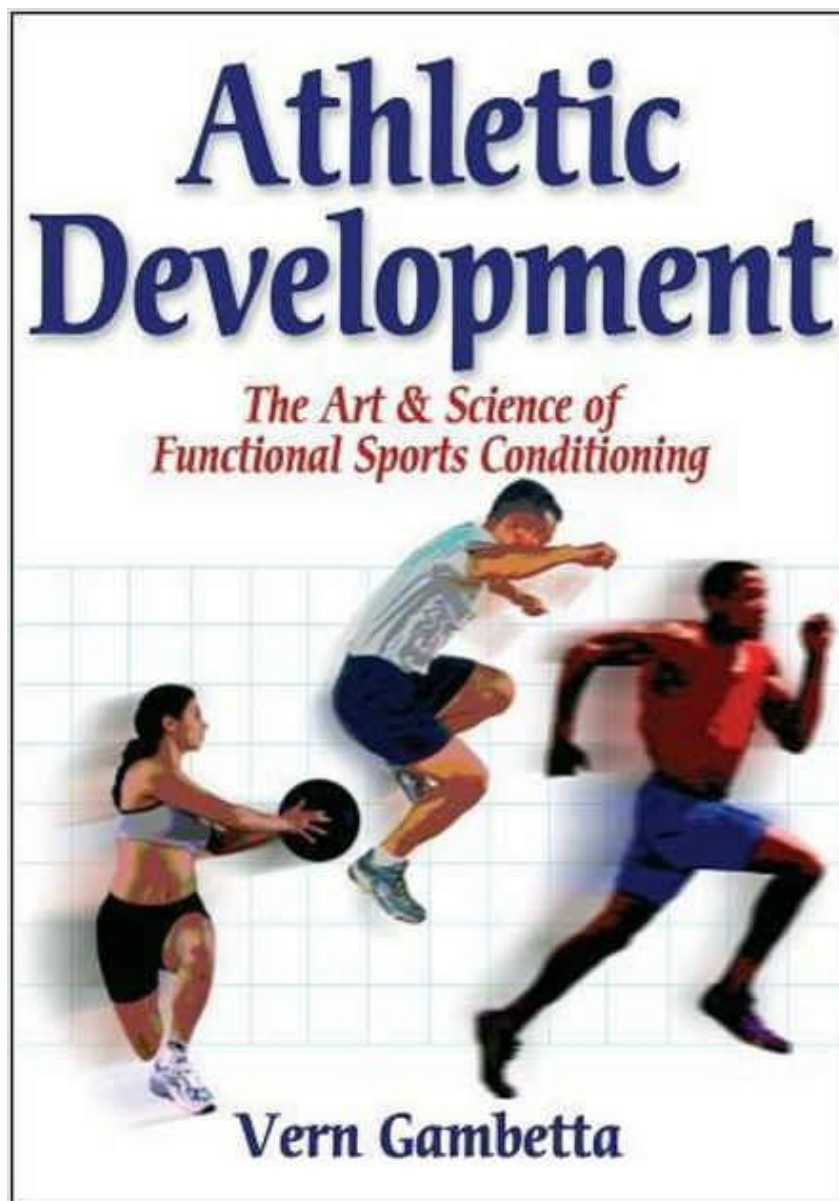
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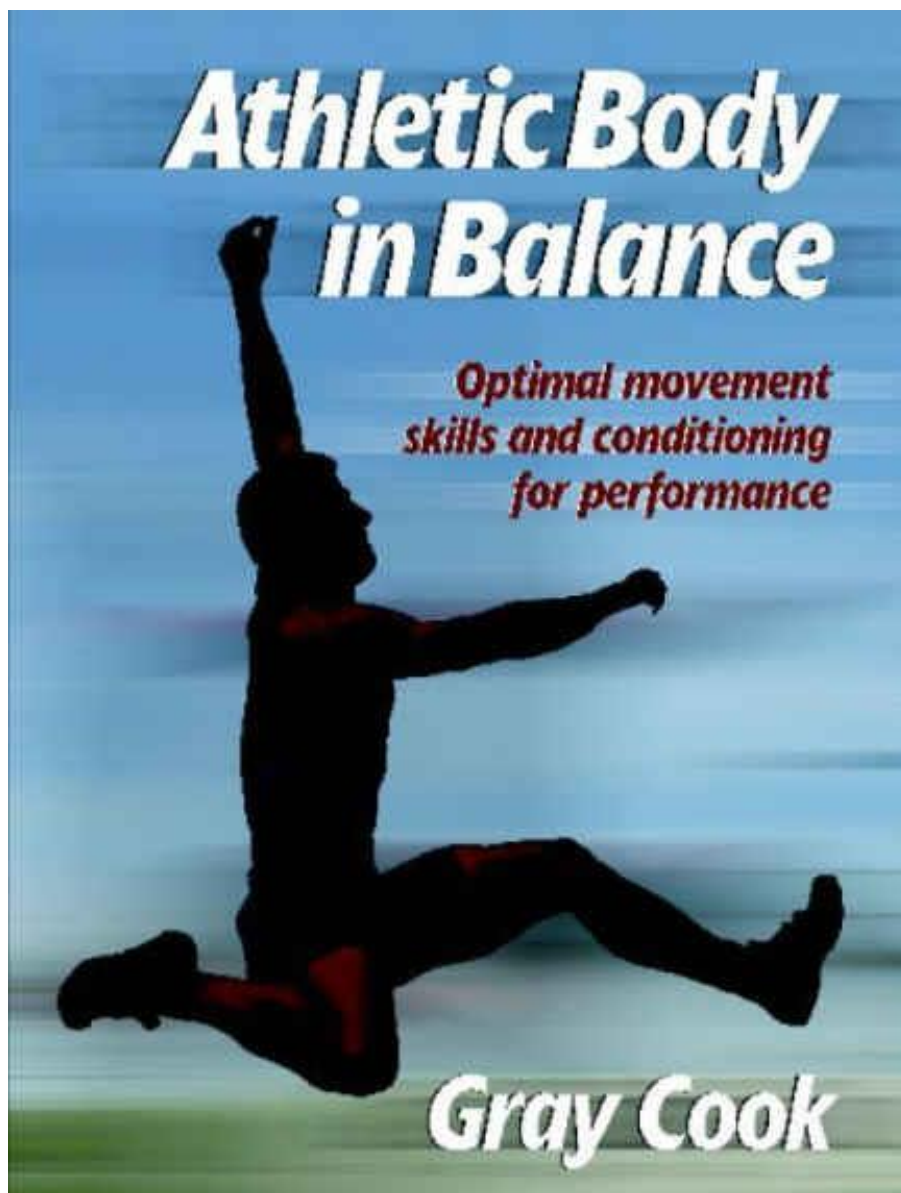
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2007



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2017

FUSION WORKOUTS

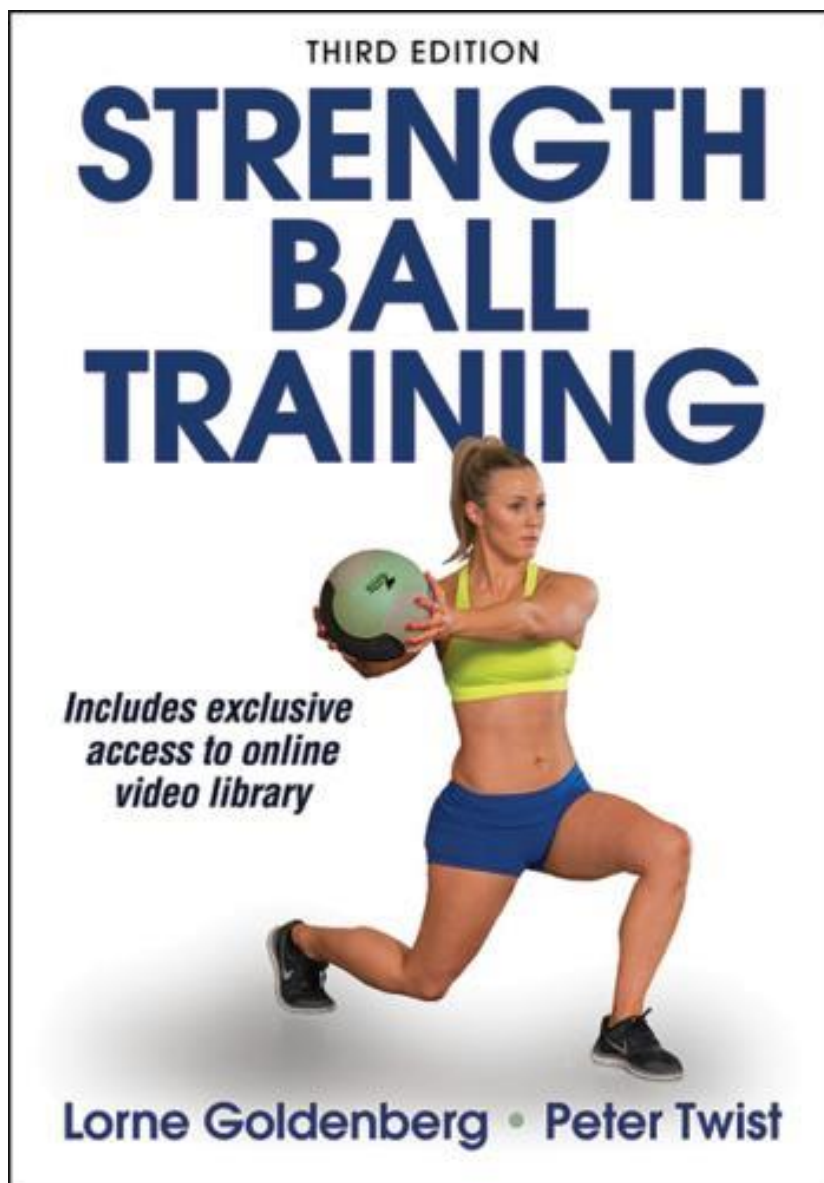
Fitness, Yoga, Pilates, and Barre



Helen Vanderburg

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Fitness, Yoga,
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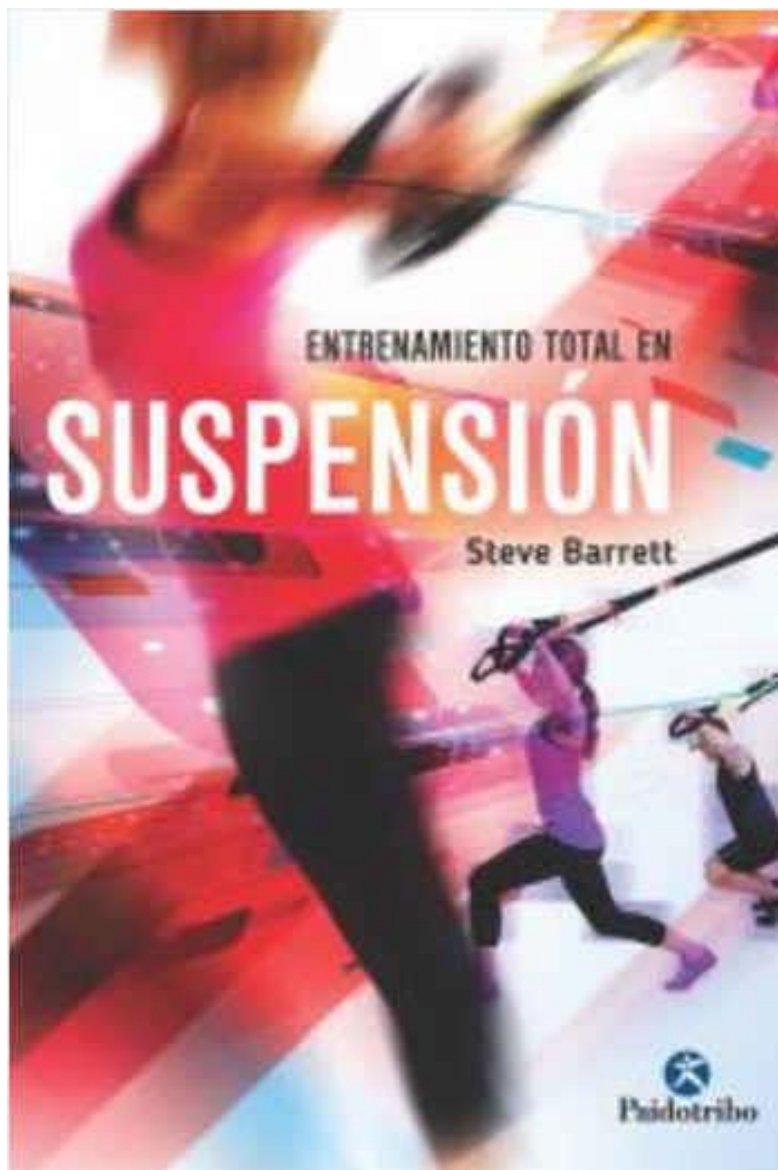
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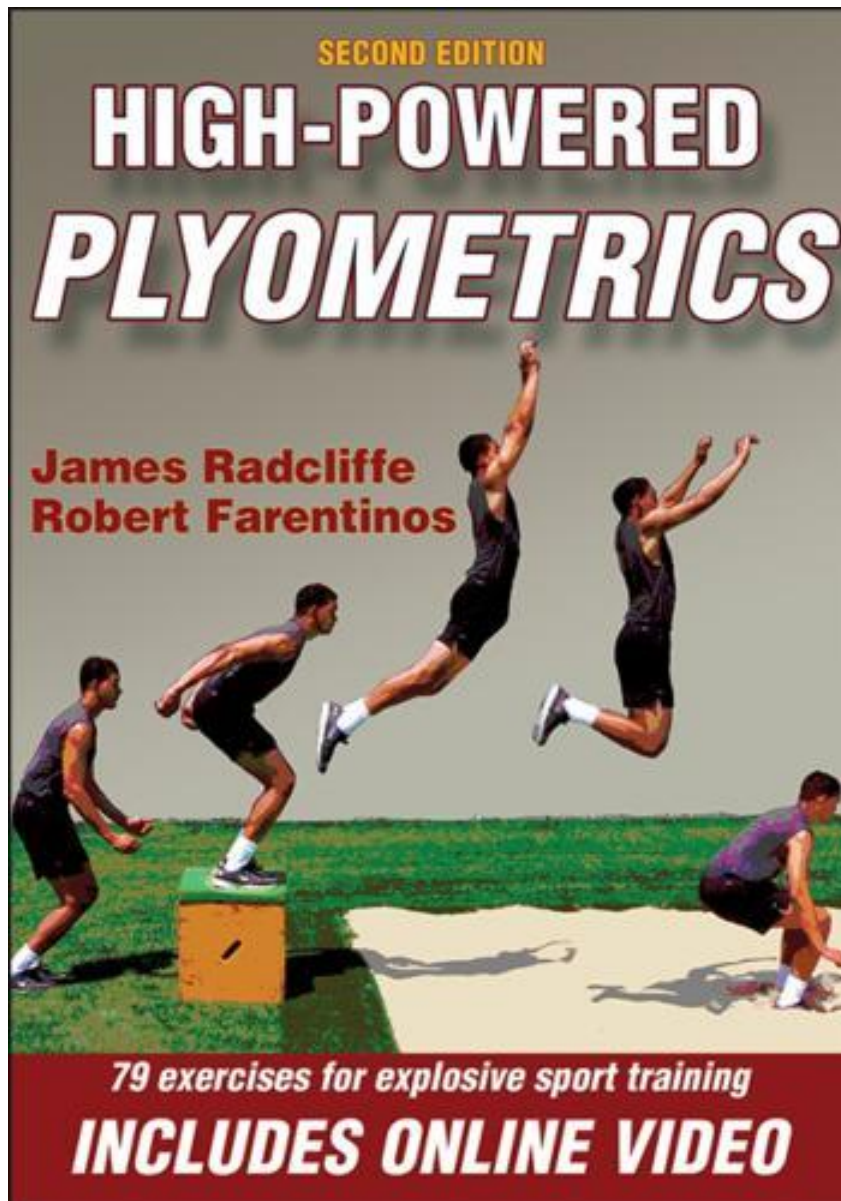
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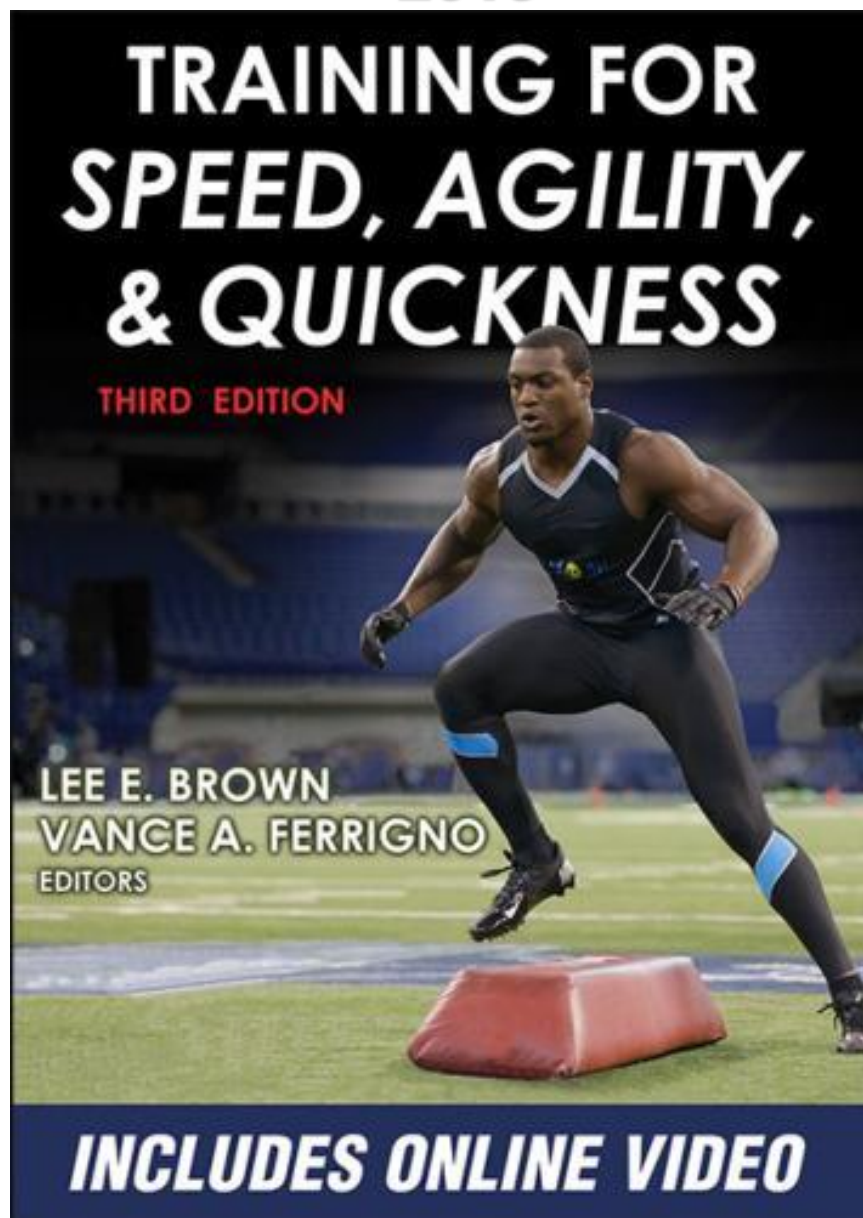
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168 pp

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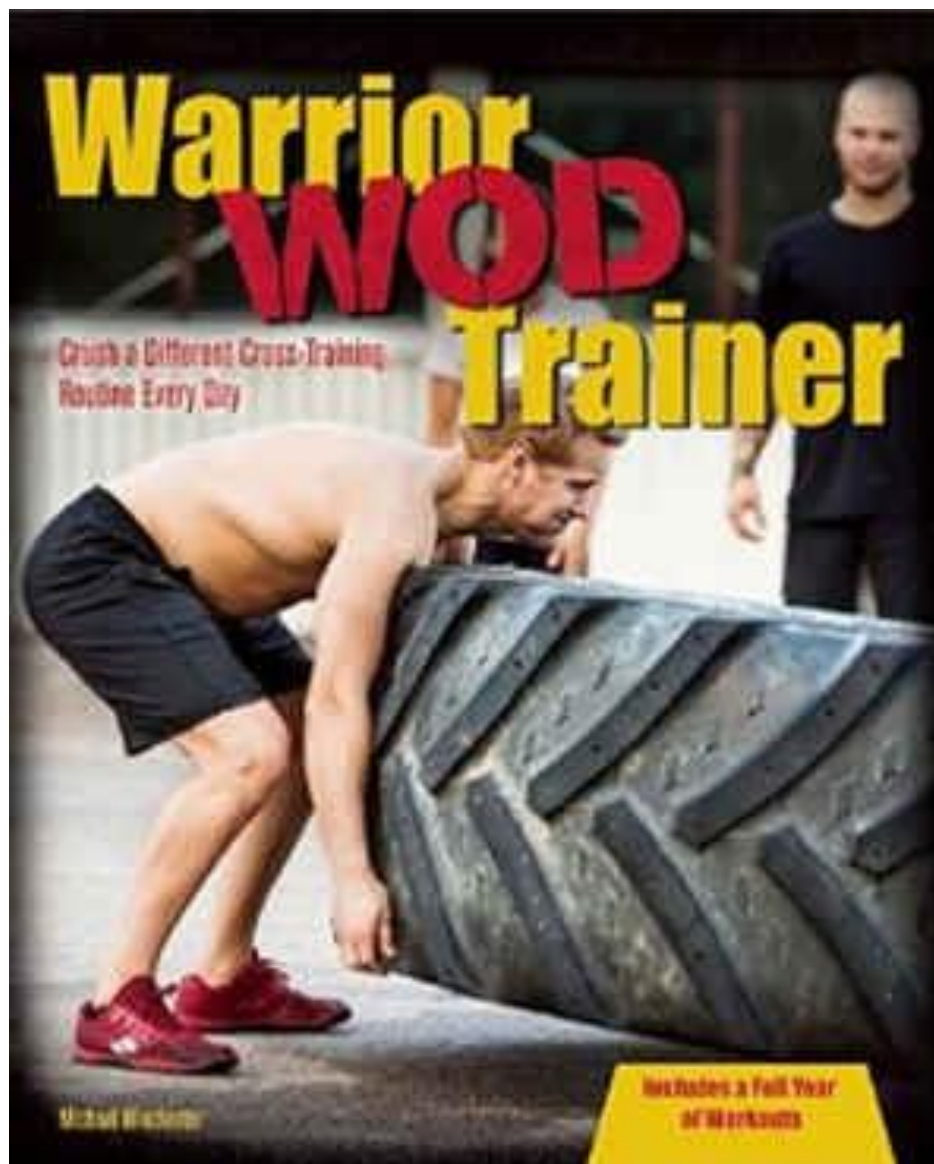
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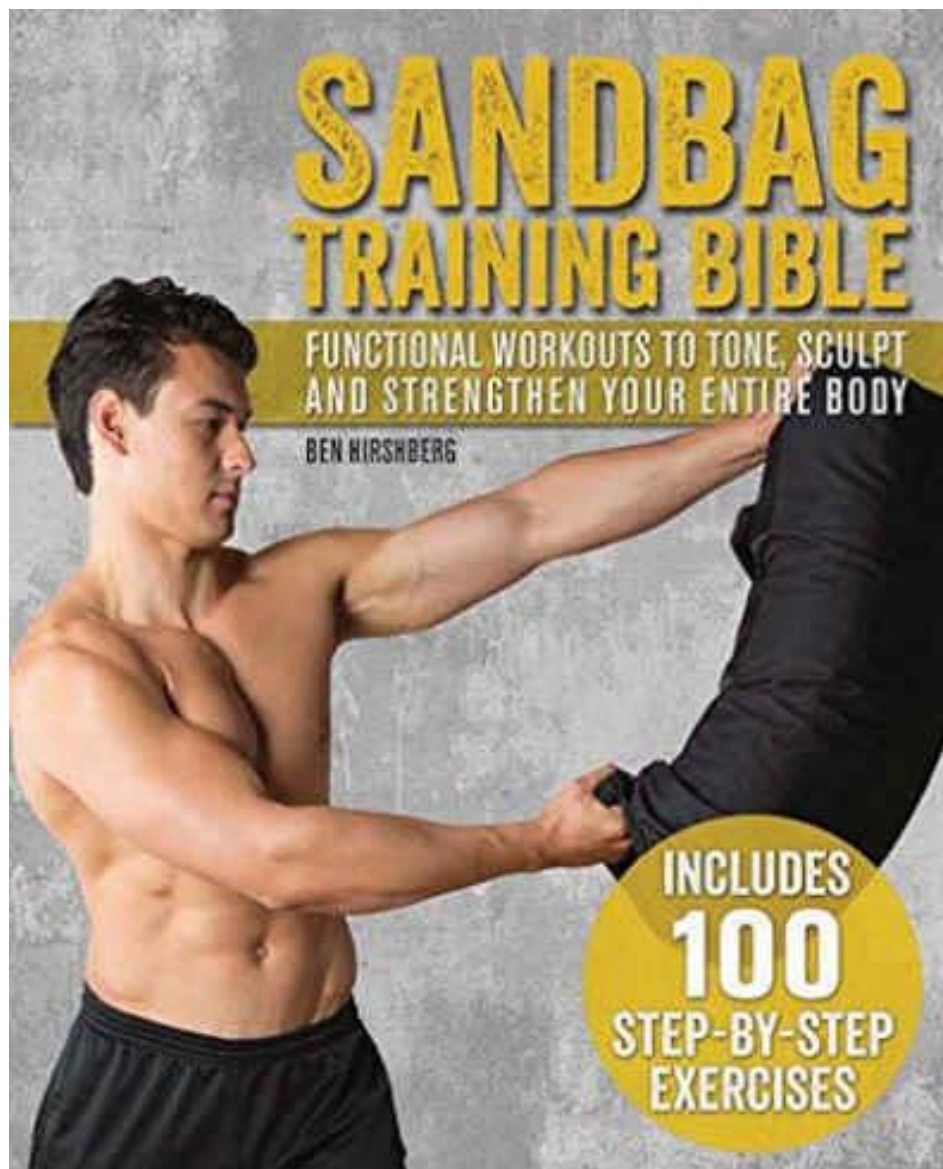
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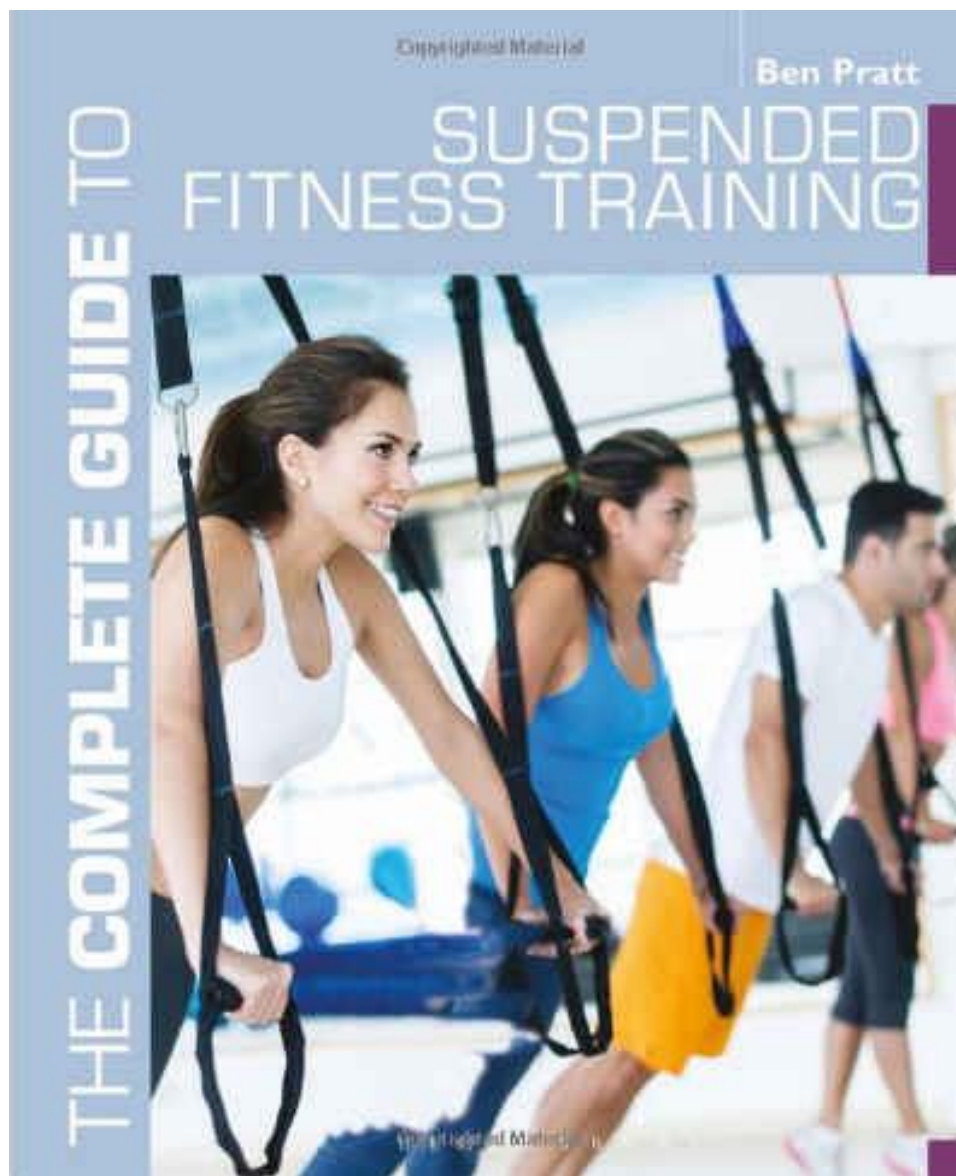
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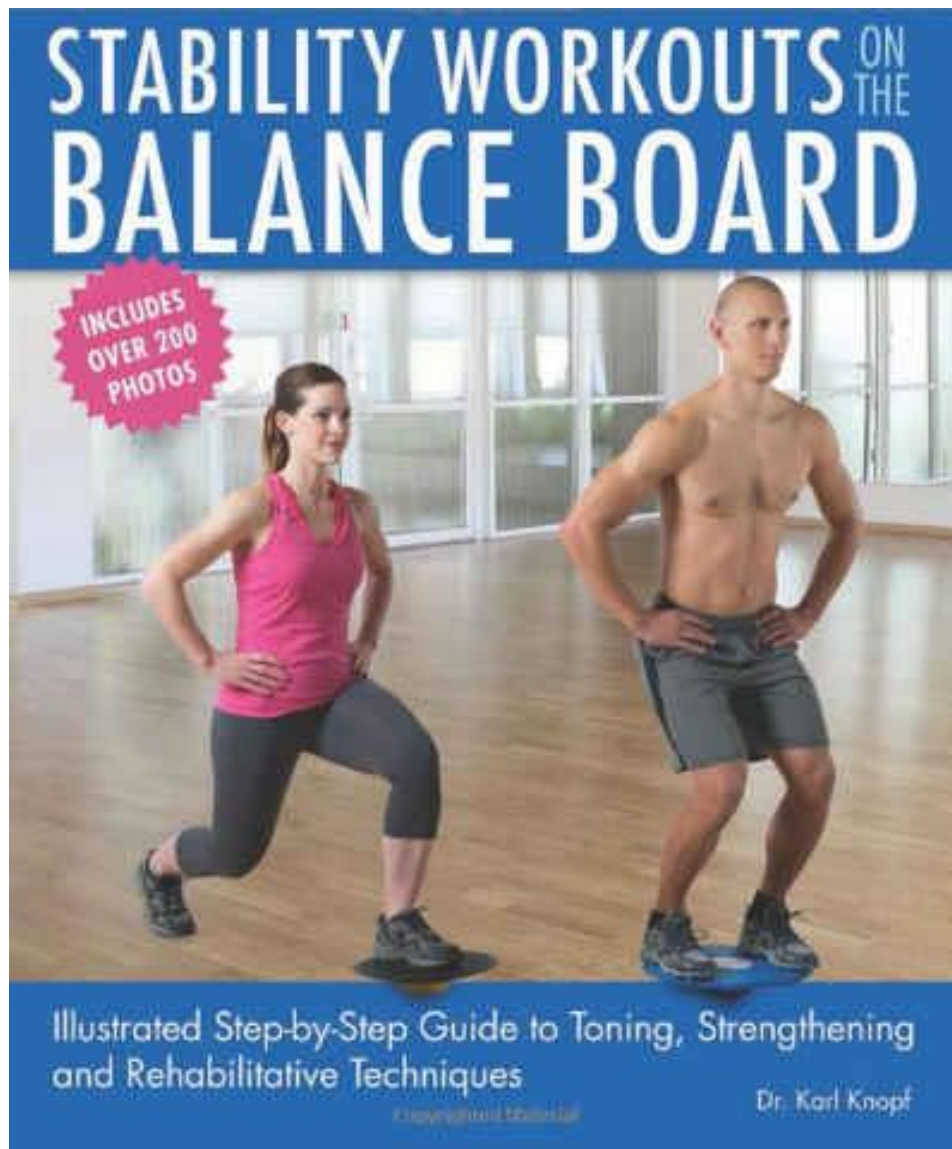
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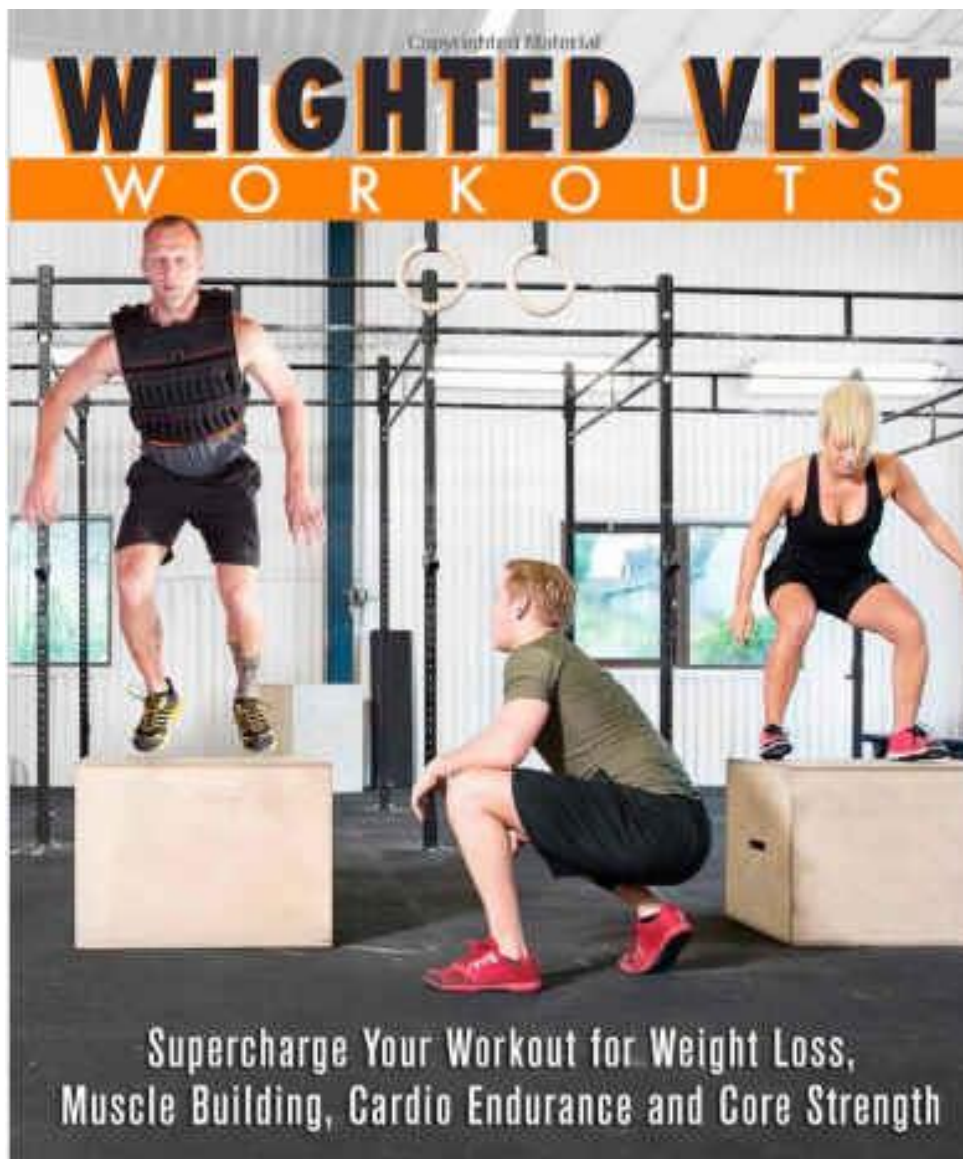
2015

KARINA INKSTER
FOAM ROLLING



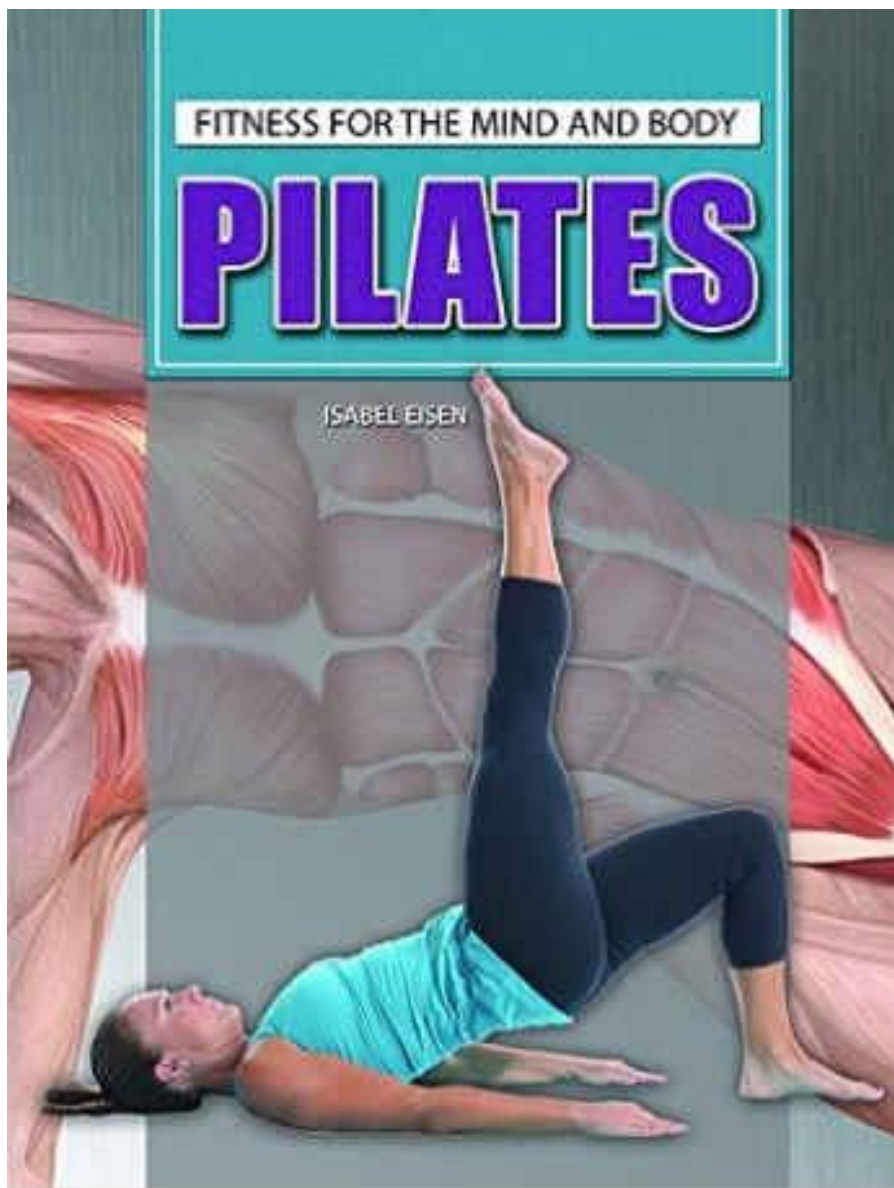
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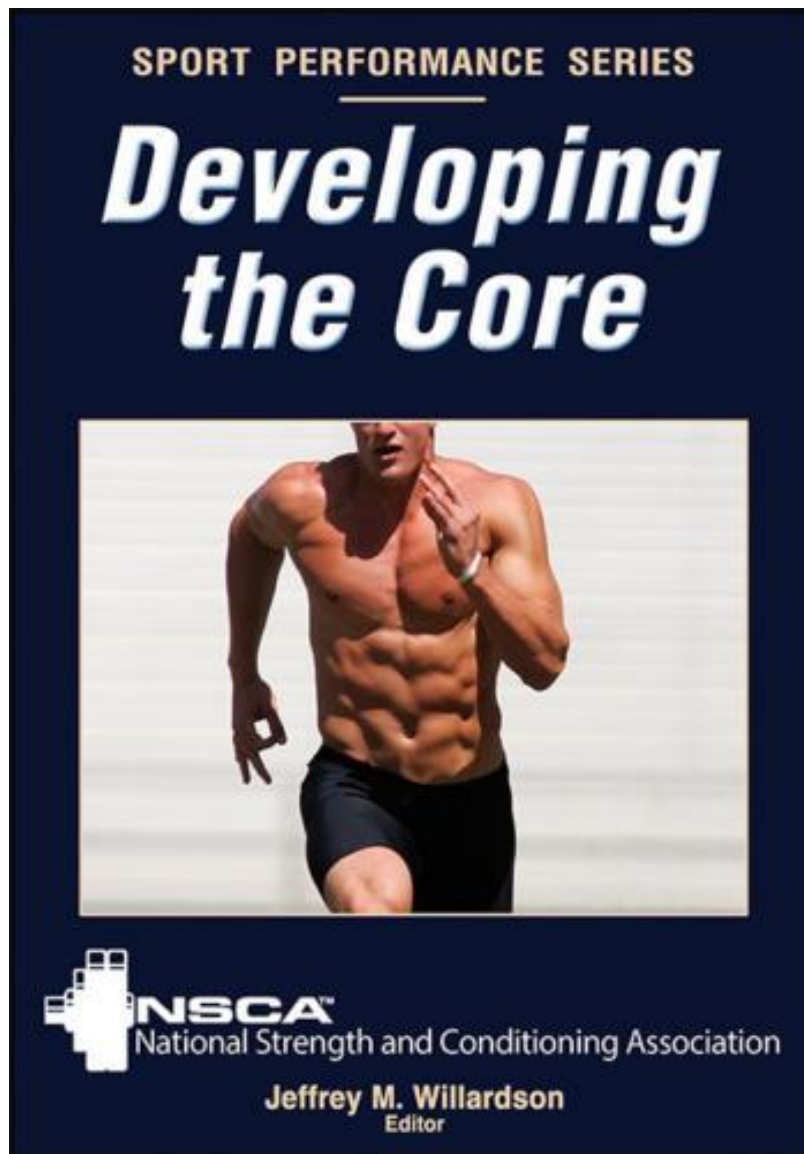
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Supercharge Your
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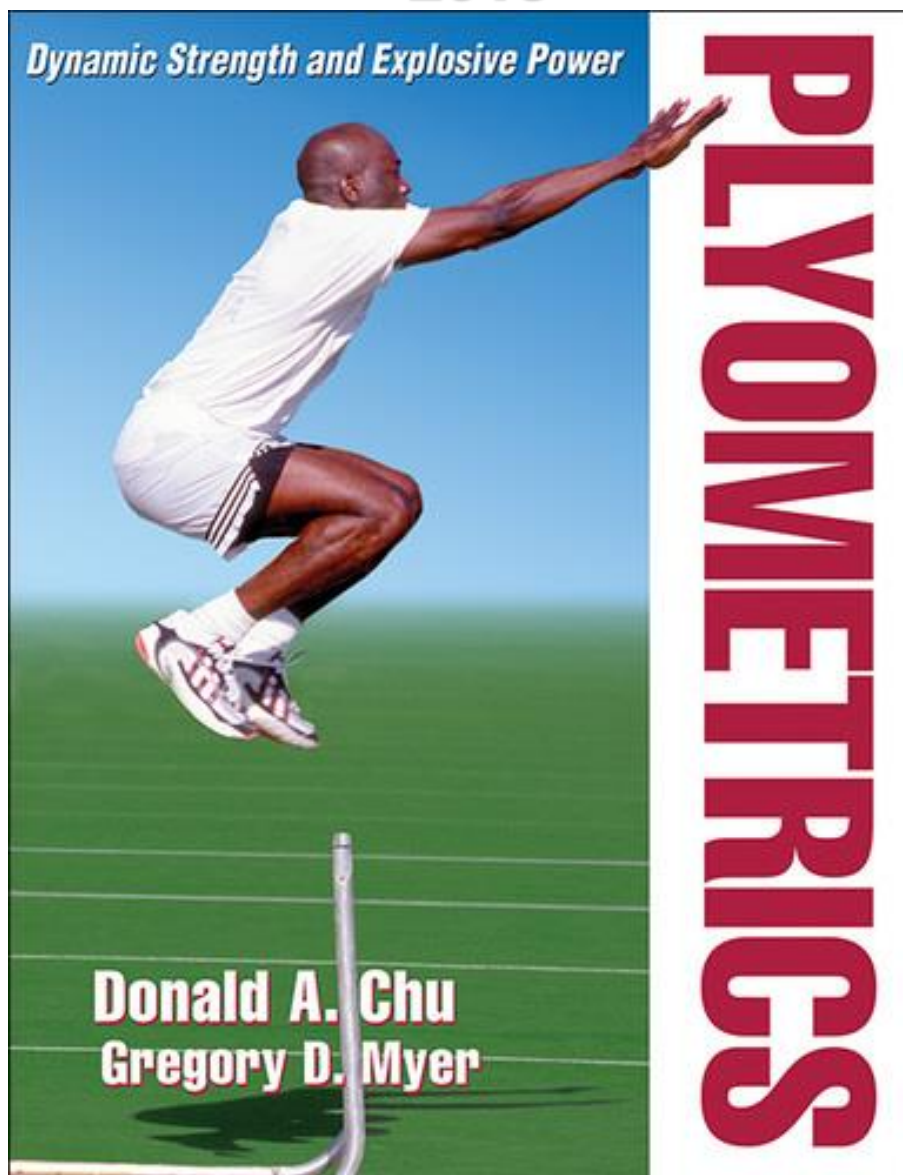
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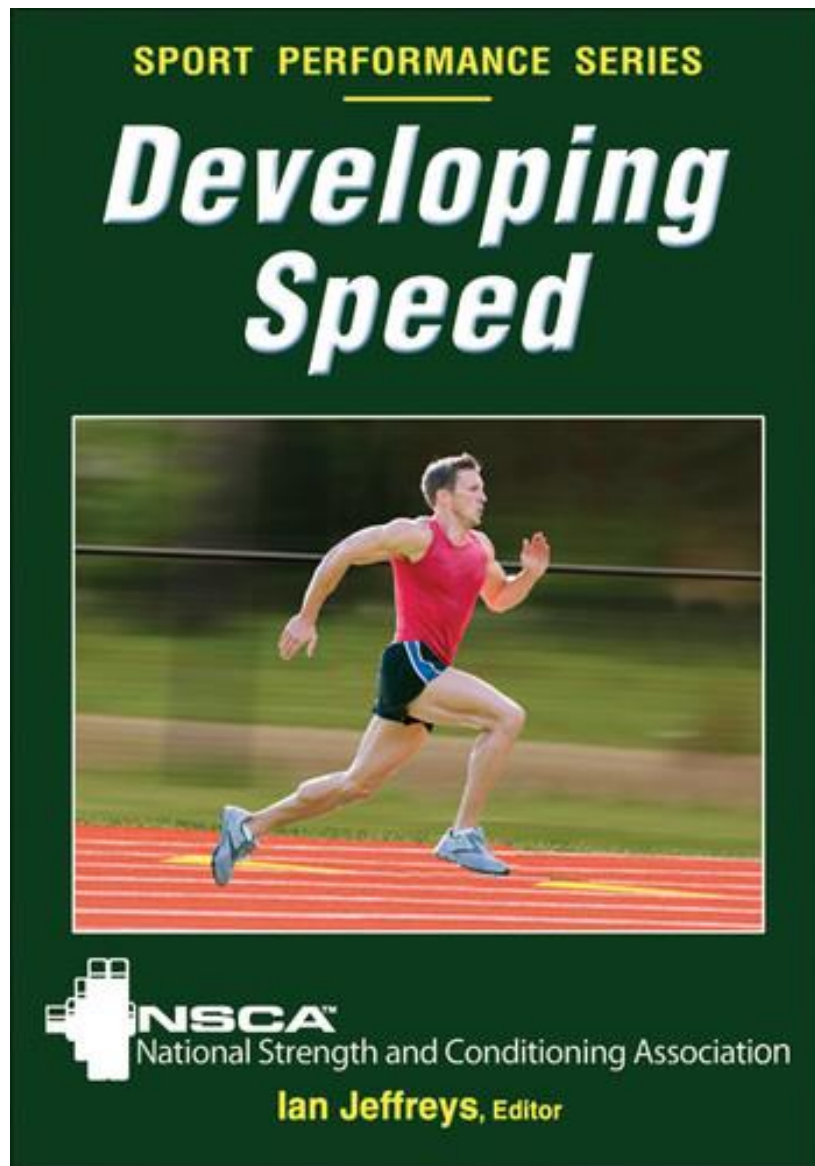
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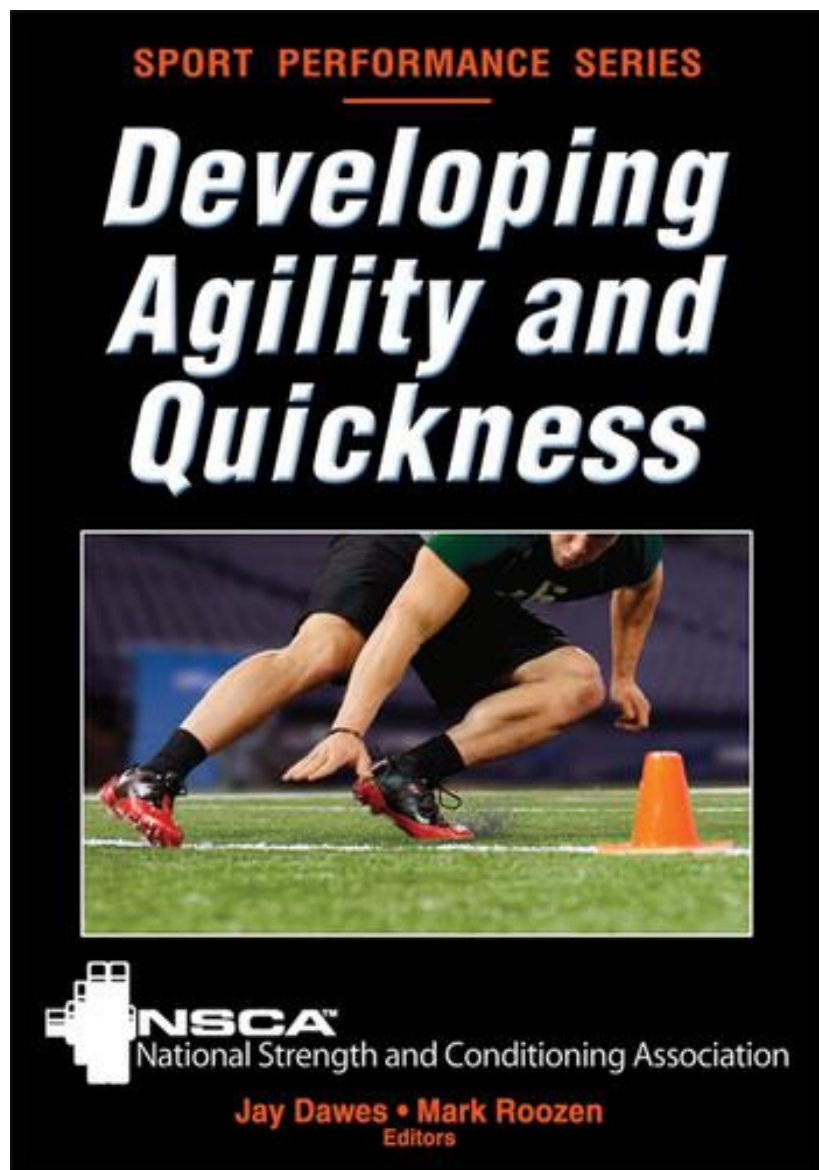
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224 pp.

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Dawes, J., & Roozen, M. (2012).
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2012

Training for Sports Speed and Agility

An evidence-based approach

Paul Gamble

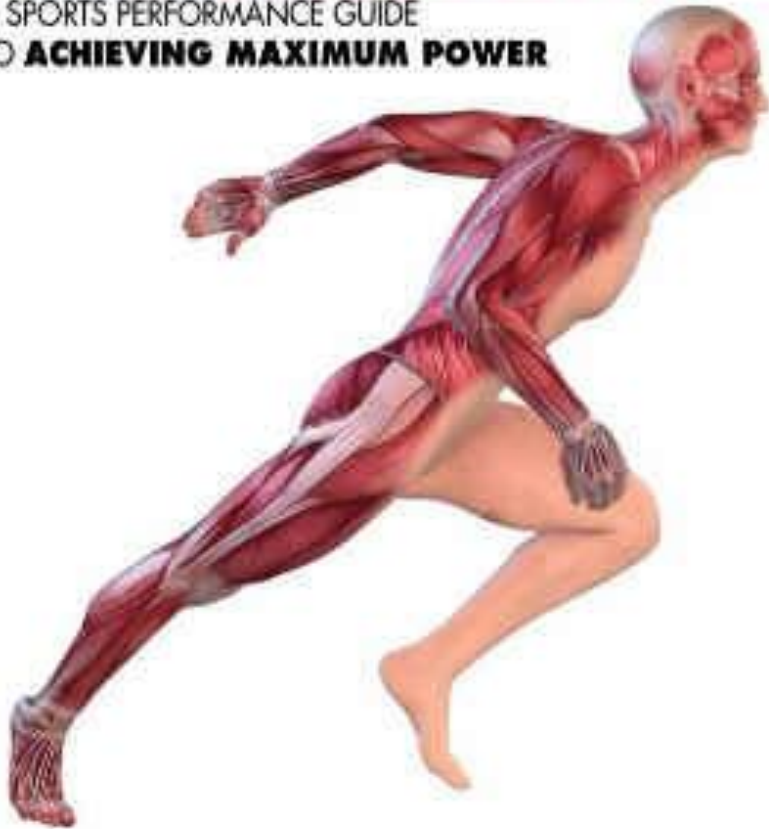


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The
POWERREVOLUTION

A SPORTS PERFORMANCE GUIDE
TO **ACHIEVING MAXIMUM POWER**



SCOTT O'DELL

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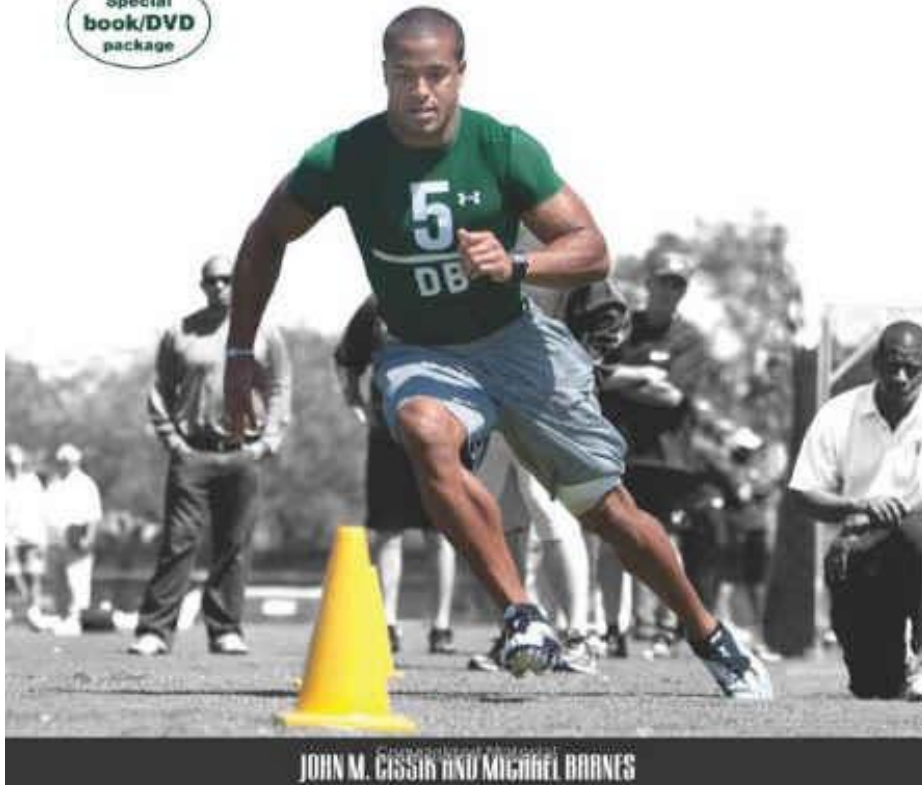
2010

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Sport Speed and Agility Training

SECOND EDITION

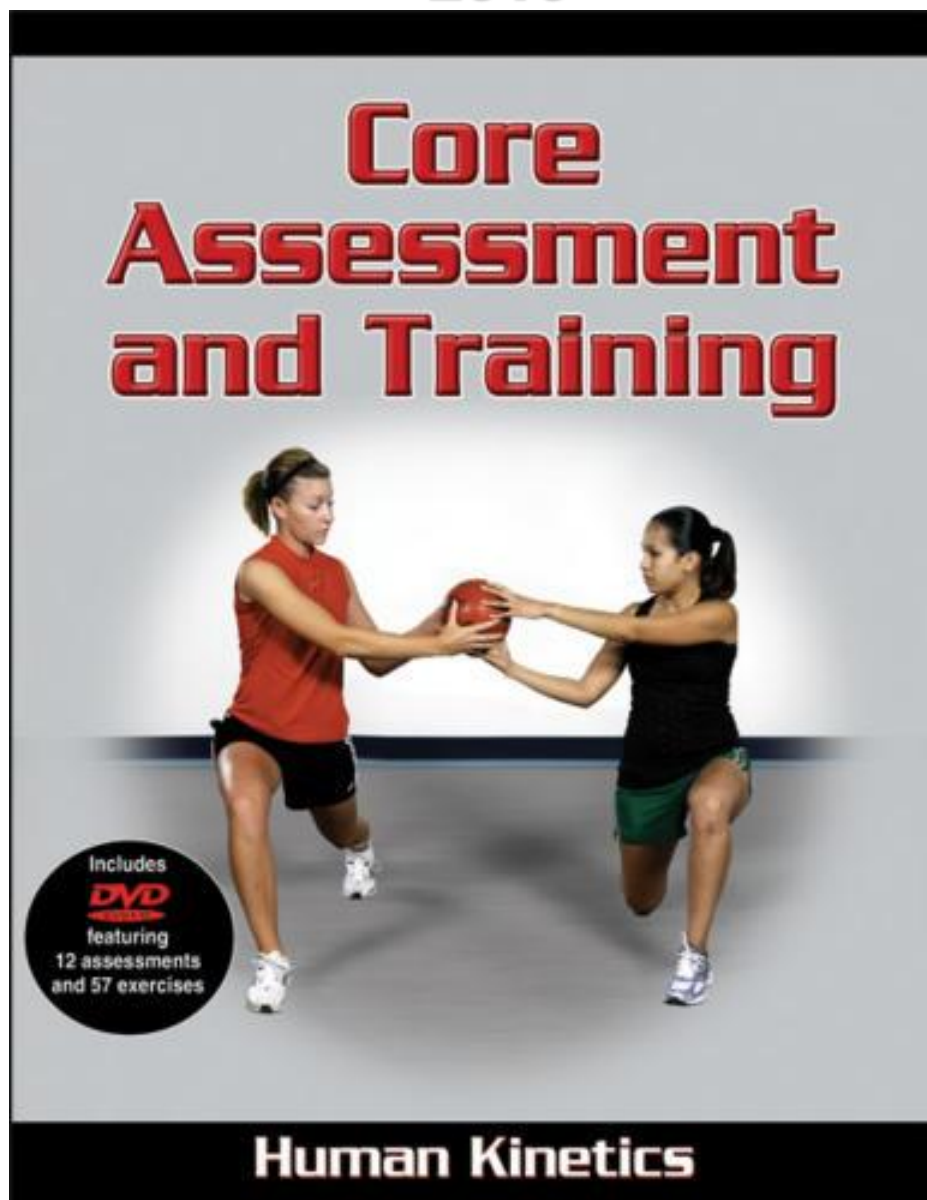
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book/DVD
package



JOHN M. CISSIK AND MICHAEL BARNES

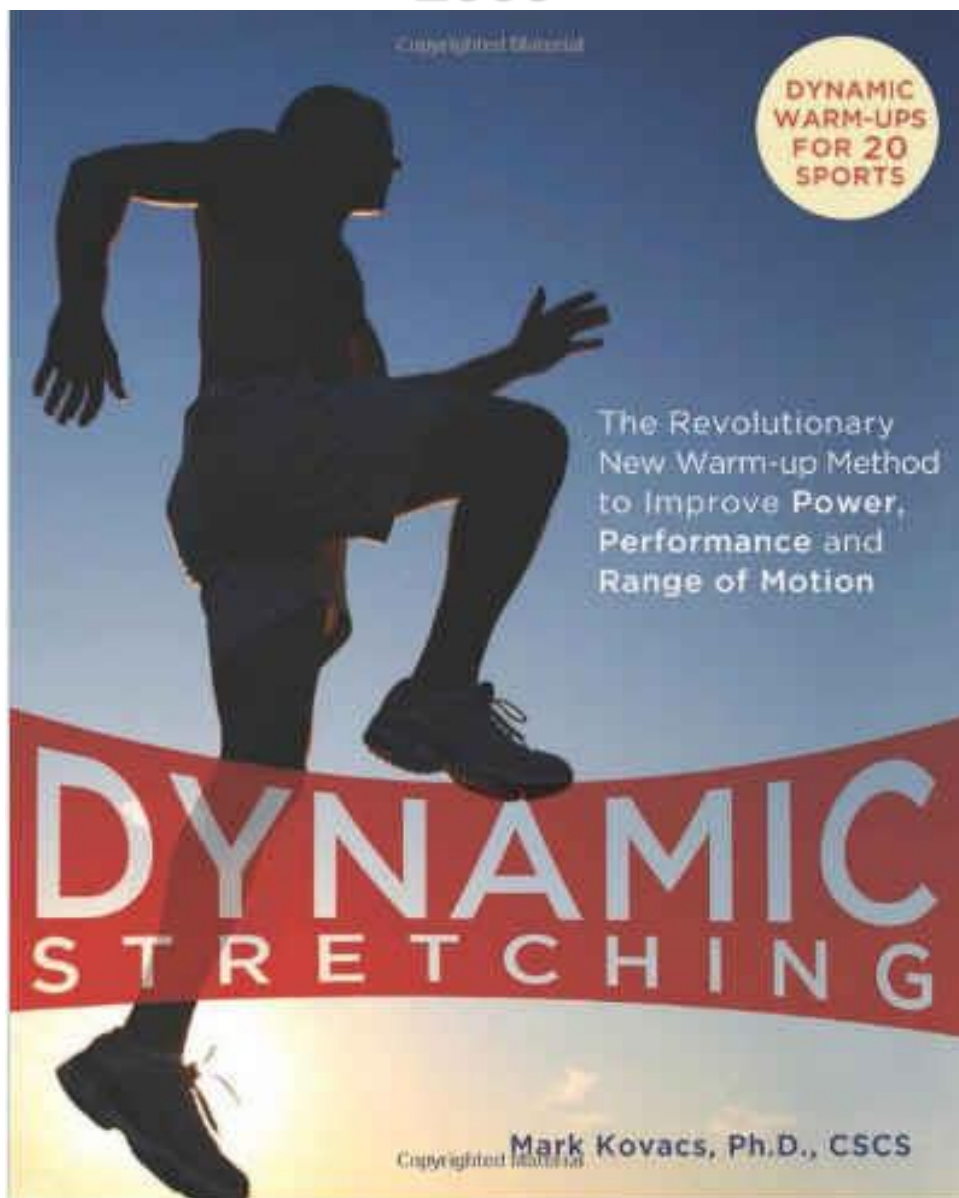
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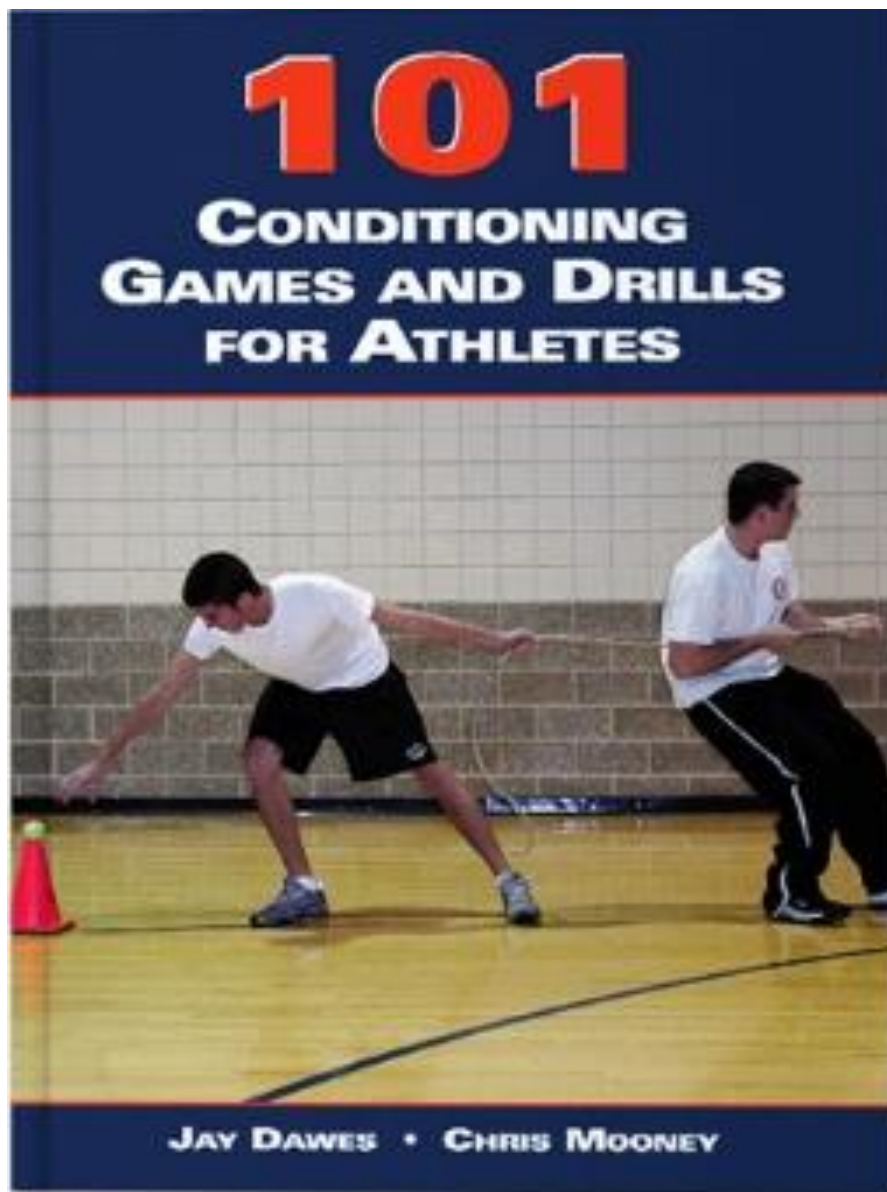
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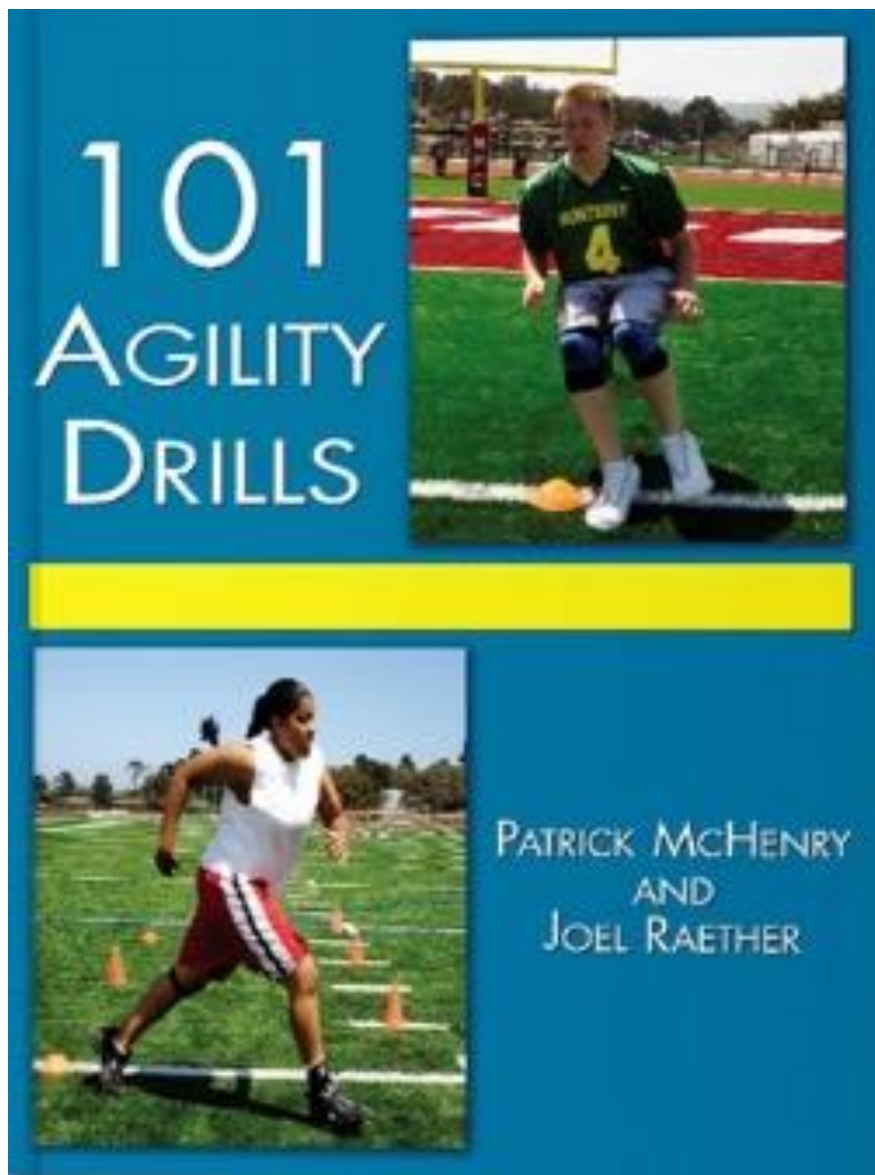
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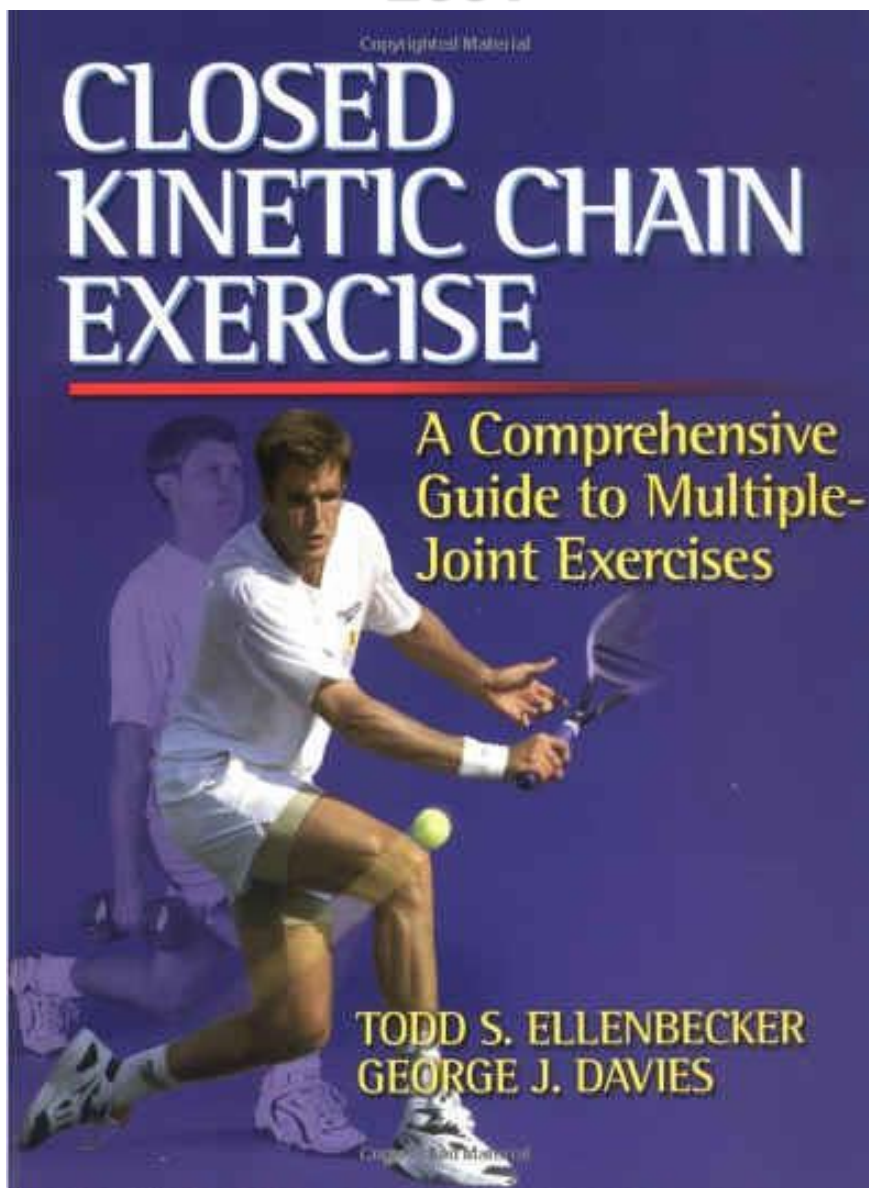
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Guide to Multiple
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Champaign, IL: Human
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RECURSOS ACADÉMICOS:
REVISTAS ARBITRADAS:
ARTÍCULOS DE REVISIÓN
E
INVESTIGACIONES



2016

Journal of Australian Strength and Conditioning

Review of the literature - Functional movement development for athletic performance. J. Aust. Strength Cond. 24(3) 23-40. 2016 © ASCA.

Review of the Literature FUNCTIONAL MOVEMENT DEVELOPMENT FOR ATHLETIC PERFORMANCE

Anthony Webb
Strength & conditioning coach
Exercise physiologist

BLUF

There is reason for implementing a movement screening model, as it may ascertain a benchmark for functional capability with which a strength and conditioning coach can then provide further exercise prescription over time and improve the likelihood of minimizing athletic injury and enhancing performance status longitudinally.

Webb, A. (2016). Functional movement development for athletic performance. *Journal of Australian Strength & Conditioning*, 24(3), 23-40. Recuperado de la base de datos de EBSCOhost (SPORTDiscus with Full Text)

A man in a black t-shirt and dark shorts is performing a pull-up on a yellow bar. He is smiling and looking towards the camera. The gym has a black floor and various pieces of equipment in the background, including a rack of weights and other exercise machines. Two other people are visible in the background, one standing and one walking.

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Integrative Neuromuscular Training and Injury Prevention in Youth Athletes. Part I: Identifying Risk Factors

Azahara Fort-Vanmeerhaeghe, PhD,^{1,2,3} Daniel Romero-Rodriguez, PhD,¹ Alicia M. Montalvo, MS, LAT, ATC, CSCS,⁴ Adam W. Kiefer, PhD,^{5,6,7} Rhodri S. Lloyd, PhD, CSCS*D,⁸ and Gregory D. Myer, PhD, CSCS*D^{5,6,9,10}
¹School of Health and Sport Sciences (EUSES) Universitat de Girona, Salt, Catalonia, Spain; ²Blanquerna Faculty of Psychology, Education Sciences and Sport (FPCEE), Universitat Ramon Llull, Barcelona, Spain; ³Segle XXI Female Basketball Team, Catalan Federation of Basketball, Esplugues de Llobregat, Spain; ⁴Department of Athletic Training, Nicole Wertheim College of Nursing and Health Sciences, Florida International University, Miami, Florida; and Department of Kinesiology, Athletic Training/Sports Medicine Program, Pennsylvania State University, University Park, Pennsylvania; ⁵Division of Sports Medicine, Cincinnati Children's Hospital Medical Center, Cincinnati, Ohio; ⁶Department of Pediatrics, College of Medicine, University of Cincinnati, Cincinnati, Ohio; ⁷Department of Psychology, Center for Cognition, Action and Perception, University of Cincinnati, Cincinnati, Ohio; ⁸Youth Physical Development Unit, Cardiff Metropolitan University, Cardiff, Wales; ⁹Sports Health and Performance Institute, Ohio State University, Sports Medicine, Ohio State University Medical Center, Columbus, Ohio; and ¹⁰Micheli Center for Sports Injury Prevention, Waltham, Massachusetts

Fort-Vanmeerhaeghe, A., Romero-Rodriguez, D., Montalvo, A. M., Kiefer, A. W., Lloyd, R. S., & Myer, G. D. (2016). Integrative neuromuscular training and injury prevention in youth athletes. Part I: Identifying risk factors. ***Strength & Conditioning Journal***, 38(3), 36-48. Recuperado de [http://www.revdesportiva.pt/files/para_publicar/Integrative Neuromuscular Training and Injury.5.pdf](http://www.revdesportiva.pt/files/para_publicar/Integrative_Neuromuscular_Training_and_Injury.5.pdf)

2016

*Walker S. C. Poston, PhD, MPH**; *Christopher K. Haddock, PhD, PStat, NSCA-CPT;*
Katie M. Heinrich, PhD†; *Sara A. Jahnke, PhD**; *Nattinee Jitnarin, PhD**;
COL David B. Batchelor, IN USA (Ret.)‡

Poston, W. C., Haddock, C. K., Heinrich, K. M., Jahnke, S. A., Jitnarin, N., & Batchelor, D. B. (2016). Is High-intensity functional training (HIFT)/CrossFit safe for military fitness training?. *Military Medicine*, *181*(7), 627-637. doi:10.7205/MILMED-D-15-00273. Recuperado de la base de datos de EBSCOhost (SPORTDiscus with Full Text)

THE MOVEMENT-BASED PROGRAMMING METHOD FOR SELECT POPULATIONS

by Matt King, M.Ed., CSCS and Dixie Stanforth, Ph.D.

King, M., & Stanforth, D. (2015). The movement-based programming method for select populations. *ACSM s Health & Fitness Journal*, 19(1), 17-22. Recuperado de http://journals.lww.com/acsm-healthfitness/Fulltext/2015/01000/THE_MOVEMENT_BASED_PROGRAMMING_METHOD_FOR_SELECT.6.aspx

2015

ARTICLE

Neuromuscular Exercise as Treatment of Degenerative Knee Disease

Eva Ageberg¹ and Ewa M. Roos²

¹Department of Health Sciences, Lund University, Lund, Sweden; and ²Institute of Sports and Clinical Biomechanics, University of Southern Denmark, Odense, Denmark

AGEBERG, E. and E.M. ROOS. Neuromuscular exercise as treatment of degenerative knee disease. *Exerc. Sport Sci. Rev.*, Vol. 43, No. 1, pp. 14–22, 2015. *Exercise is recommended as first-line treatment of degenerative knee disease. Our hypothesis is that neuromuscular exercise is feasible and at least as effective as traditionally used strength or aerobic training but aims to target more closely the sensorimotor deficiencies and functional instability associated with the degenerative knee disease than traditionally used training methods.*

Key Words: exercise therapy, knee joint, osteoarthritis, patient-reported outcomes, performance-based measures

Ageberg, E., & Roos, E. M. (2015). Neuromuscular exercise as treatment of degenerative knee disease. *Exercise & Sport Sciences Reviews*, 43(1), 14-22. Recuperado de [http://journals.lww.com/acsm-essr/Fulltext/2015/01000/Neuromuscular Exercise as Treatment of.5.aspx](http://journals.lww.com/acsm-essr/Fulltext/2015/01000/Neuromuscular_Exercise_as_Treatment_of.5.aspx)

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DOI: [http://dx.doi.org/10.5672/apunts.2014-0983.es.\(2014/2\).116.06](http://dx.doi.org/10.5672/apunts.2014-0983.es.(2014/2).116.06)

Integrated Training. Dynamic principles and applications

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2014

Fitness Focus

Copy-and-Share by Brad A. Roy, Ph.D., FACSM, FACHE

FUNctional Exercise Training

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Functional fitness training is one of the hottest trends in the fitness arena today, earning the number 8 spot in ACSM's worldwide survey of fitness trends for 2014. Many fitness clubs have implemented classes that incorporate functional movements, whereas programs such as CrossFit, P90X, Core Performance, and others have gained wide popularity. Some people have even designed their own backyard obstacle courses and events that require total body conditioning (e.g., the Spartan Race), and these events have brought flocks of people to the starting line.

weekend of yard work, participating in a softball game, or simply demonstrating to a youth soccer team how to change directions while moving the ball downfield.

Participation in functional exercise activities also will help minimize declines in strength, coordination, balance, and many other functional attributes associated with aging. Annually, numerous people incur severe injuries because of trips and falls. Many of these events could be prevented by including patterns of movement in an exercise program that develop kinesthetic awareness, body control, and balance. On the other end of the

Roy, B. A. (2014). FUNctional exercise training. *ACSM's Health & Fitness Journal*, 18(3), 3. Recuperado de http://journals.lww.com/acsm-healthfitness/Fulltext/2014/05000/FUNctional_Exercise_Training.3.aspx

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DOI 10.1007/s11556-014-0144-1

Systematic review of functional training on muscle strength, physical functioning, and activities of daily living in older adults

Liu, C., Shiroy, D., Jones, L., & Clark, D. (2014). Systematic review of functional training on muscle strength, physical functioning, and activities of daily living in older adults. *European Reviews of Aging & Physical Activity*, 11(2), 95-106. Recuperado de la base de datos de EBSCOhost (SPORTDiscus with Full Text)

2014

BY MICHOL DALCOURT

Loaded Movement Training

Back in Canada, when my colleagues and I developed strength and fitness programs for hockey athletes, we began to notice something fascinating: Farm kids had distinct advantages when their “farm strength” was transferred to the ice. These young athletes were stronger on the puck, stronger in front of the net when battling their opponents, and stronger in odd body positions.

Dalcourt, M. (2014). Loaded movement training. *IDEA Fitness Journal*, 11(5), 30-37. Recuperado de la base de datos de EBSCOhost (SPORTDiscus with Full Text)

2013



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by James A. Peterson, Ph.D., FACSM



Nice-to-Know Facts About Functional Training

Peterson, J. A. (2013). Take ten. 10 nice-to-know facts about functional training. *ACSM's Health & Fitness Journal*, 17(5), 48. Recuperado de http://journals.lww.com/acsm-healthfitness/Fulltext/2013/09000/10_Nice_to_Know_Facts_About_Functional_Training.15.aspx



2013

10,000 WORKOUTS IN 10 MINUTES

Movement-based Programming

by Matt King, M.Ed., CSCS and Dixie Stanforth, Ph.D.

King, M., & Stanforth, D. (2013). 10,000 workouts in 10 minutes: Movement-based programming. *ACSM's Health & Fitness Journal*, 17(1), 5-14. Recuperado de http://journals.lww.com/acsm-healthfitness/Fulltext/2013/01000/10,000_WORKOUTS_IN_10_MINUTES_Movement_based.5.aspx

2012



The Significant

Principles of Functional Training for Mature Adults

By Cody Sipe, PhD, and Dan Ritchie, PhD



Sipe, C., & Ritchie, D. (2012). The significant 7 principles of functional training for mature adults. *IDEA Fitness Journal*, 9(1), 42-49. Recuperado de la base de datos de EBSCOhost (SPORTDiscus with Full Text)

2012

Wouldn't You Like To Know

by Barbara Bushman, Ph.D., FACSM

Neuromotor Exercise Training

Q: FOR A COMPLETE EXERCISE PROGRAM, NEUROMOTOR EXERCISE TRAINING HAS BEEN RECOMMENDED, ALONG WITH AEROBIC ACTIVITY, RESISTANCE TRAINING, AND FLEXIBILITY EXERCISES. WHAT IS "NEUROMOTOR EXERCISE TRAINING"? IS THIS A NEW RECOMMENDATION FOR EVERYONE?

Bushman, B. A. (2012). Wouldn't you like to know. Neuromotor exercise training. *ACSM's Health & Fitness Journal*, 16(6), 4-7.
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2012



COLUMN EDITOR: Paul Sorace, MS, RCEP, CSCS*D

Do Single-Joint Exercises Enhance Functional Fitness?

¹Department of Exercise Science, Lehman College, Bronx, New York; and ²Department of Sport Science, Auckland University of Technology, Auckland, New Zealand

Schoenfeld, B., & Contreras, B. (2012). Do single-joint exercises enhance functional fitness? *Strength & Conditioning Journal*, 34(1), 63-65. Recuperado de <https://bretcontreras.com/wp-content/uploads/Do-Single-Joint-Exercises-Enhance-Functional-Fitness.pdf>

Open Access

Jeremiah O'Driscoll¹ and Eamonn Delahunt^{2,3*}



2011

E-Bm.com Revista de Ciencias del Deporte



PREPARACIÓN FÍSICA INTEGRADA EN DEPORTES DE COMBATE

Integrated physical training in combat sports

Raquel Hernández García ¹

Gema Torres Luque ²

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² Universidad de Jaén

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06007 Badajoz
Mail: raquel_h_garcia@hotmail.com

Hernández García, R., & Torres Luque, G. (2011). Preparación física integrada en deportes de combate. *E-Balonmano.Com: Journal of Sports Science / Revista de Ciencias del Deporte*, 731-38. Recuperado de <http://www.e-balonmano.com/ojs/index.php/revista/article/view/72/68>

2011

A CRITICAL LOOK AT FUNCTIONAL TRAINING

Matt Brzycki
Princeton University

Brzycki, M. (2011). A critical look at functional training. *Texas Coach*, (January), 44-47. Recuperado de <https://www.princeton.edu/campusrec/stephens-fitness-center/fitness-articles/MB-2011-01a.pdf>

2011

Pediatric Physical Activity

Integrative neuromuscular training for youth

Entrenamiento muscular integrado para jóvenes

Naclerio, F.¹, Faigenbaum, A.²

Naclerio, F., & Faigenbaum, A. (2011). Integrative neuromuscular training for youth. **Revista Kronos**, 10(1), 49-56. Recuperado de la base de datos de EBSCOhost (SPORTDiscus with Full Text)

2011



Pediatric Physical Activity

Exercise is sports medicine in youth: Integrative neuromuscular training to optimize motor development and reduce risk of sports related injury

*El ejercicio es medicina deportiva en jóvenes:
entrenamiento neuromuscular integrado para optimizar
el desarrollo motor y reducir el riesgo en las lesiones deportivas*

Myer, G.D.^{1,2,3,4}, Faigenbaum, A.D.⁵

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2011

TRAINING

When to Initiate Integrative Neuromuscular Training to Reduce Sports-Related Injuries and Enhance Health in Youth?

Gregory D. Myer, PhD, CSCS^{1,2,4,7}; Avery D. Faigenbaum, EdD, FACSM³;
Kevin R. Ford, PhD, FACSM^{1,2}; Thomas M. Best, MD, PhD, FACSM^{4,5};
Michael F. Bergeron, PhD, FACSM⁶; and Timothy E. Hewett, PhD, FACSM^{1,2,4,7}

Myer, G. D., Faigenbaum, A. D., Ford, K. R., Best, T. M., Bergeron, M. F., & Hewett, T. E. (2011). When to Initiate Integrative Neuromuscular Training to Reduce Sports-Related Injuries and Enhance Health in Youth?. *Current Sports Medicine Reports*, 10(3), 157-166. Recuperado de <http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3105332/pdf/nihms-289927.pdf>

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FUNCTIONAL TRAINING

by Susan G. Beckham, Ph.D., FACS, RCEP, CSCS, and Michael Harper, M.Ed.

healthfitness/Fulltext/2010/11000/FUNCTIONAL TRAINING_Fad or Here to Stay .8.aspx

2006

Journal of Bodywork and Movement Therapies (2006) 10, 154–158



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Bodywork and
Movement Therapies

www.intl.elsevierhealth.com/journals/jbmt

SELF MANAGEMENT: CLINICIAN SECTION

Functional training for performance enhancement—Part 1: The basics ☆

Craig Liebenson, DC*

Lieberson, C. (2006). Functional training for performance enhancement - Part 1: The basics. *Journal of Bodywork & Movement Therapies*, 10(2), 154-158. Recuperado de <http://www.avordchiropractic.com/doc/Functional%20training%20for%20Performance%20enhancement.pdf>

2002

Keywords: periodization; functional; sport specific.

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2001

Journal of Orthopaedic & Sports Physical Therapy
2001;31(11):620-631

Design and Implementation of a Neuromuscular Training Program Following Anterior Cruciate Ligament Reconstruction

May Arna Risberg, PT, PhD¹

Marianne Mørk, PT²

Hanne Krogstad Jenssen, PT²

Inger Holm, PT, PhD³

Risberg, M. A., Mork, M. M., Jenssen, H. K., & Holm, I. I. (2001). Design and implementation of a neuromuscular training program following anterior cruciate ligament reconstruction. *Journal of Orthopaedic & Sports Physical Therapy*, 31, 620-631. Recuperado de la base de datos de EBSCOhost (SPORTDiscus with Full Text).



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