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Ciencias del Movimiento Humano y de la Salud

METODOLOGÍA DEL *ENTRENAMIENTO FUNCIONAL:*
Orientación

Prof. Edgar Lopategui Corsino

M.A., Fisiología del Ejercicio

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Curso: *http://www.saludmed.com/entrenafuncional/entrenafuncional.html*

ACCESO A LA PRESENTACIÓN:

http://saludmed.com/pptx/ft/01ftinstruct.pdf

BOSQUEJO

- **Agradecimientos**

- **Material educativo: *Recursos y publicaciones***
- **Preguntas**

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

CONSIDERACIONES PRELIMINARES

NOTA: Reproducido de: renoelliott2013 (2007, 13 de septiembre). ***Functional Sports Training Drills & Exercises*** [Archivo de video]. Recuperado de ***https://www.youtube.com/watch?v=8EpqHV4eicq***

BIOENERGÉTICA: *AVALÚO*

** Lista Focalizada **

Fundamentado en la presentación del video anterior, mencione tres términos, palabras o frases que puedan surgir de su pensamiento al ver tal película. Tienen 3 minutos para completar esta actividad:

1.

2.

3.

PROF. EDGAR LOPATEGUI CORSINO:

MATERIAL EDUCATIVO:

RECURSOS

Y

PUBLICACIONES

SALUDMED: *CIENCIAS DEL MOVIMIENTO HUMANO Y DE LA SALUD*
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BIENVENIDA

Bienvenidos al portal de ***Saludmed***, dirigido a todas aquellas personas que deseen enriquecer sus conocimientos en diversas áreas del saber. Gran parte de los cursos incorporados en esta página, se ofrecen en la ***Universidad Interamericana de Puerto Rico, Recinto Metropolitano (Inter-Metro)***. Todo lo relacionado con las asignaturas académicas se halla en el hipervínculo exhibido al final de esta página. En el caso de los alumnos pertenecientes a la ***Inter-Metro***, pueden acceder a ***Blackboard Learn*** desde este hipervínculo. Para citas de artículos, presentaciones electrónicas o cualquier otra información que exhibe el sitio web vigente, se sugiere que se emplee el formato presentado en la sección de ***Cómo Citar en Saludmed***. Para aquellos internautas que visitan ***Saludmed*** y desean conocer mi trayectoria académica y humanística, pueden dar clic al ***perfil digital*** de este servidor. Para mis estudiantes, ***acceda aquí las horas virtuales de oficina de su profesor*** (acceda al ***prontuario*** del curso y busque los días y horario). En caso de cualquier pregunta, favor de enviarme un correo electrónico a ***elopategui@intermetro.edu***, ***elopateg@gmail.com*** o ***saludmedpr@gmail.com***.

INFORMACIÓN EDUCATIVA - CURSOS UNIVERSITARIOS: *ACCESO ESCOLÁSTICO*

Para acceder el menú que integra al contenido completo exhibido en el portal académico de **Saludmed**, diríjase al hipervínculo que se exhibe a continuación:

MATERIAL ACADÉMICO - Asignaturas de Educación Superior: *Enlaces a Cursos y Literatura Didáctica*

También, si desean pueden navegar esta página con los menú ubicados al tope y al final del portal de **Saludmed** y en cada página de este. Si pretenden buscar alguna información específica, conviene que realicen una búsqueda desde el ***Buscador*** de **Saludmed**.

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DISEÑO DE PROGRAMAS DE EJERCICIOS – Literatura Académica

DIRECCIÓN DEL SITIO WEB:

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

Prof. Edgar Lopategui Corsino
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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.

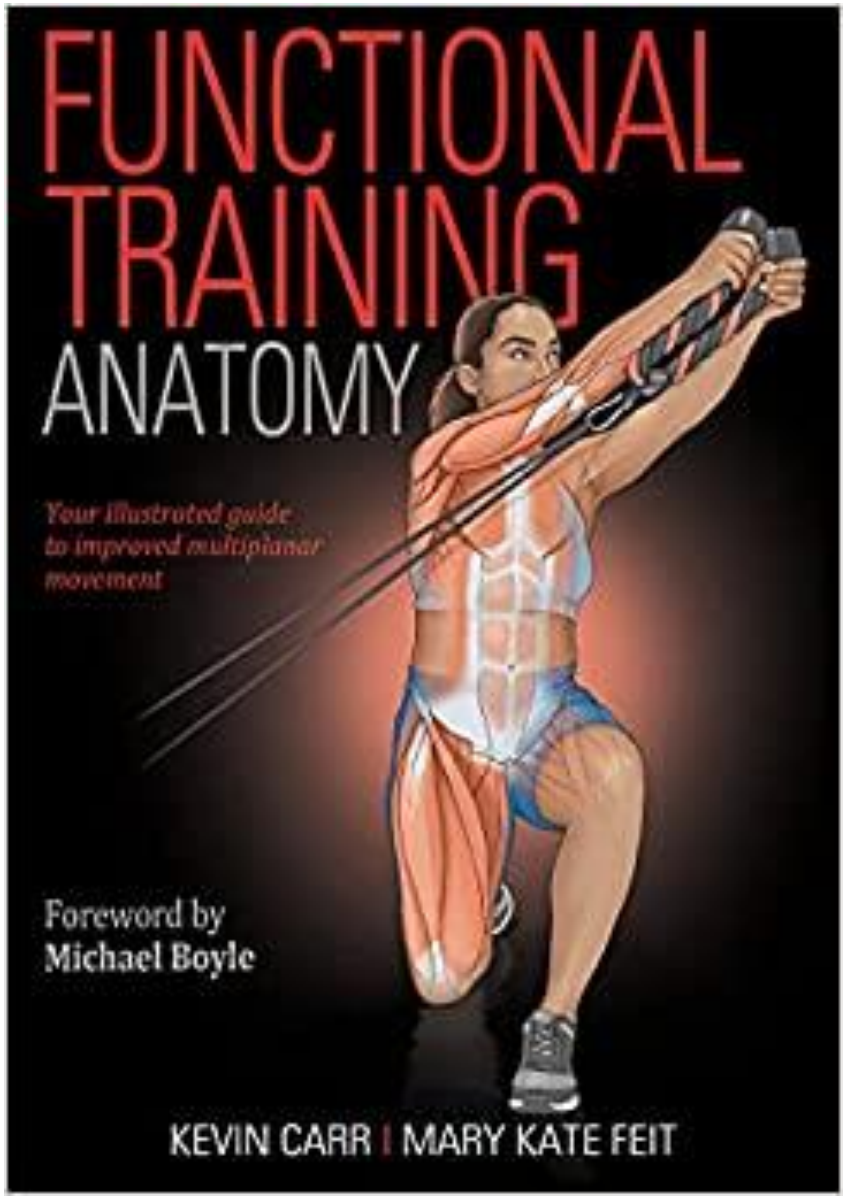
El principio funcional consiste, pues, en acondicionar y perfeccionar los ***patrones de movimientos fundamentales***, locomotores o no locomotores. Entonces, para asegurar el éxito en los eventos deportivos competitivos, es imperante planificar un sistema de entrenamiento físico general para deportistas, 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.

RECURSOS ACADÉMICOS:

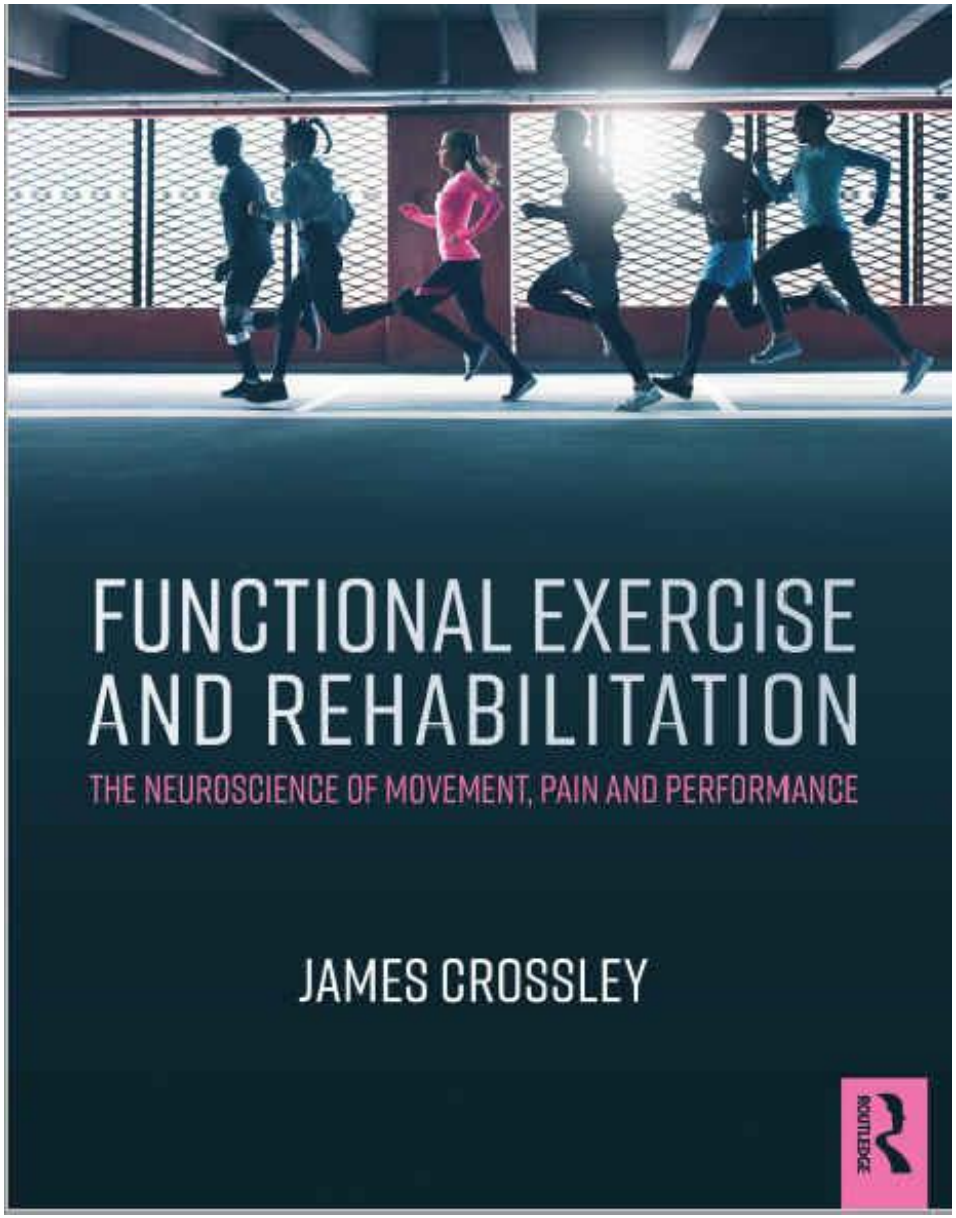
LIBROS

2022



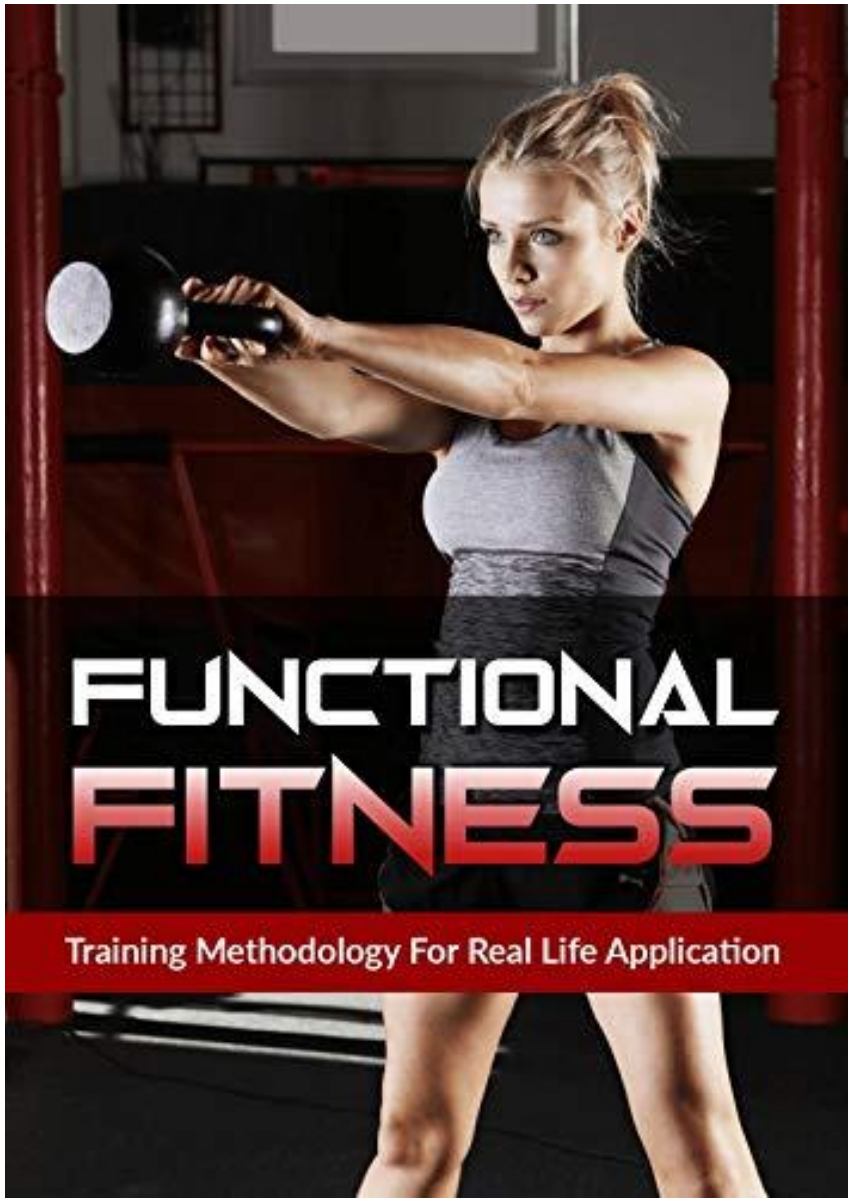
Carr, K. (2022). *Functional training anatomy*. Champaign, IL: Human Kinetics. Disponible en: https://drive.google.com/file/d/1LZn5T-8QC7qkj0G5gd_RpP6fj004LMY2/view?usp=sharing

2021



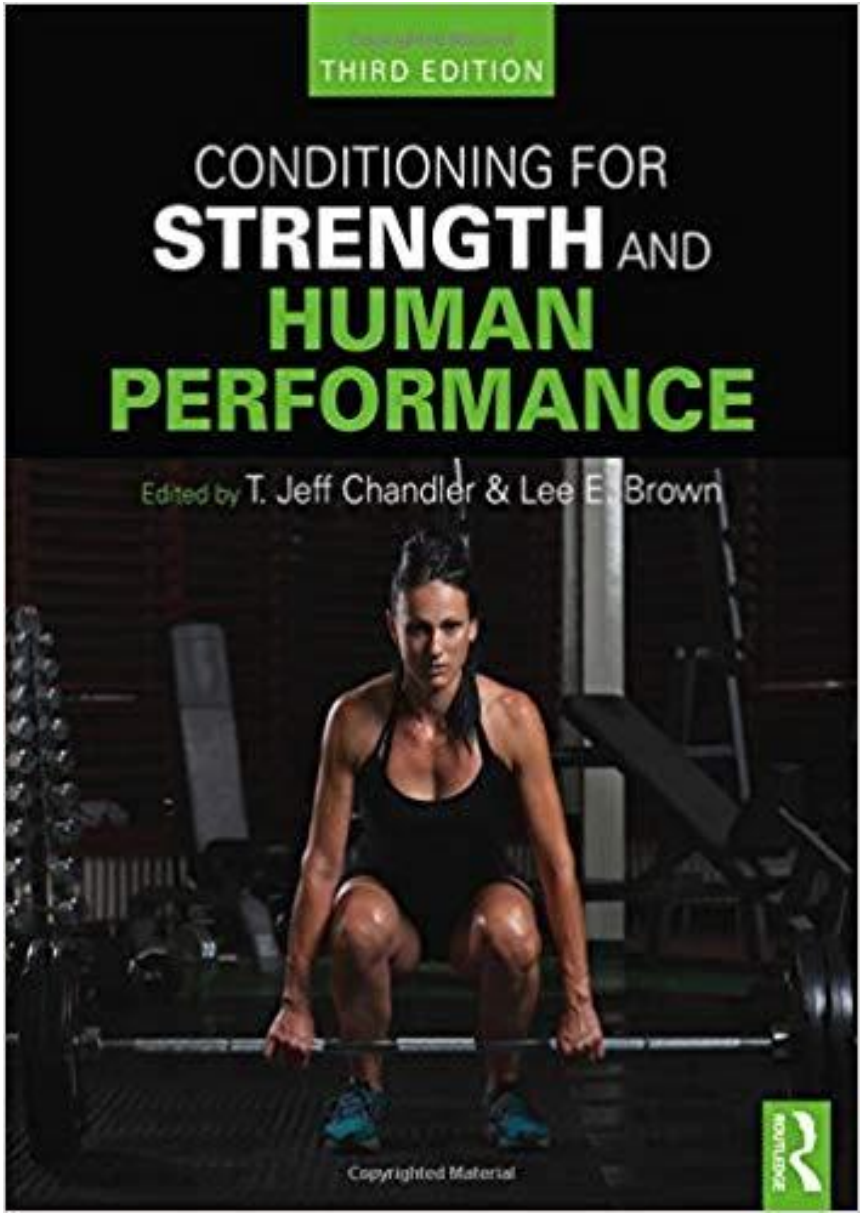
Crossley, J. (2021). *Functional exercise and rehabilitation: The neuroscience of movement, pain and performanc*e. New York, NY: Routledge, an imprint of the Taylor & Francis Group, an informa business. Disponible en: https://drive.google.com/file/d/1-eXALcO4LoMZ9h4Z3cJ7uEsDsSFP6aup/view?usp=sharing

2020



Johnston, A. J. (2020). Functional fitness: Training methodology for real life application. London, UK: Norris Johnston Publishing. https://drive.google.com/file/d/14X5r9Fbm2XhRAXe3A--LqawKoXOE65Rw/view?usp=sharing

2019



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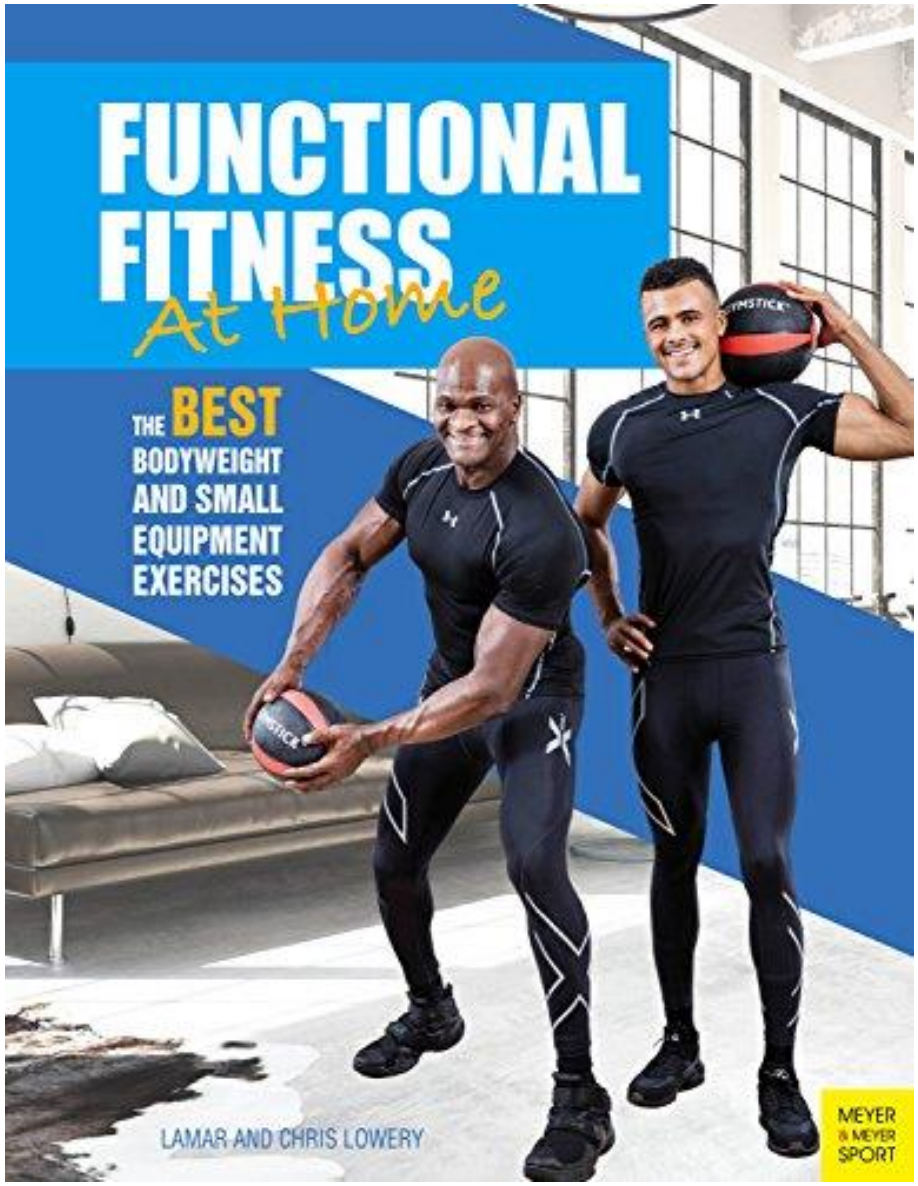
2017



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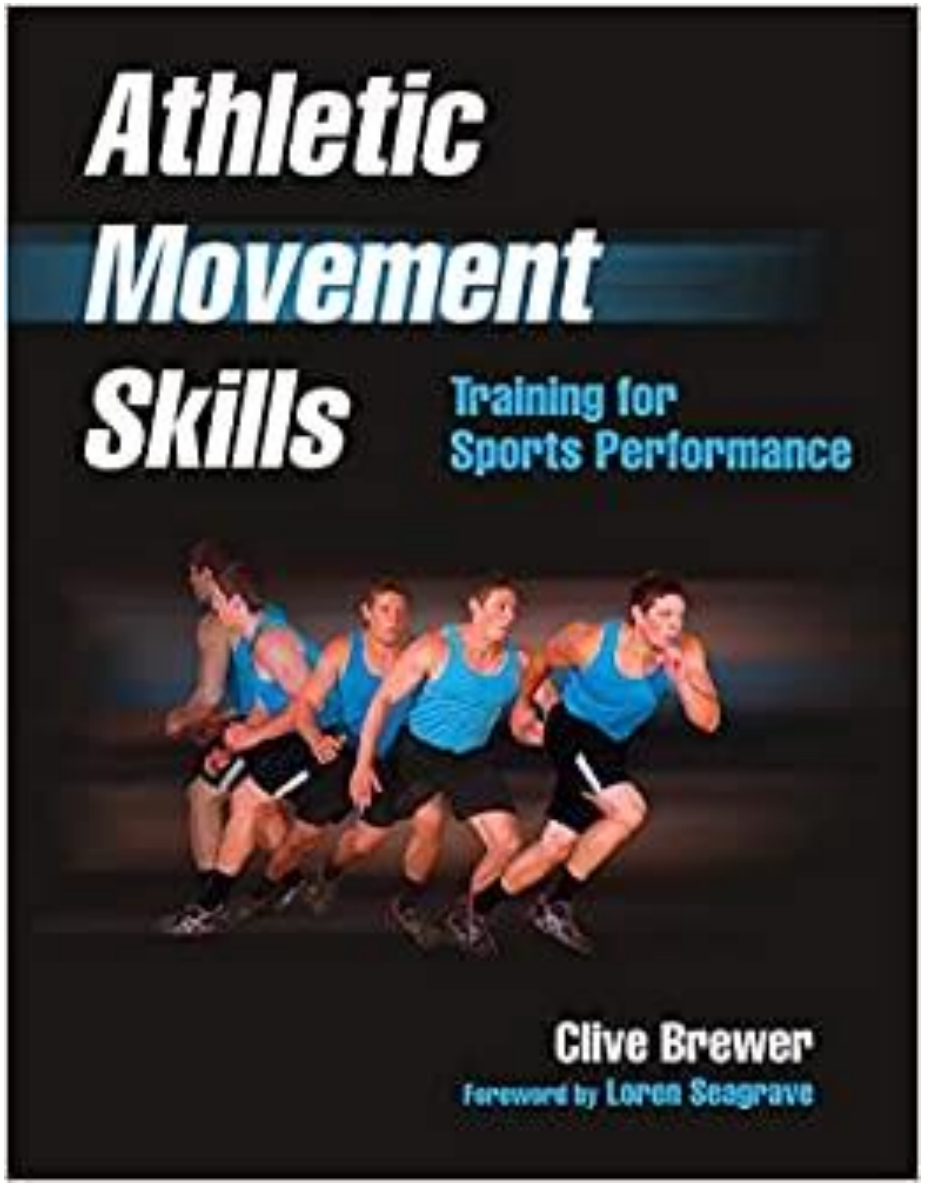
2017



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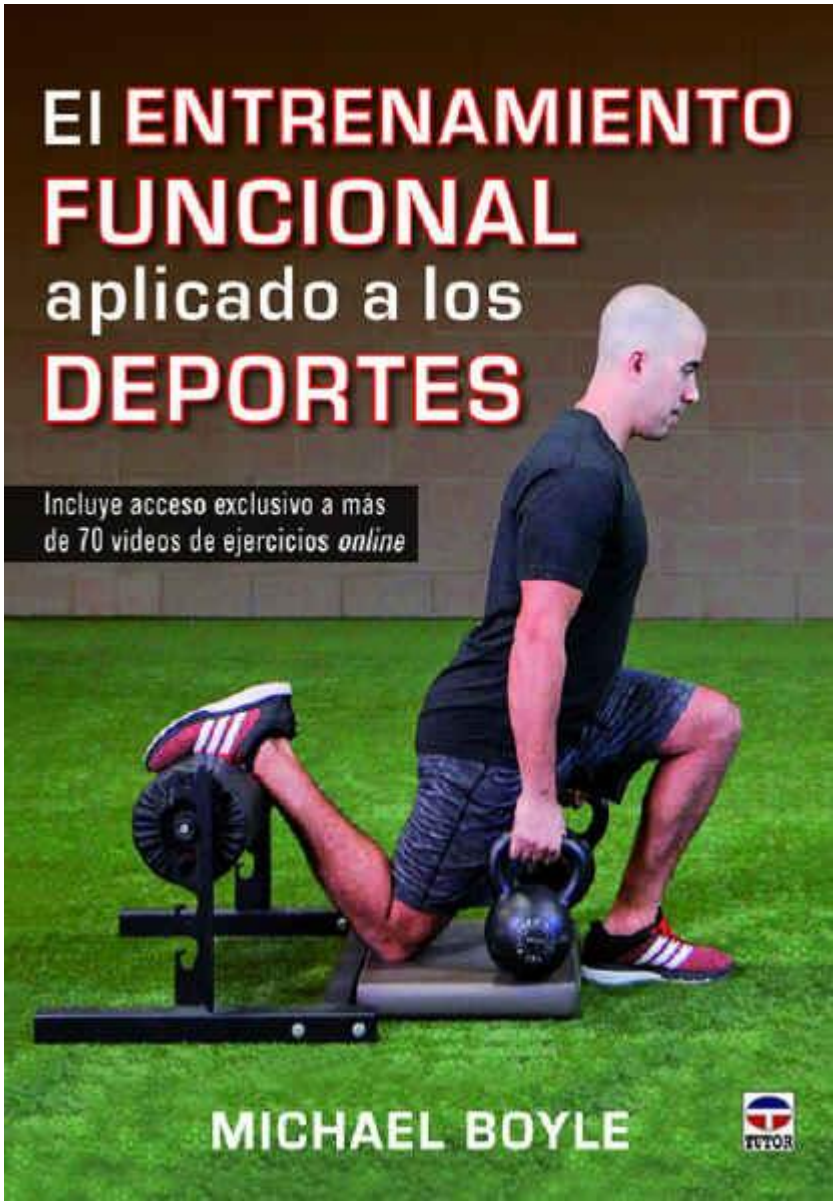
2017



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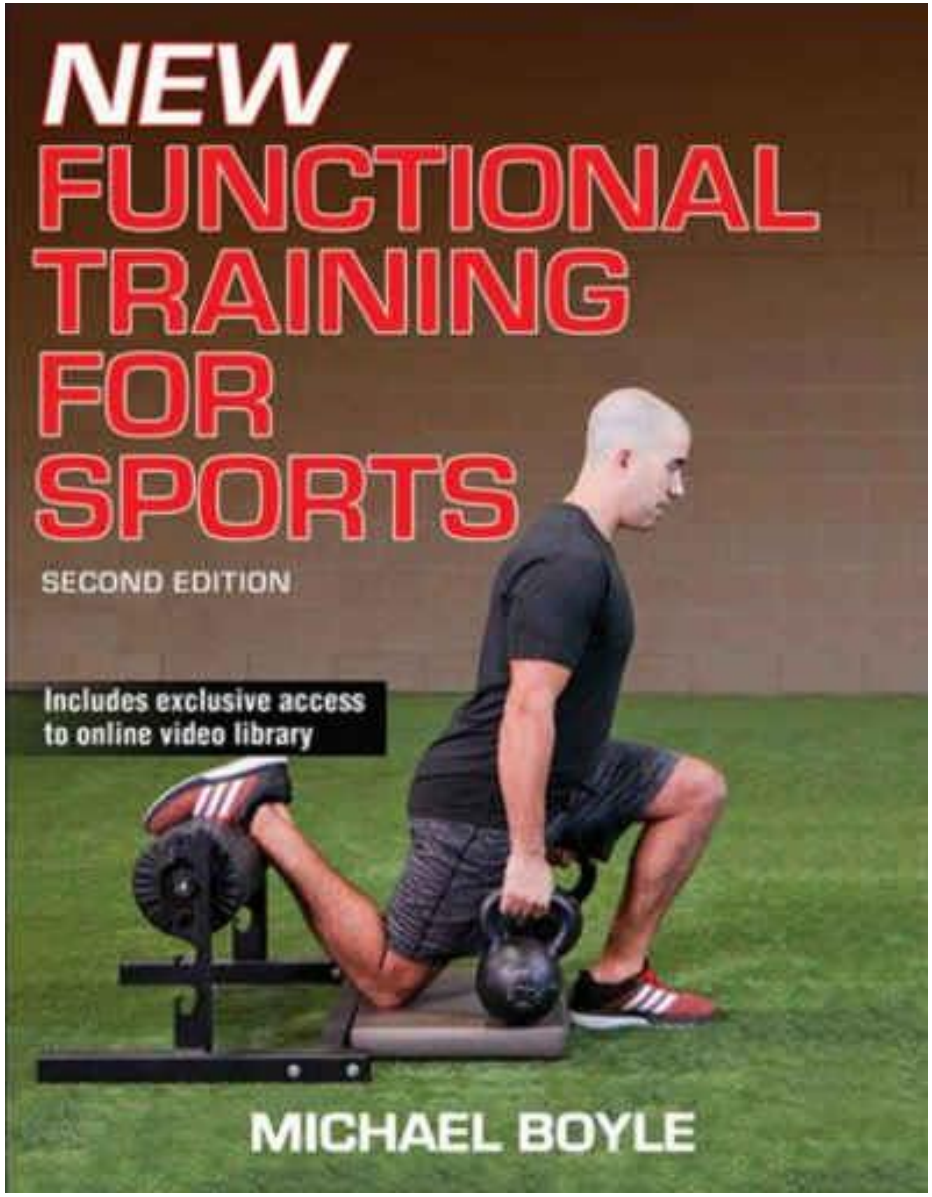
2016



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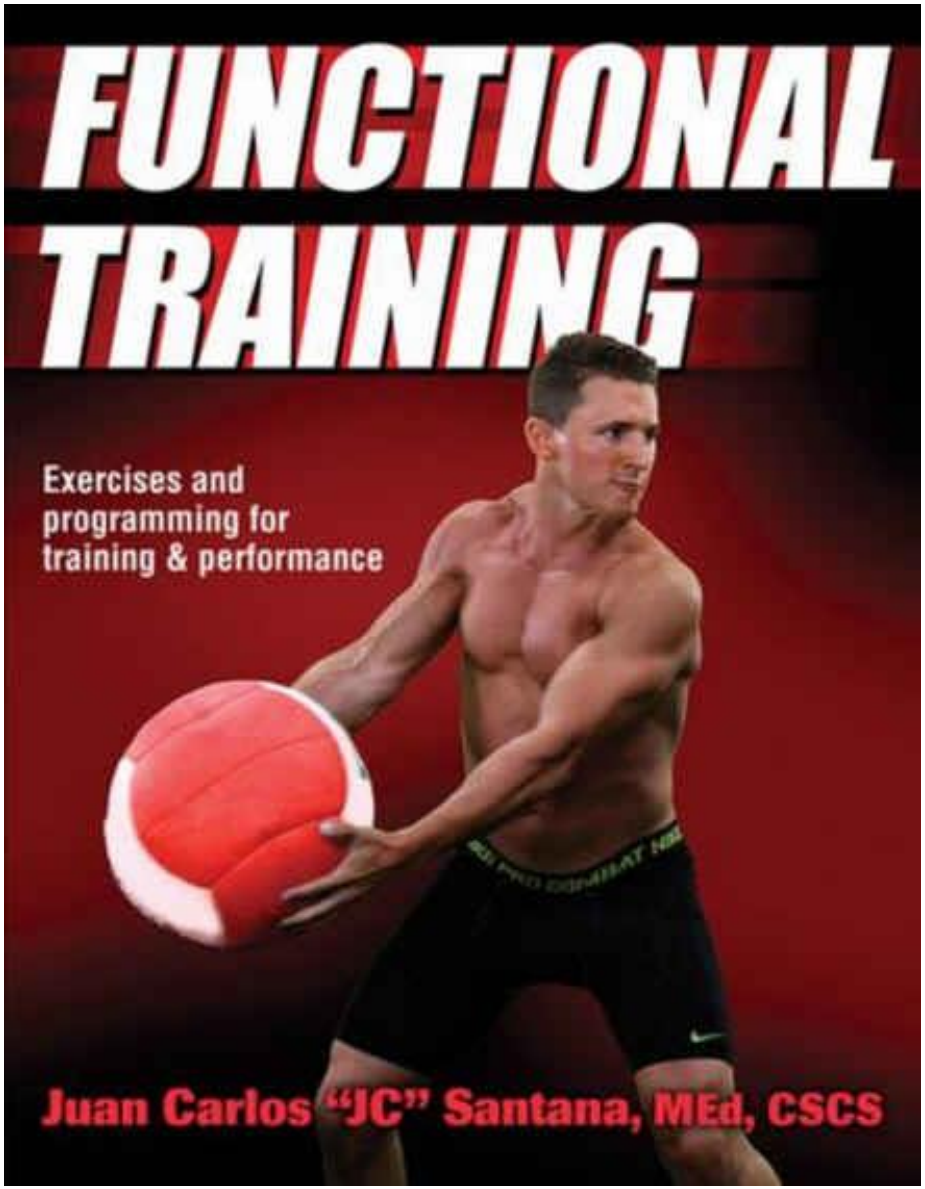

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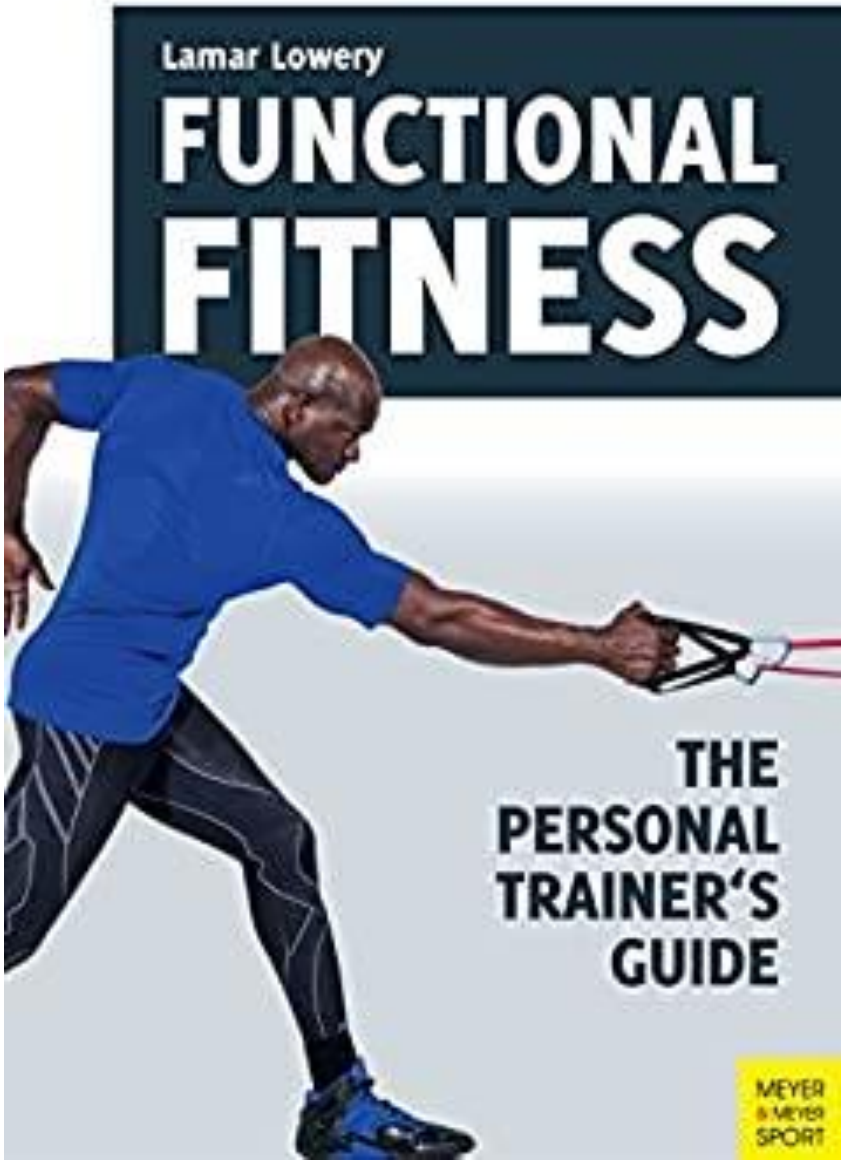

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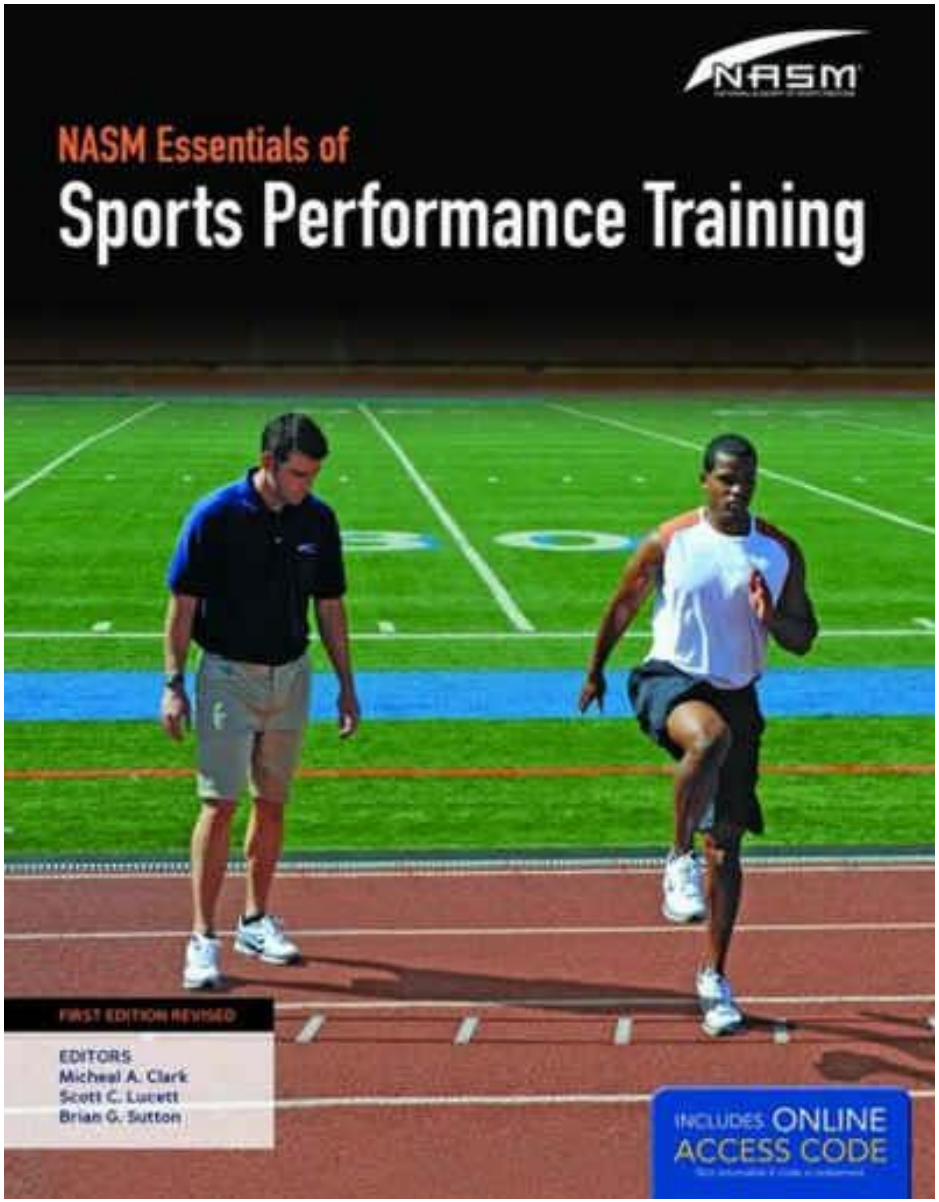
2015



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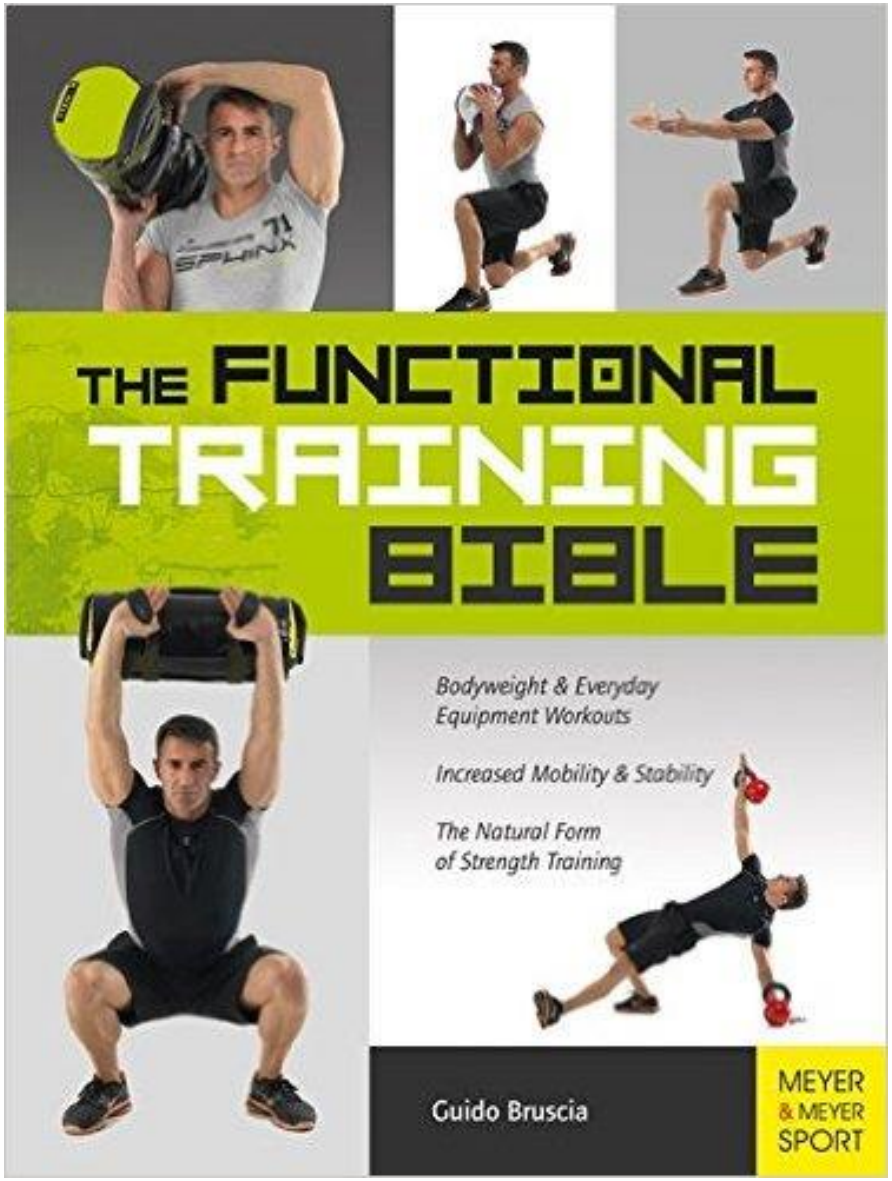

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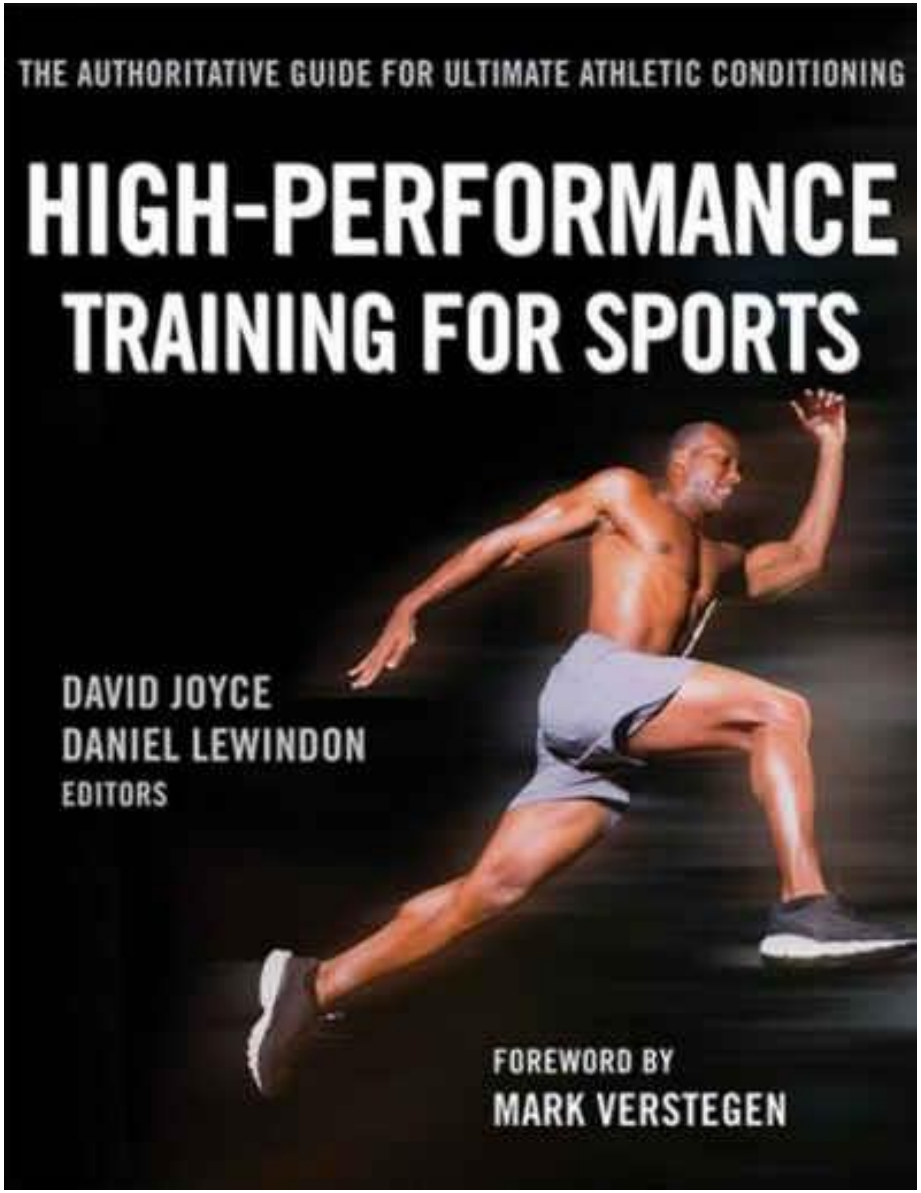

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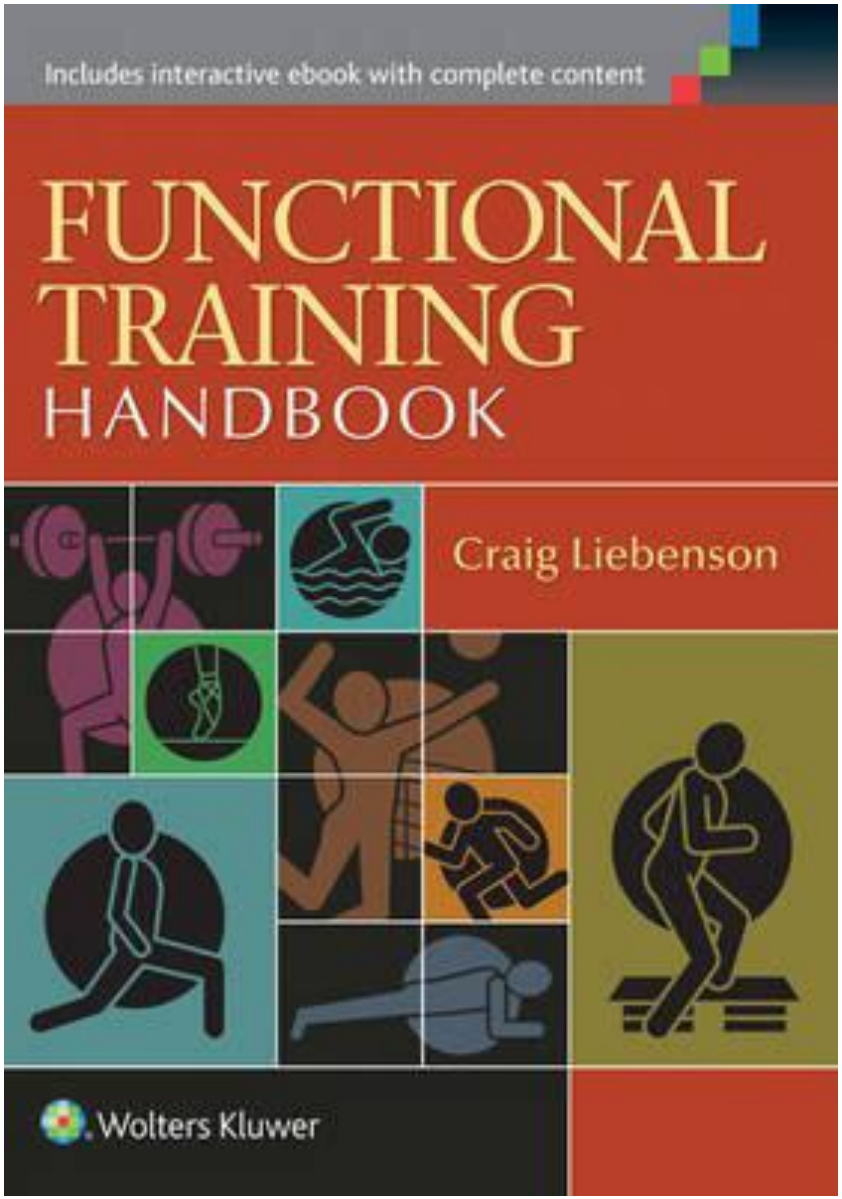

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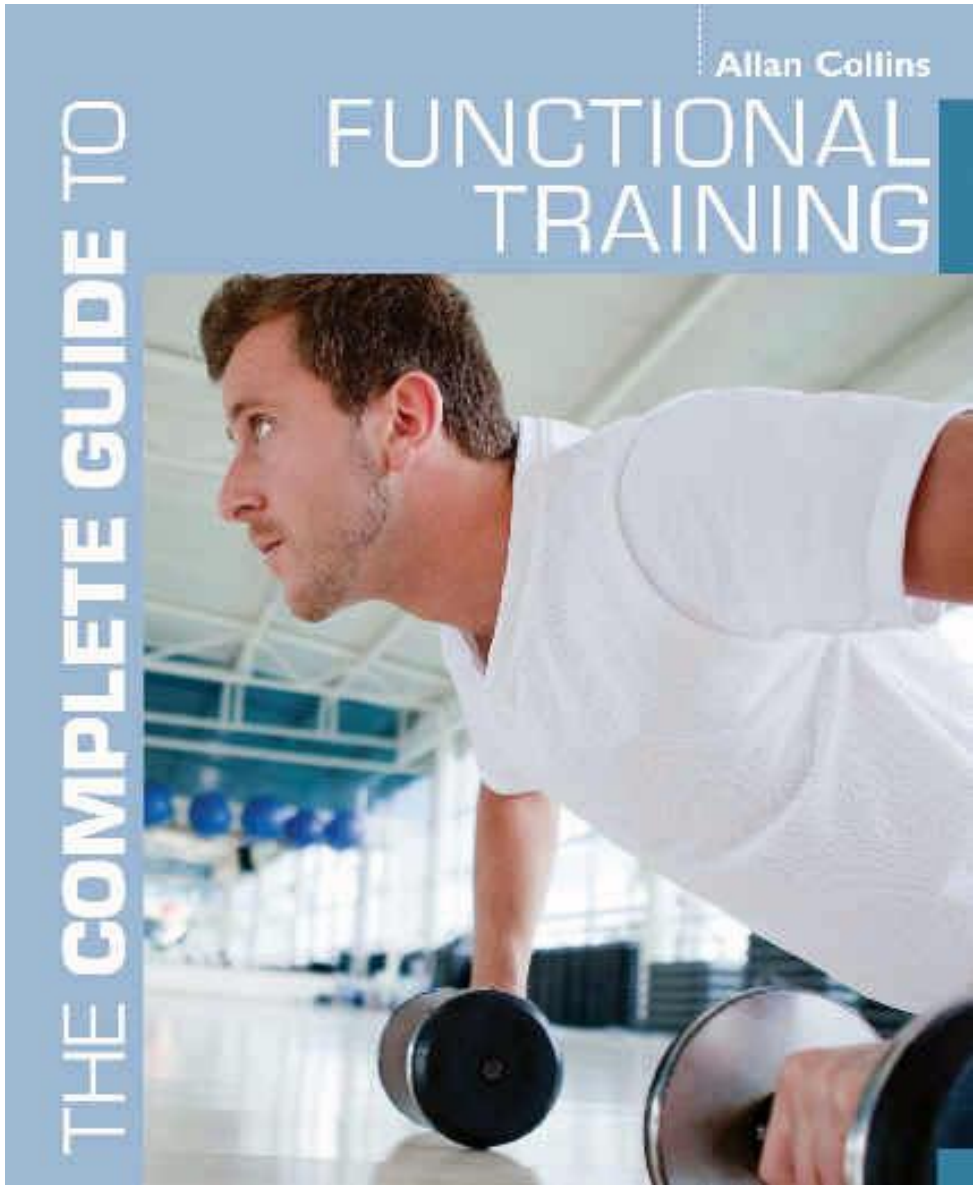

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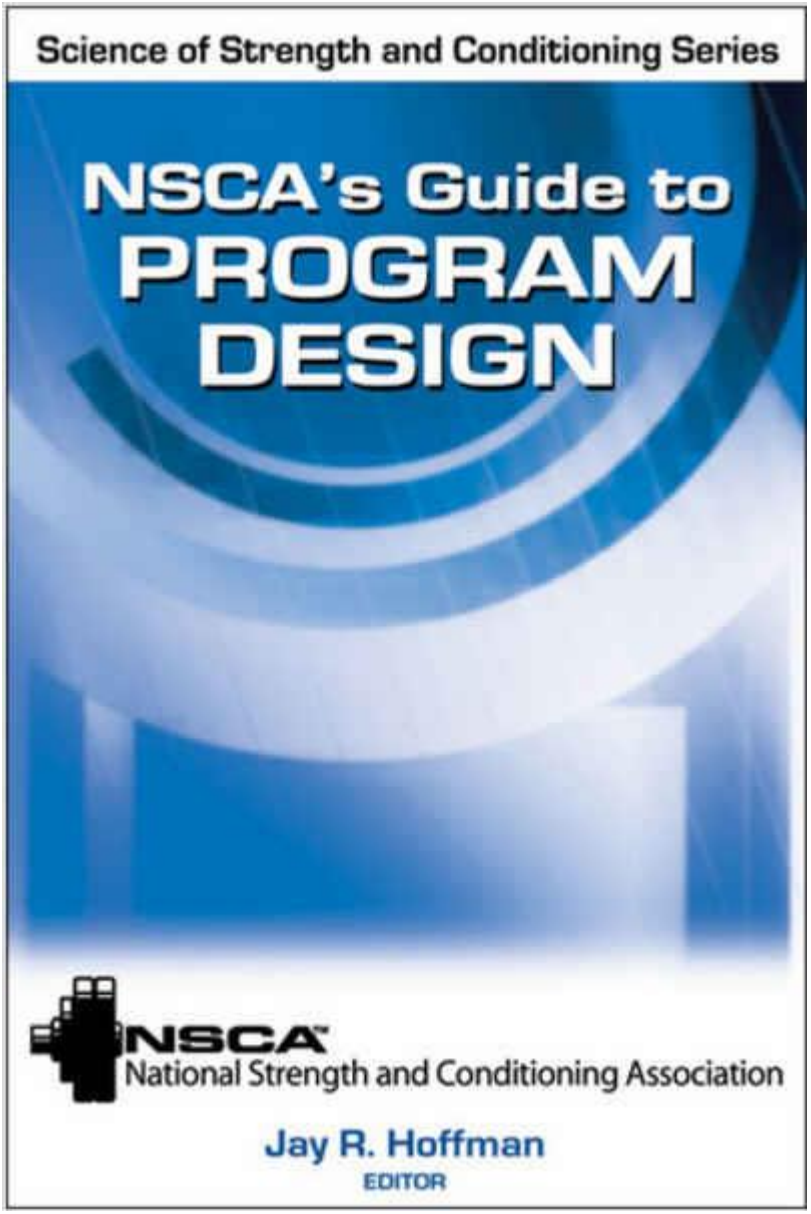

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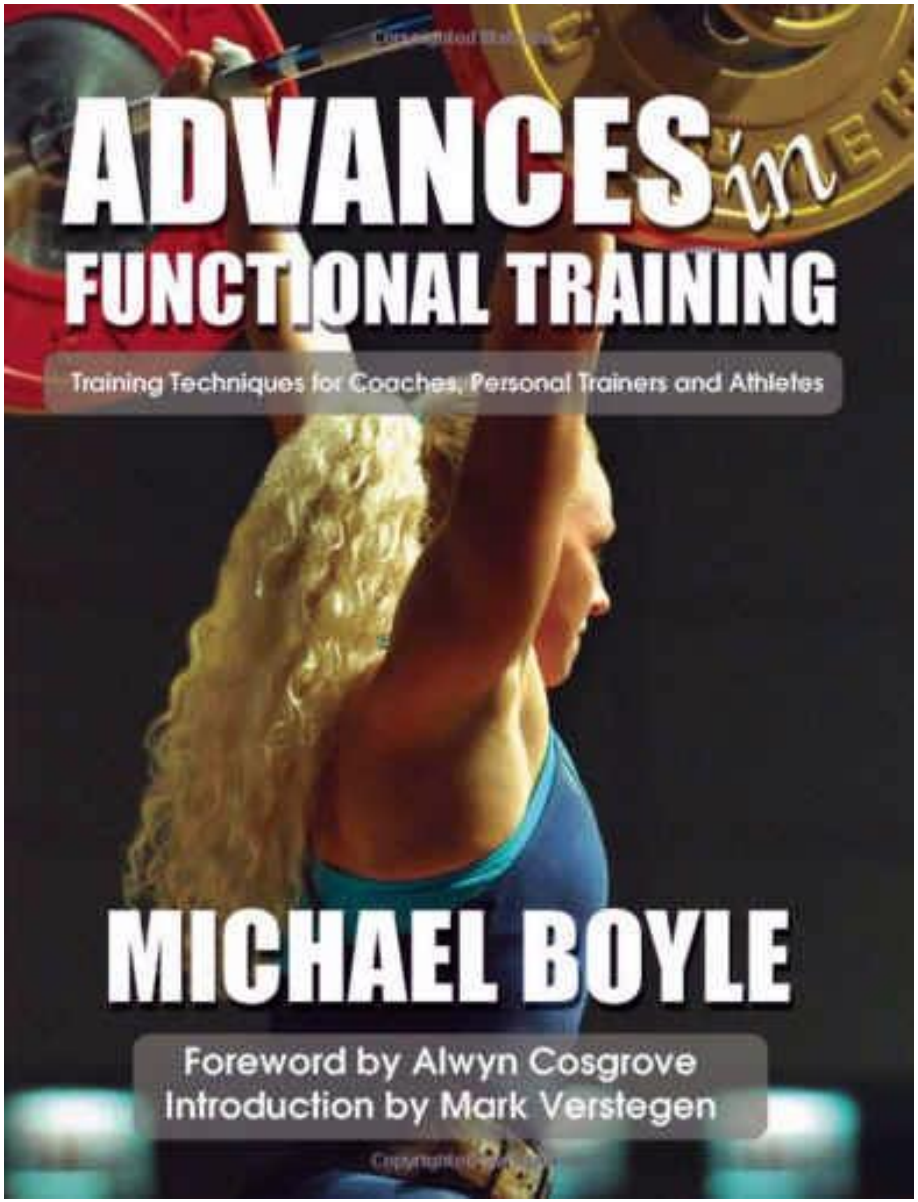

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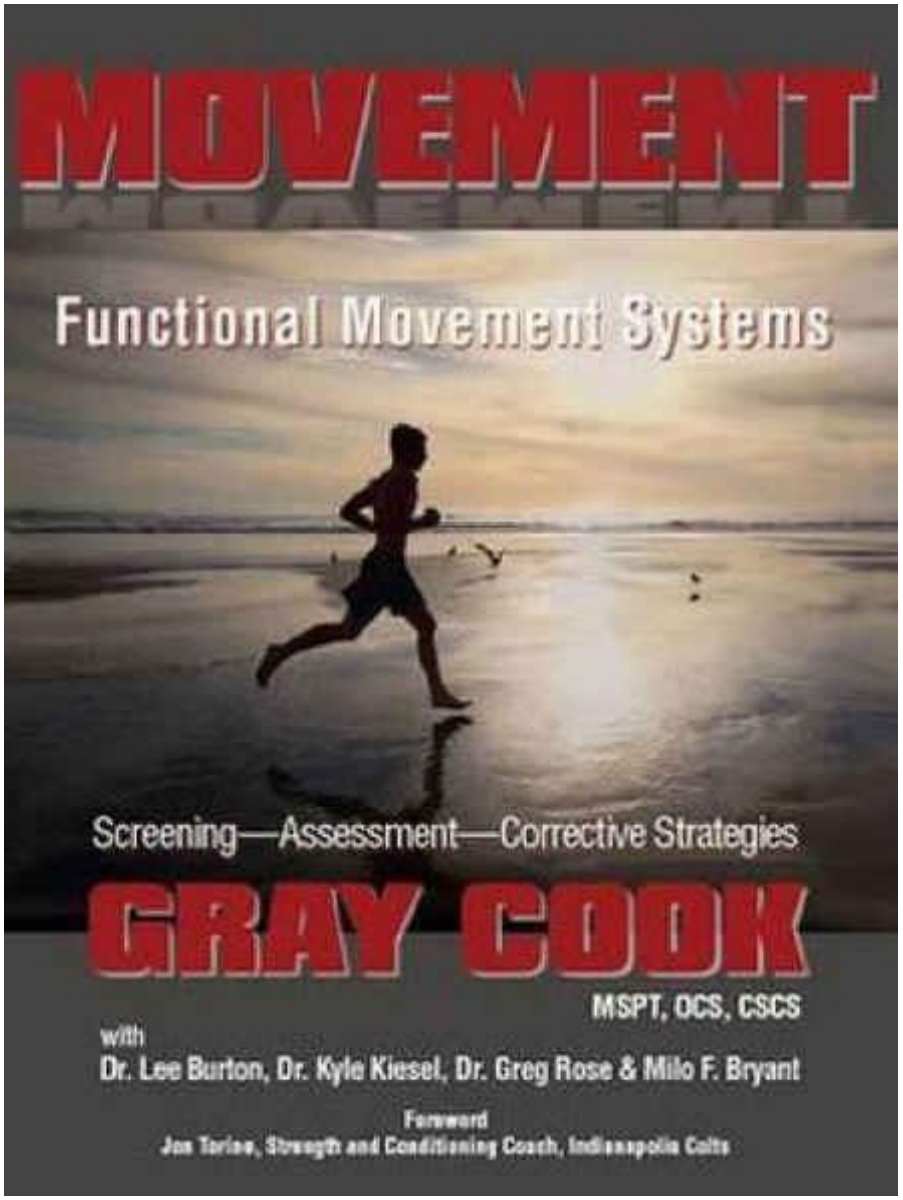

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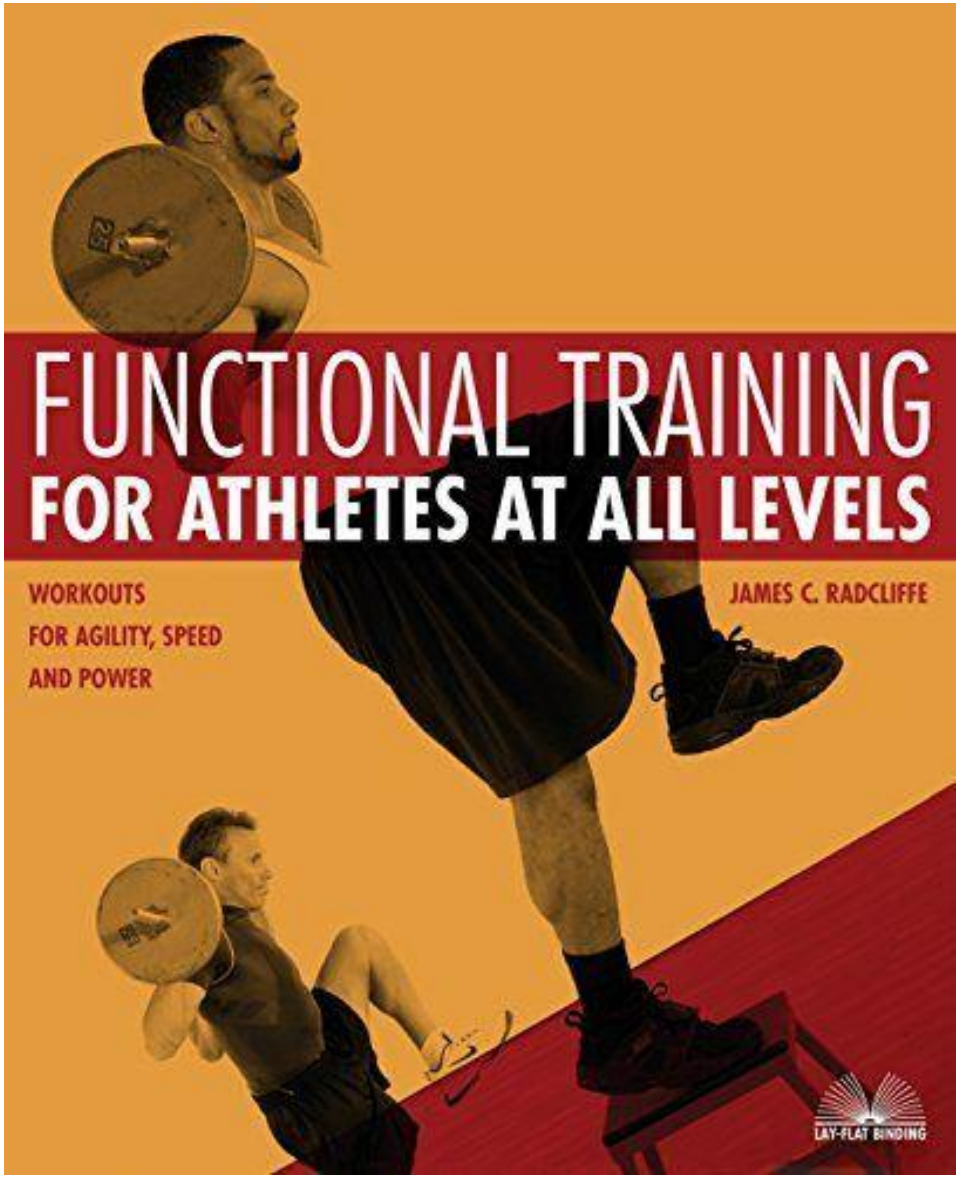

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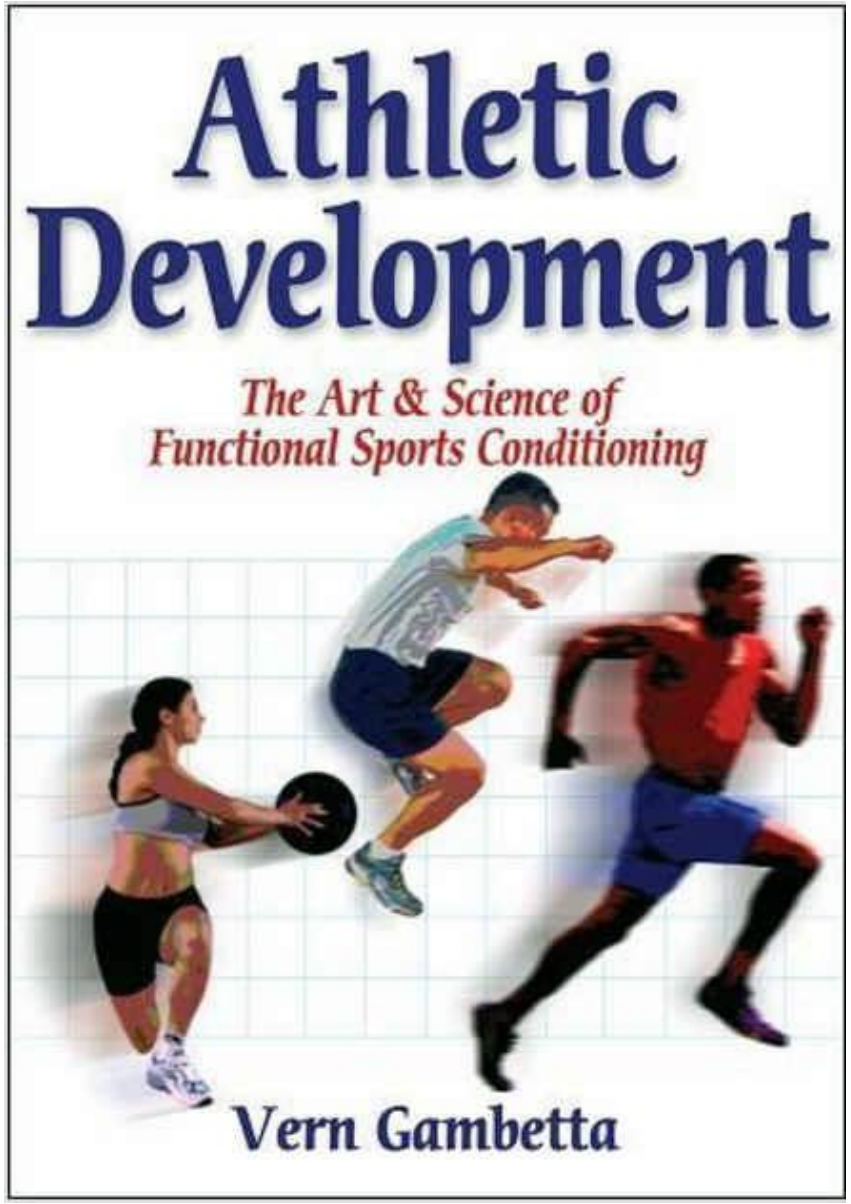

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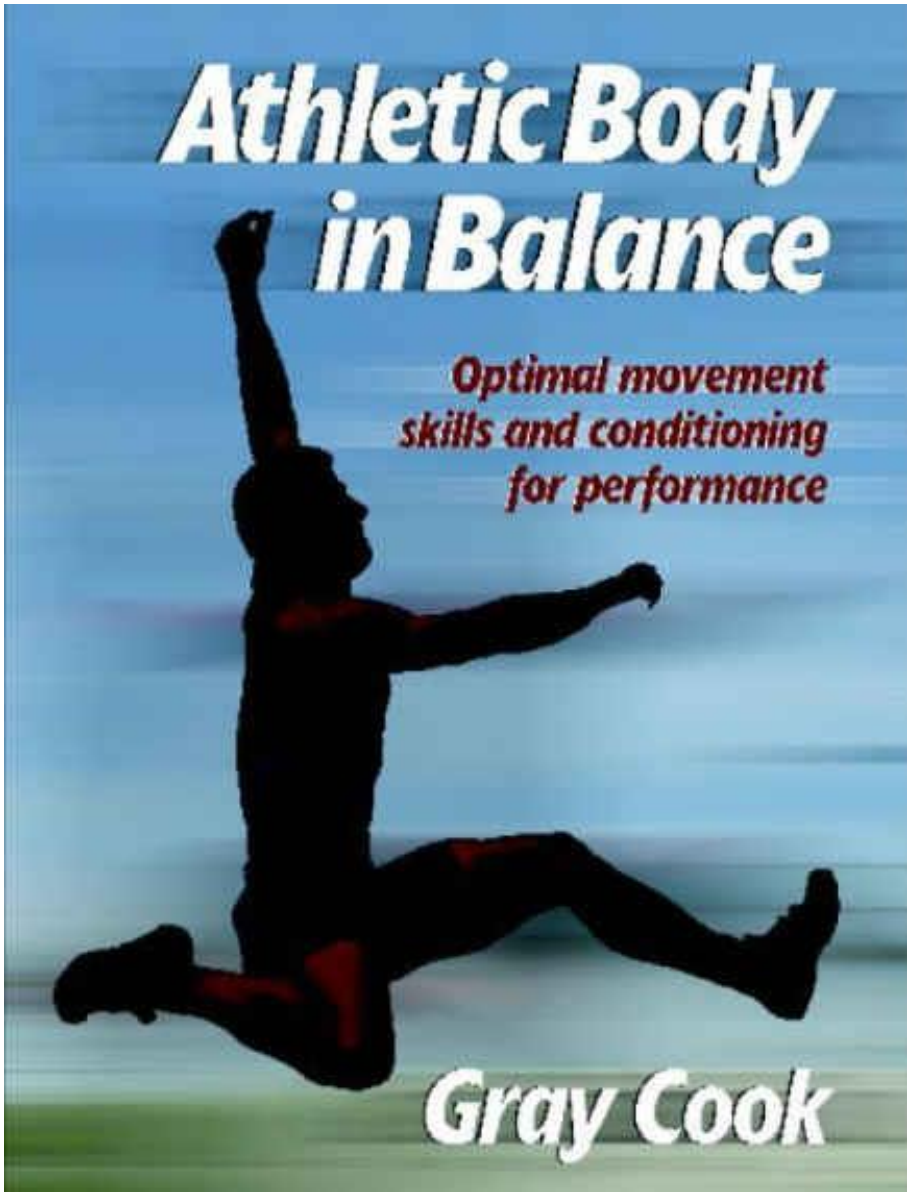


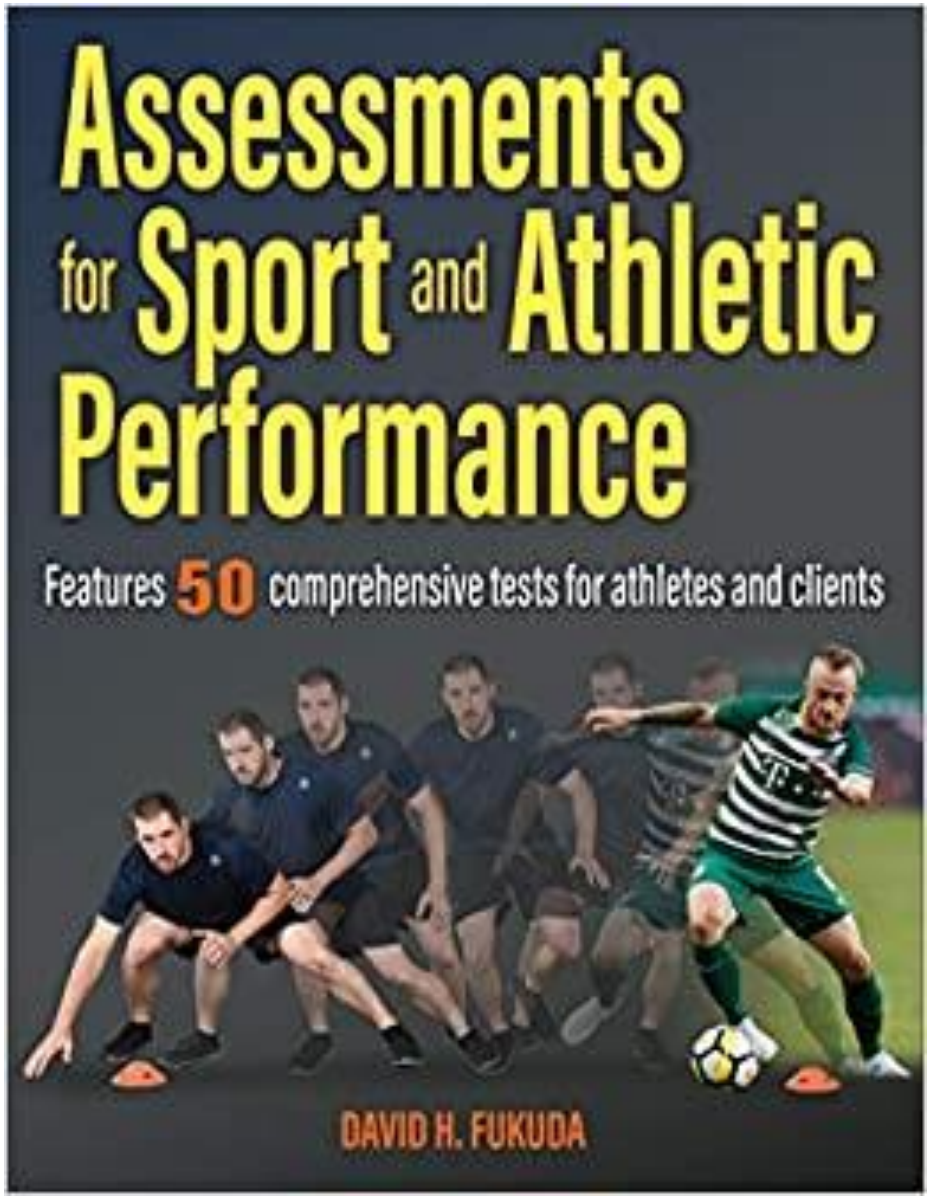
Cook, G., (2003). ***Athletic Body in Balance: Optimal Movement Skills and Conditioning for Performance***. Champaign, IL: Human Kinetics. 234 pp.

ENTRENAMIENTO INTEGRADO-FUNCIONAL:

LIBROS:

ESPECIALIZADOS

2019



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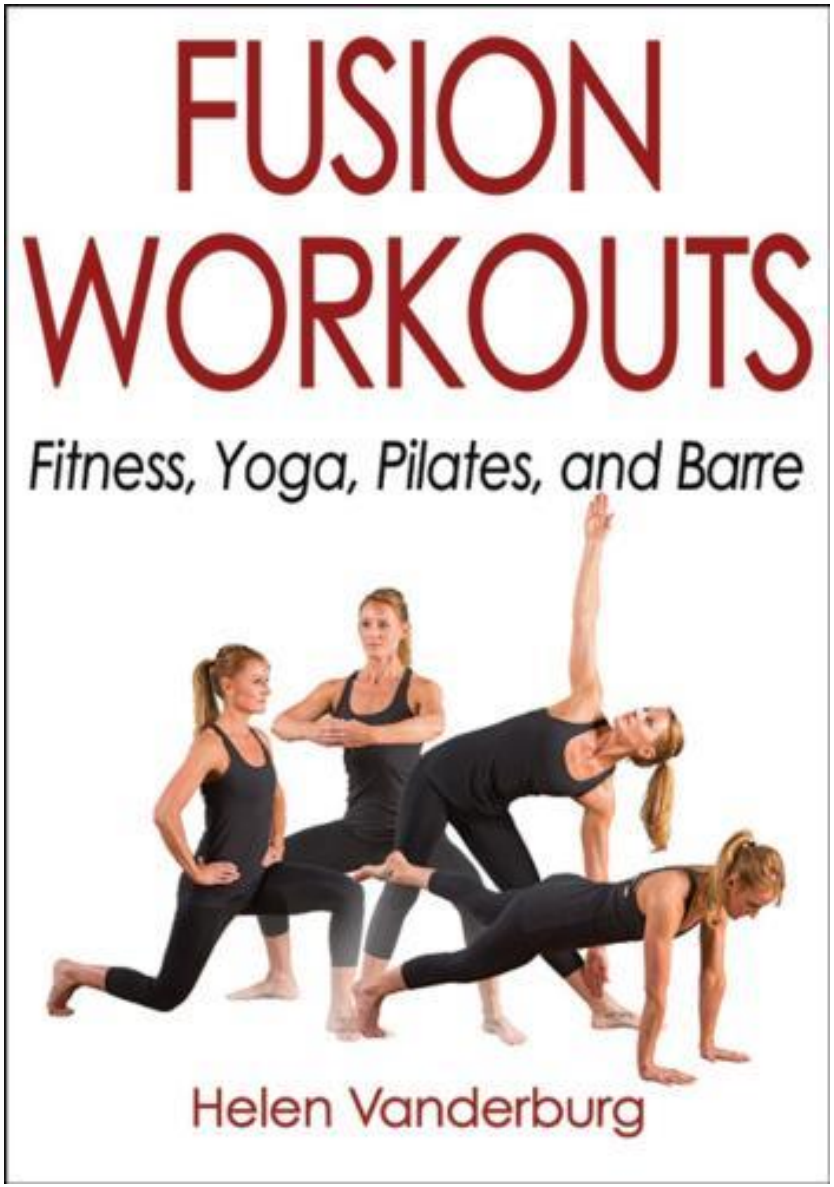
2017



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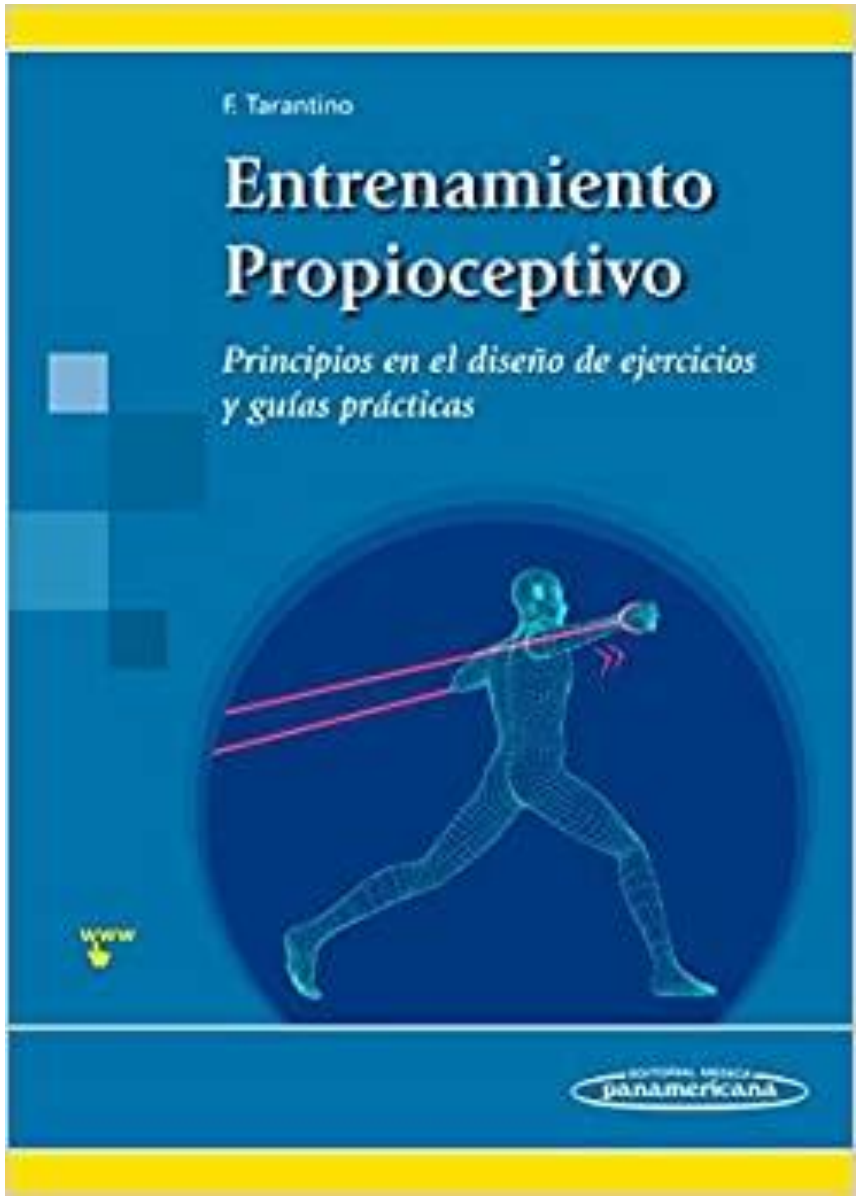

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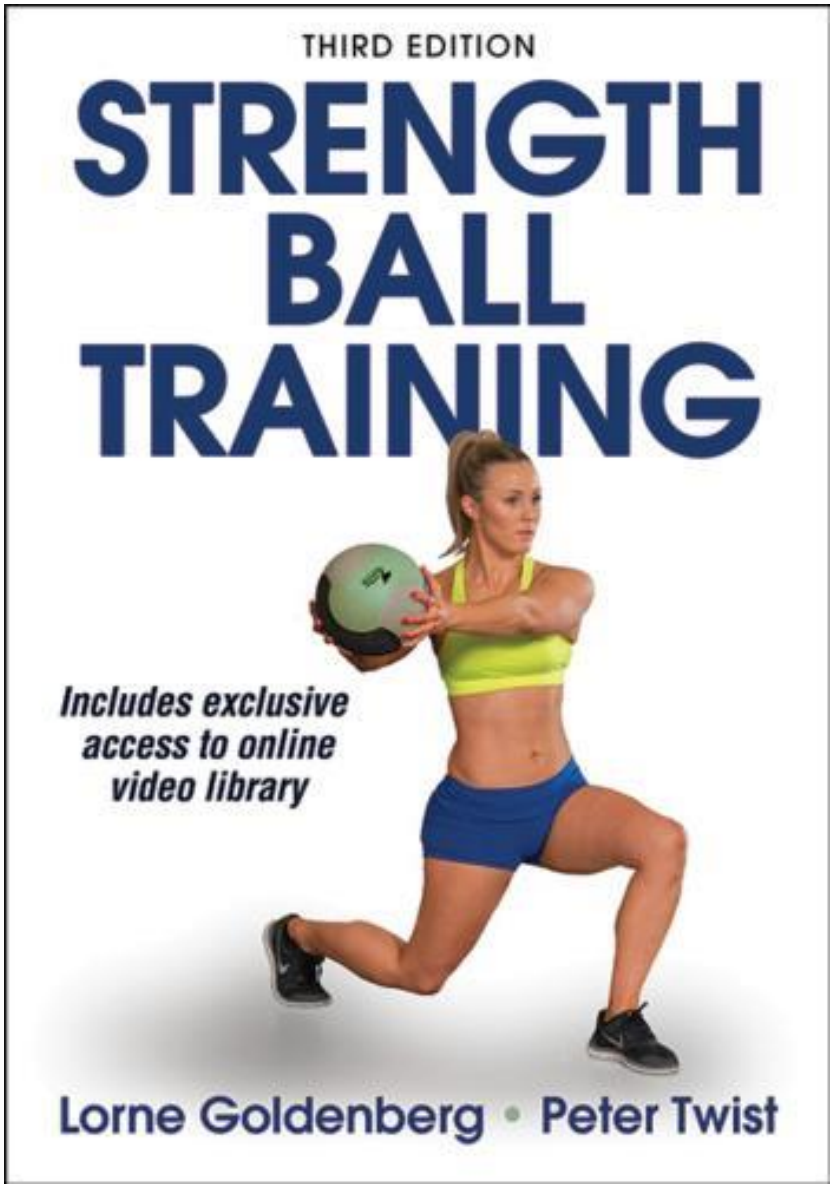
2016



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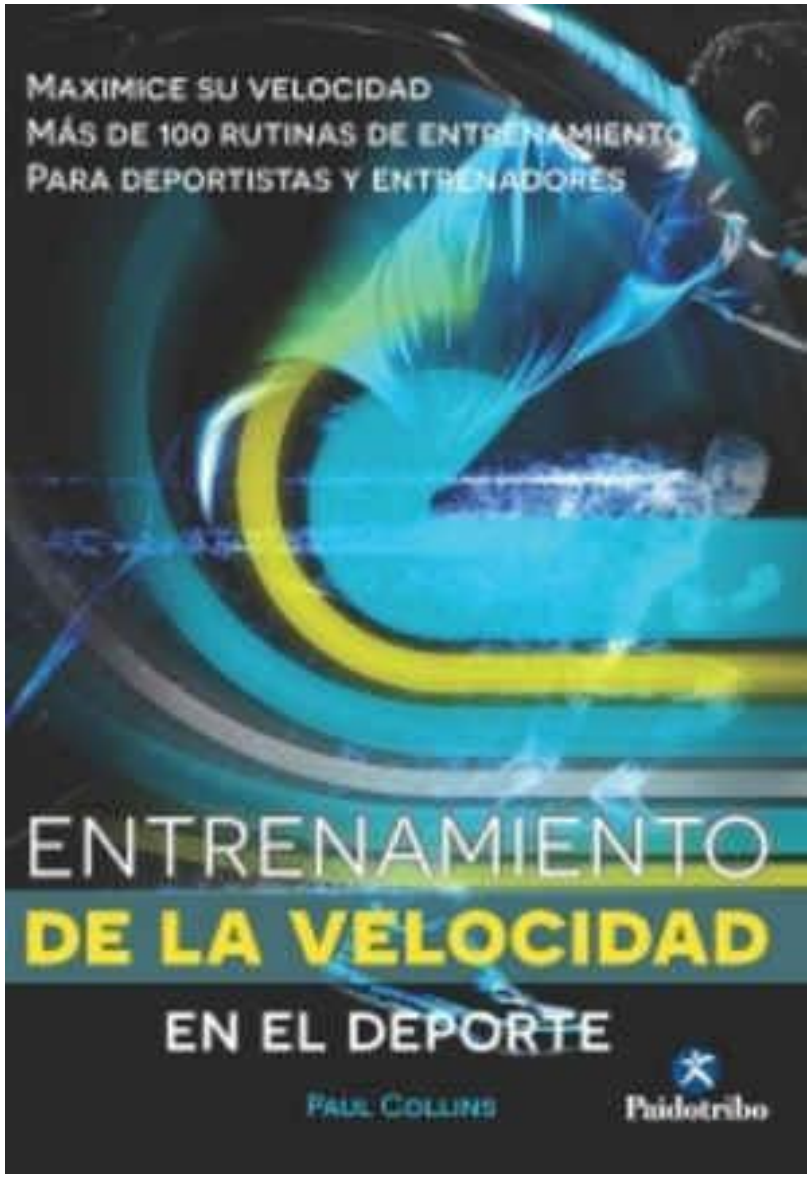

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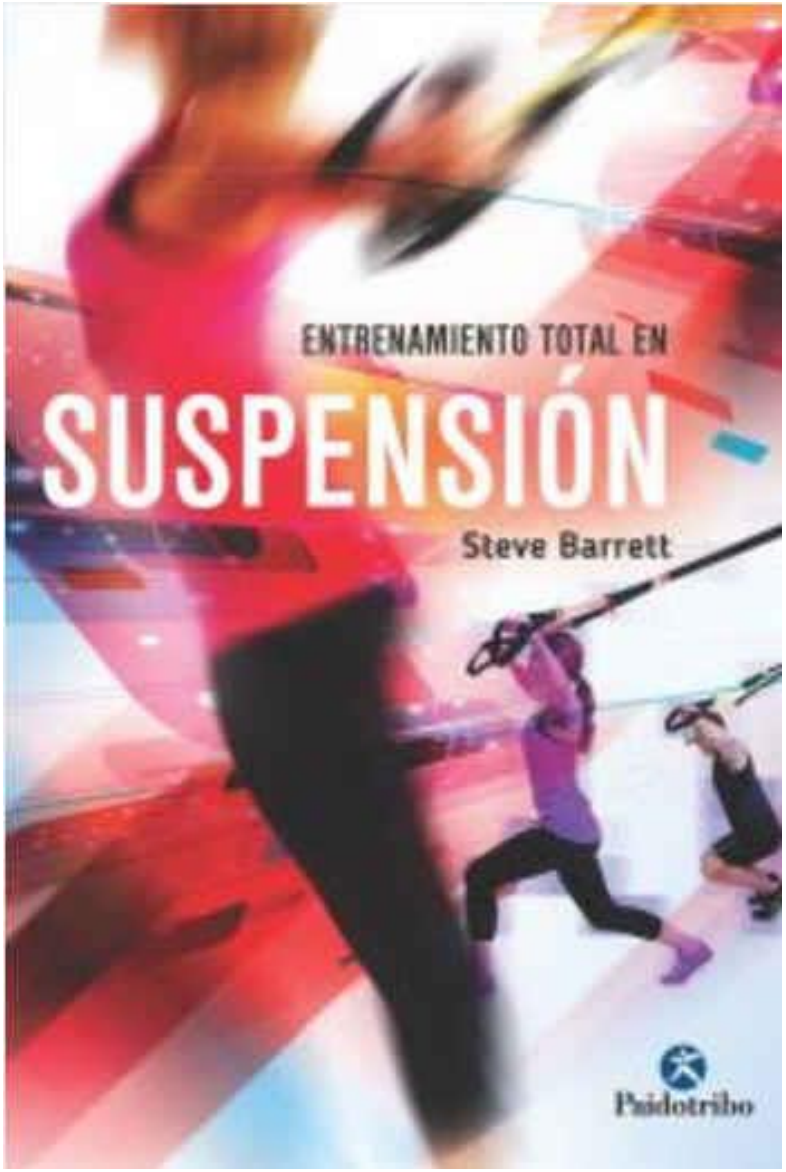
2015



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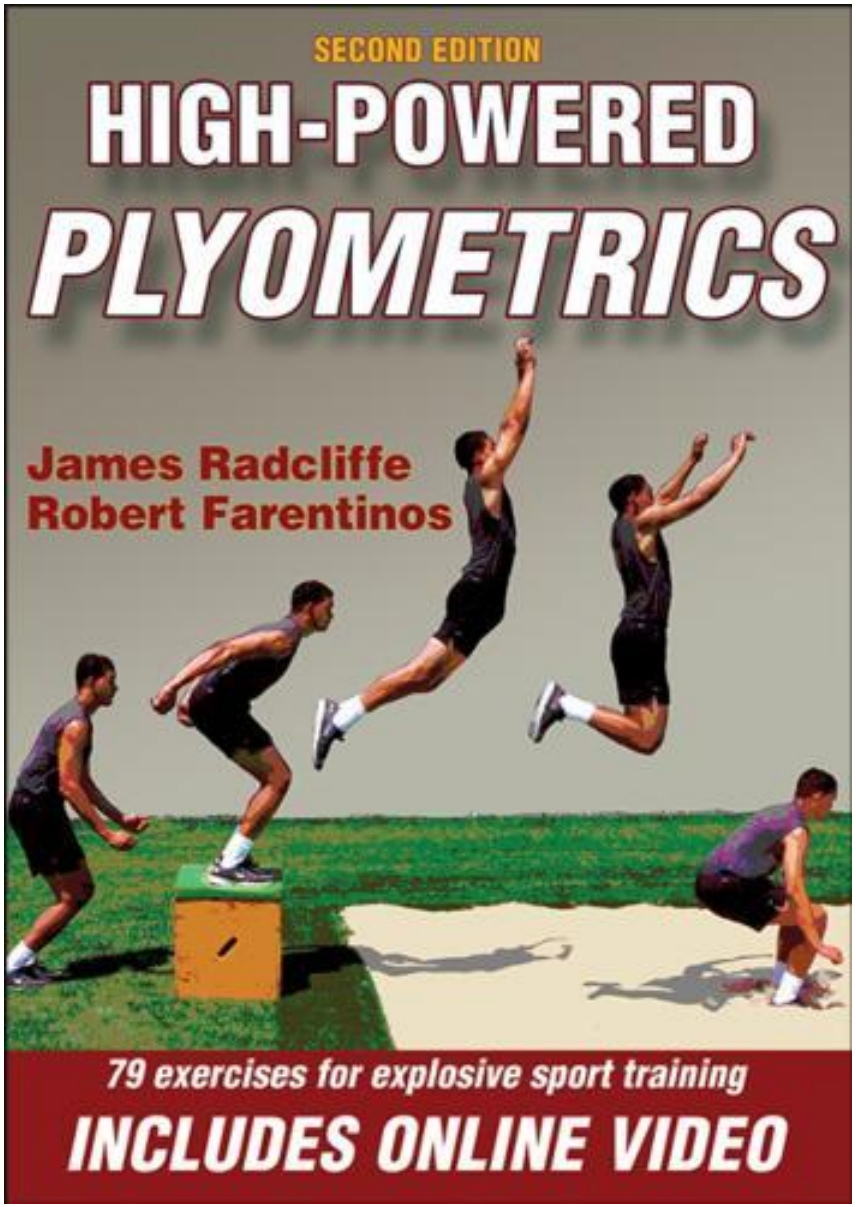

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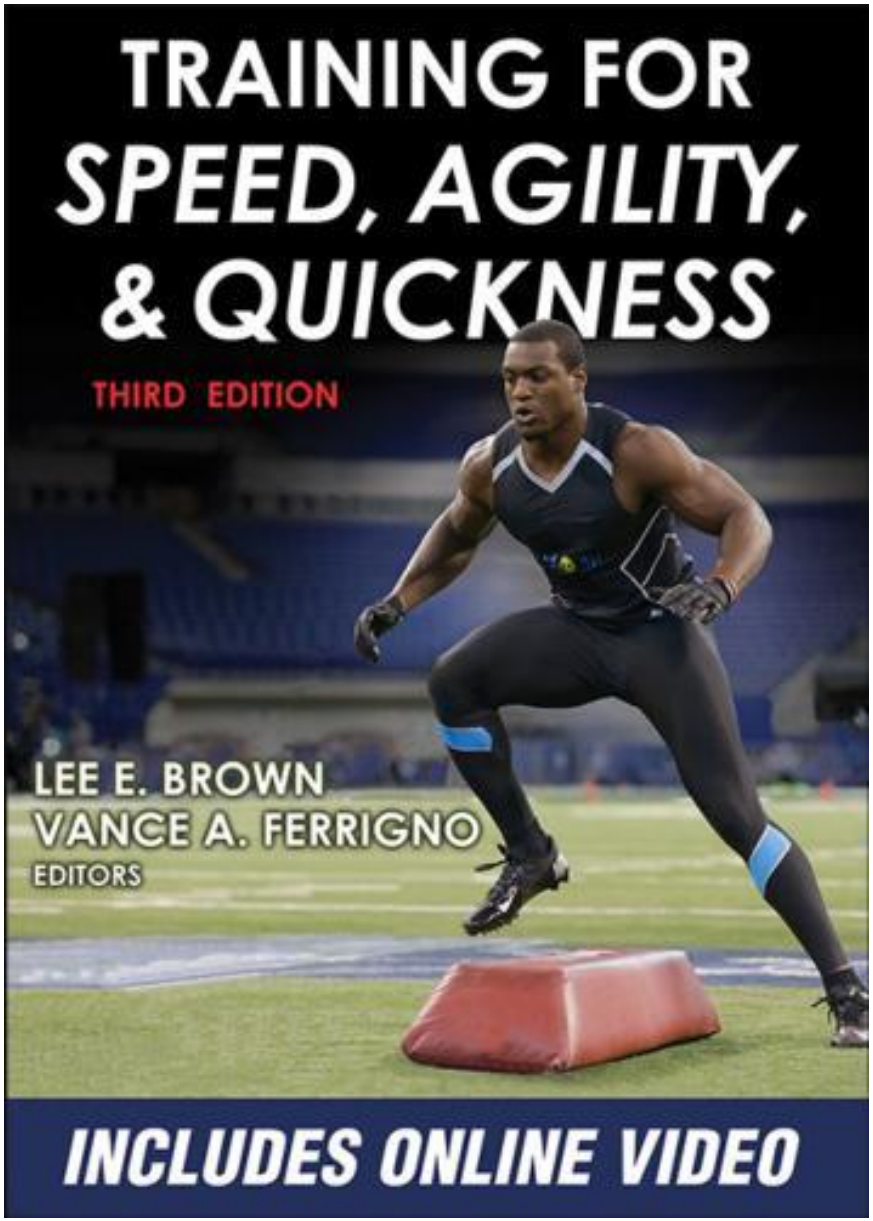
2015



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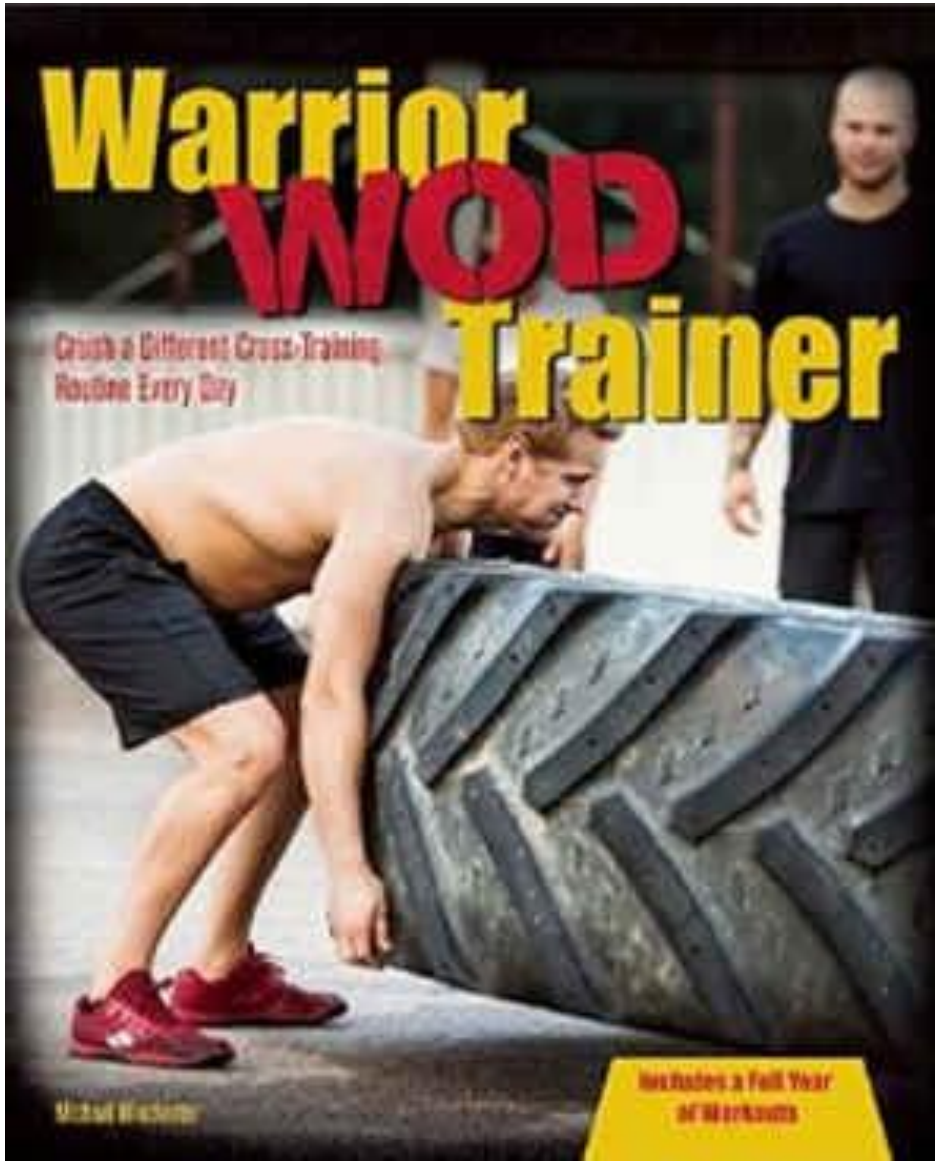
2015



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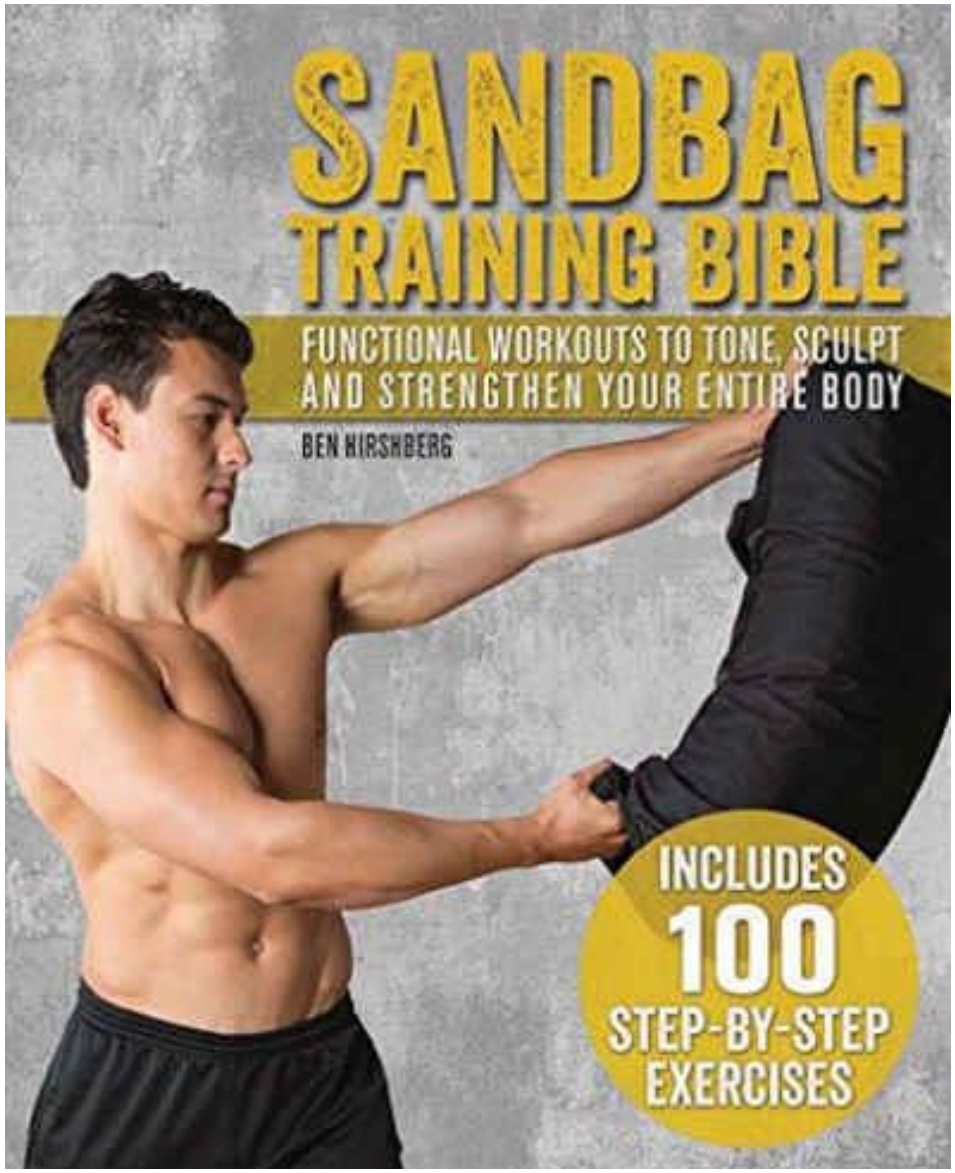

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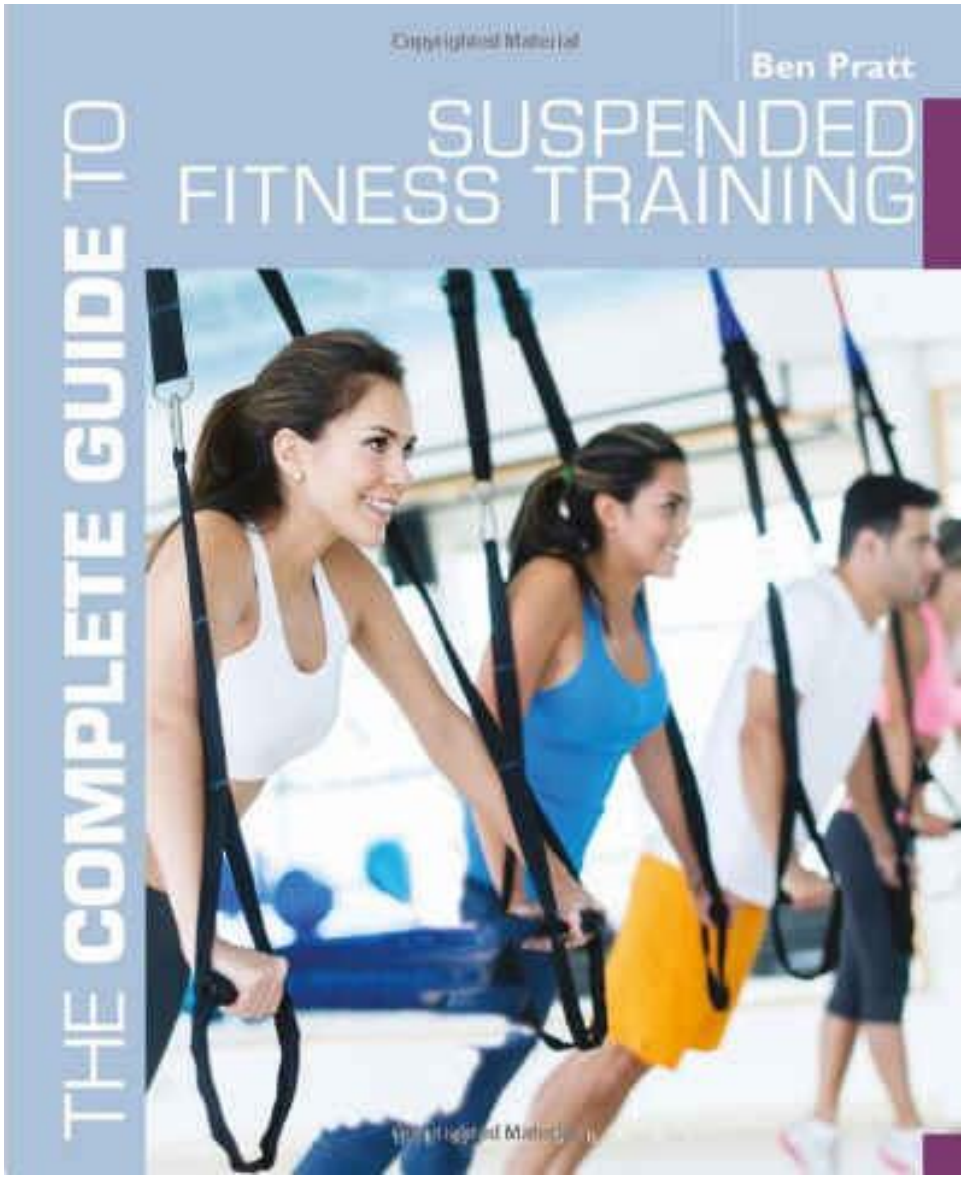
2015



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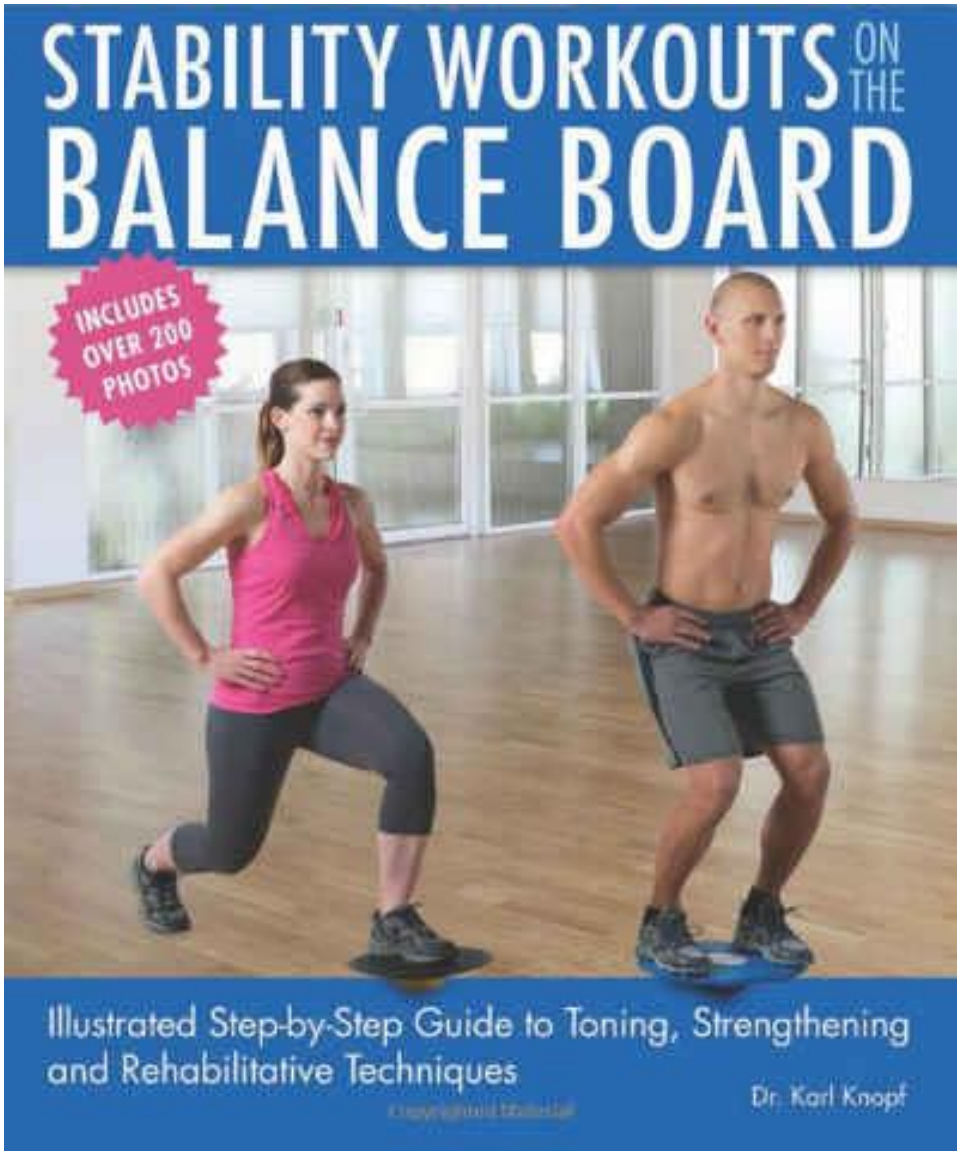
2015



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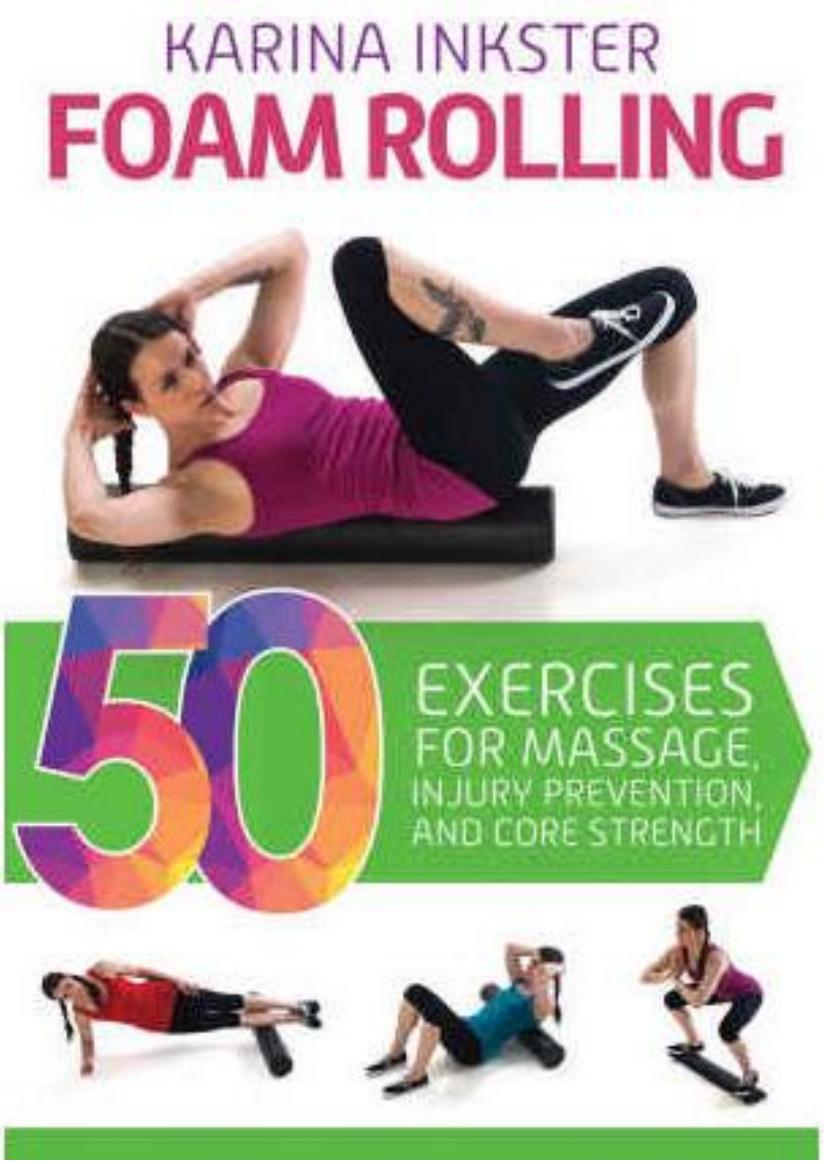

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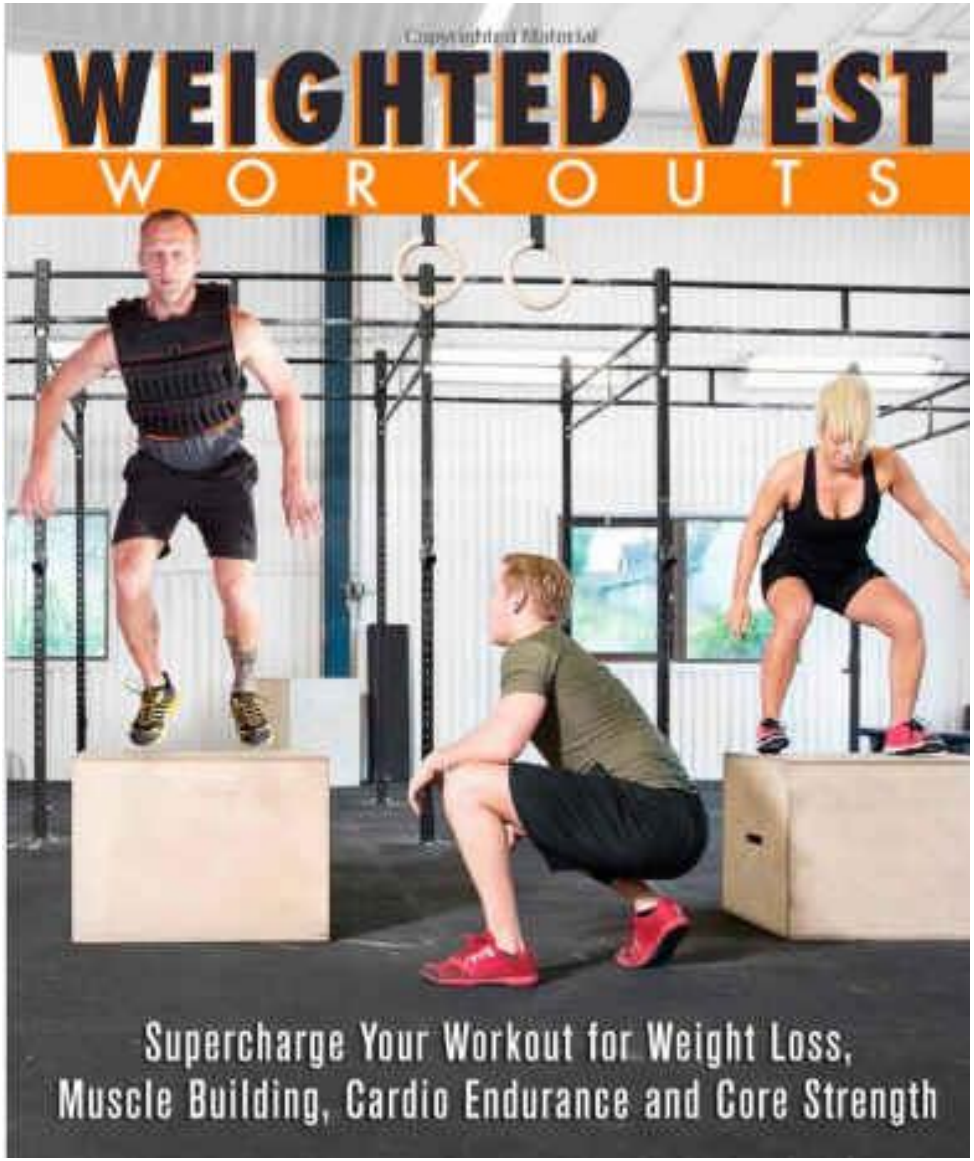

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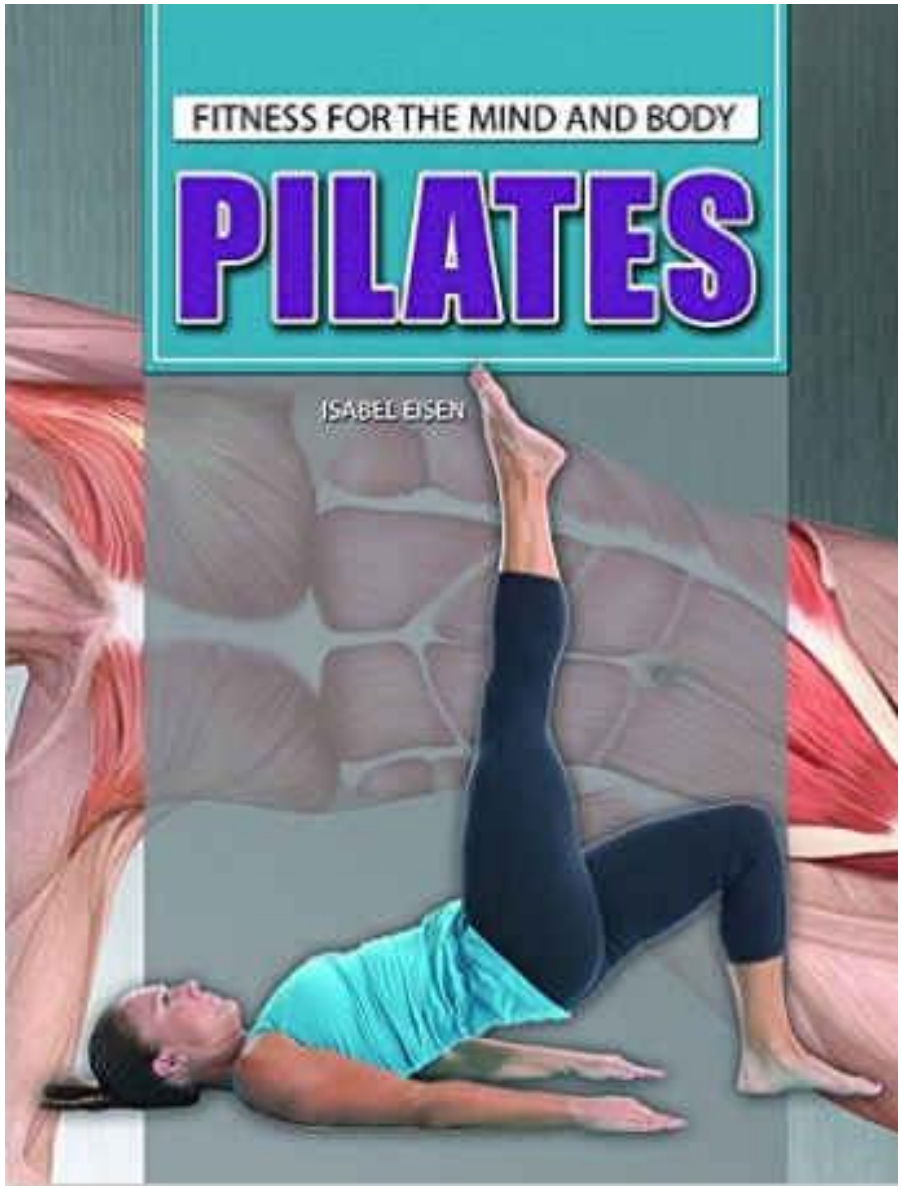

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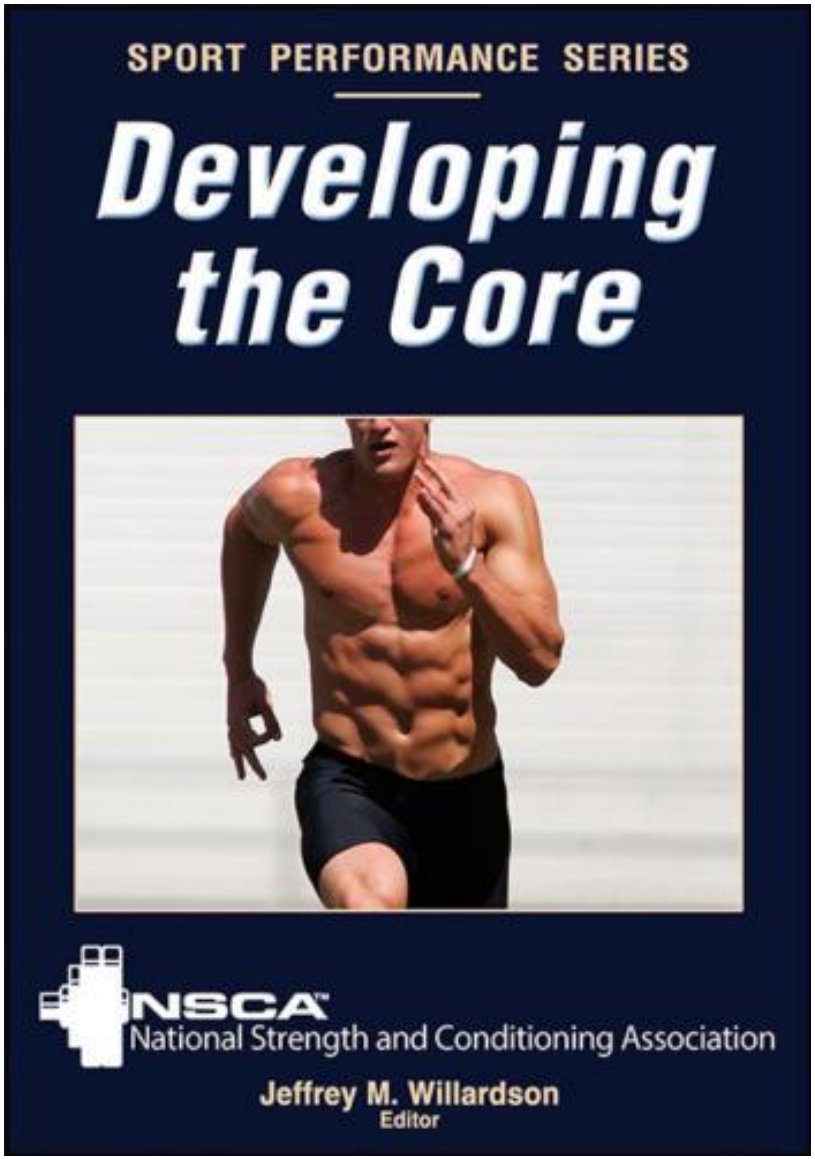

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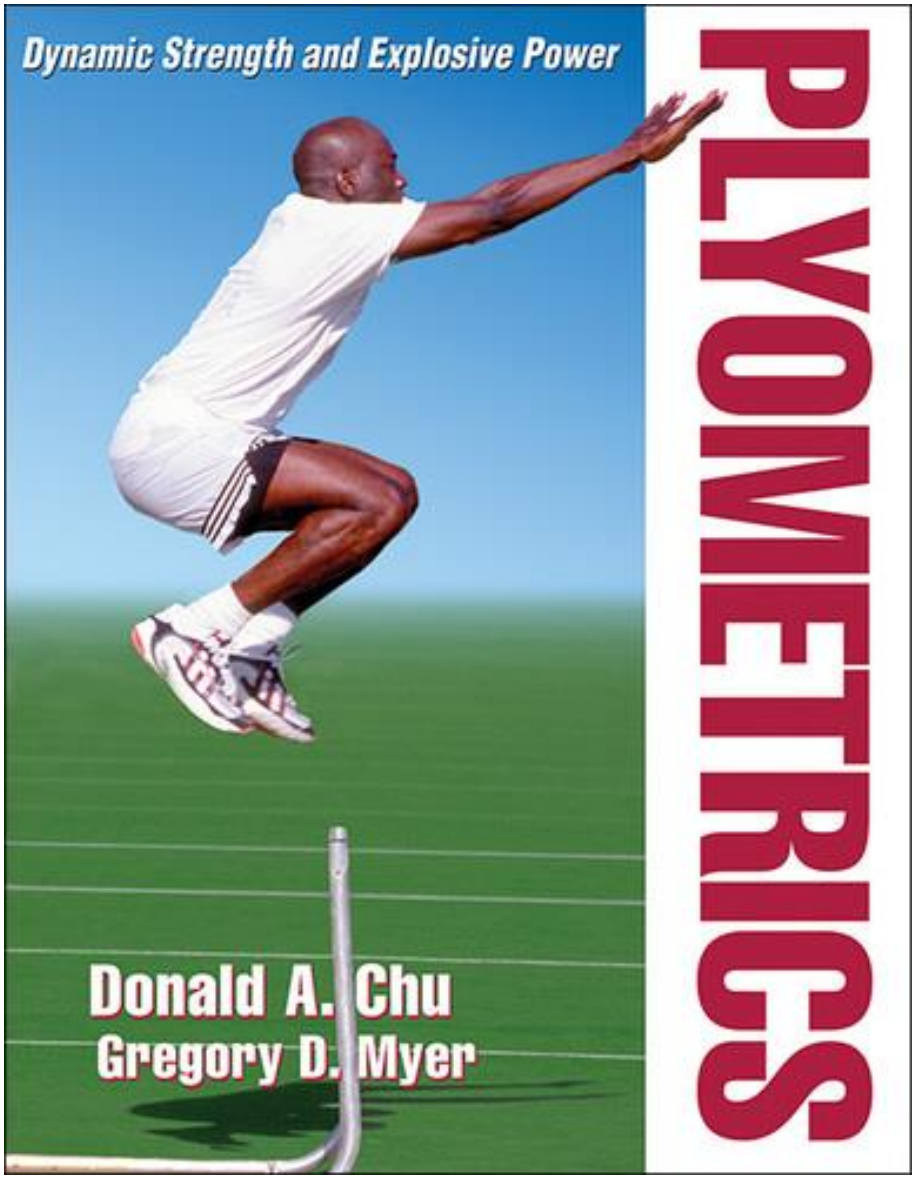

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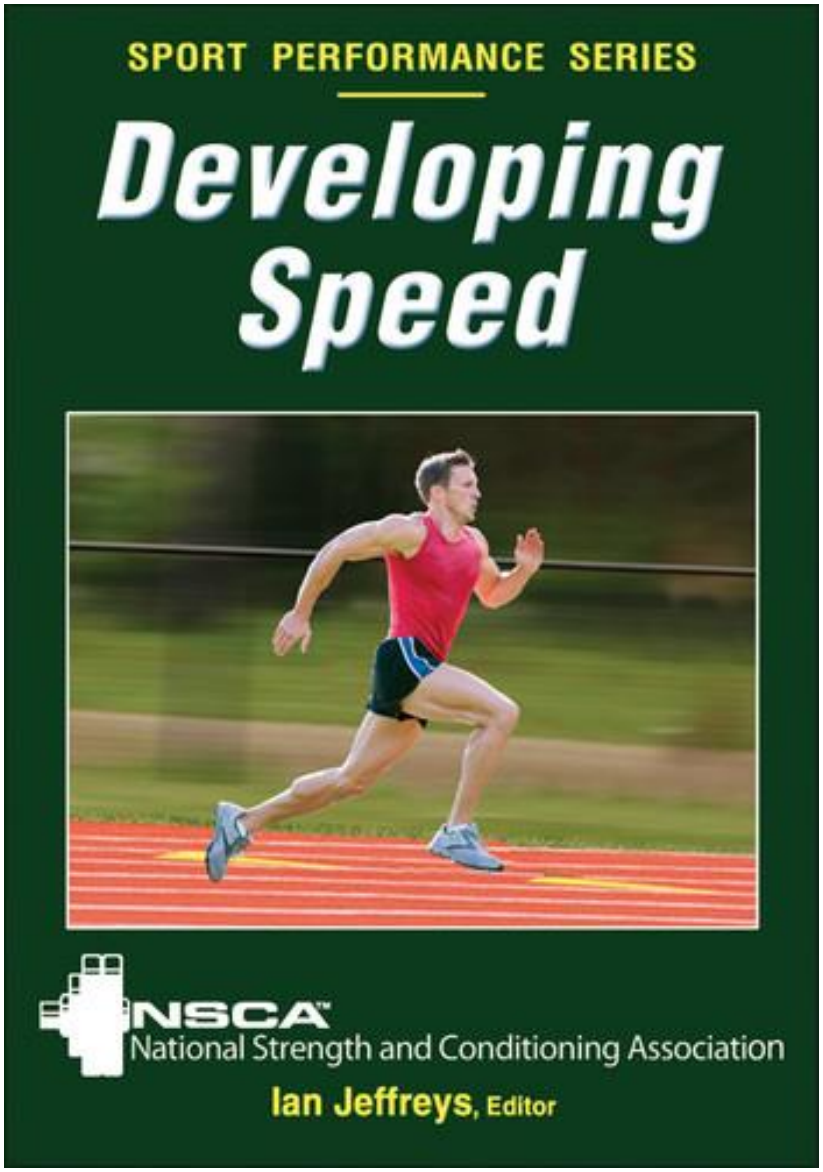

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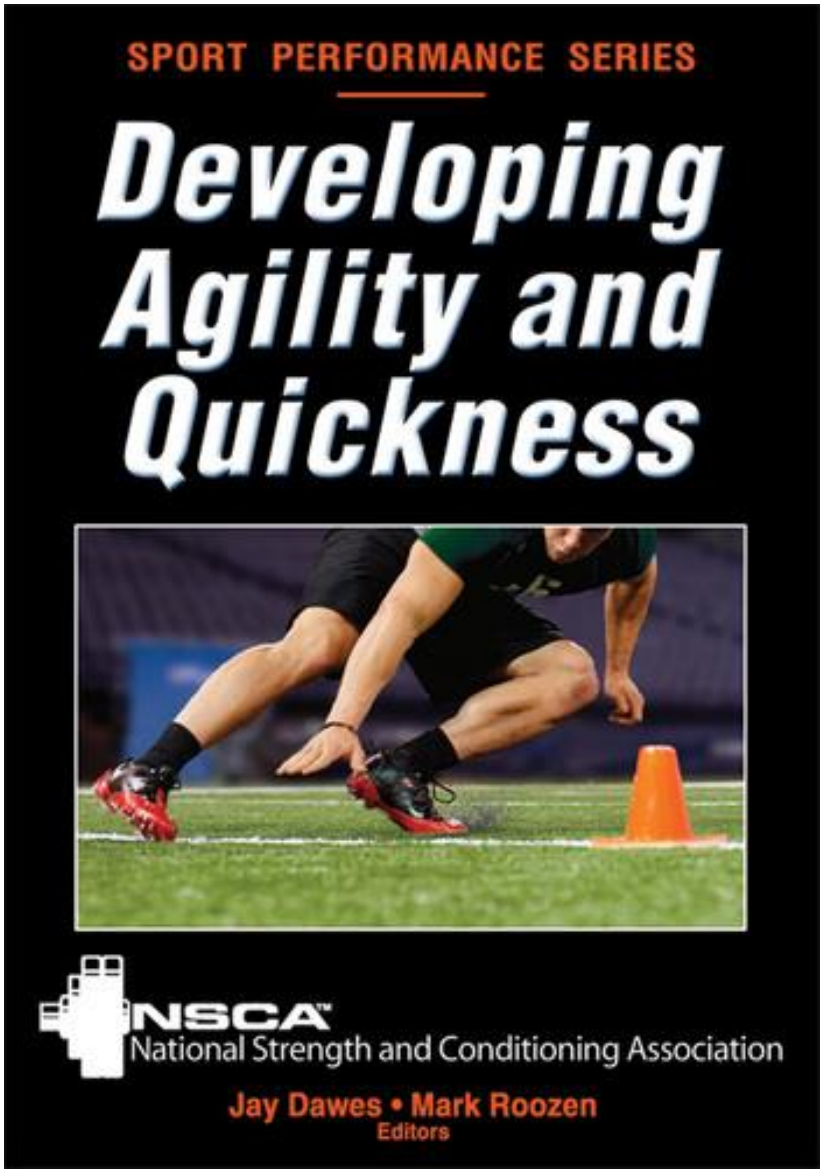

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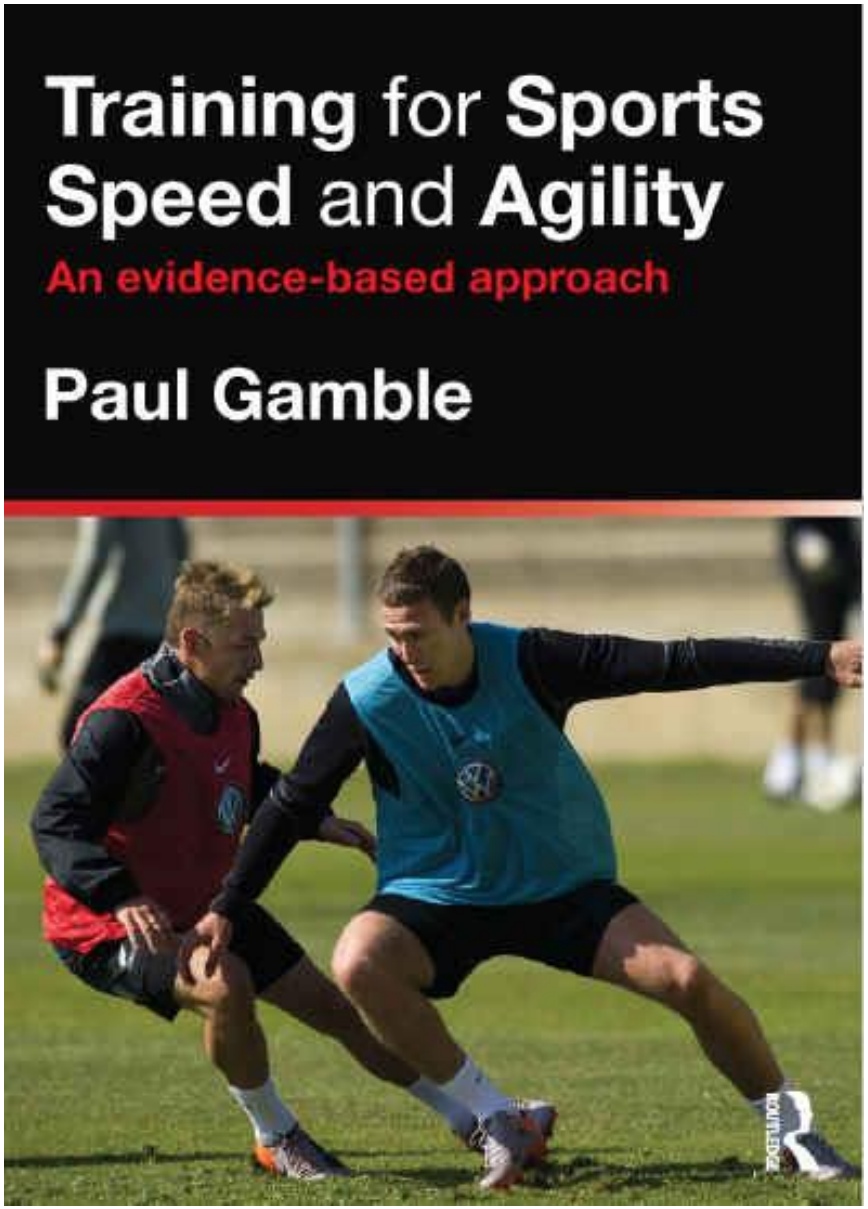

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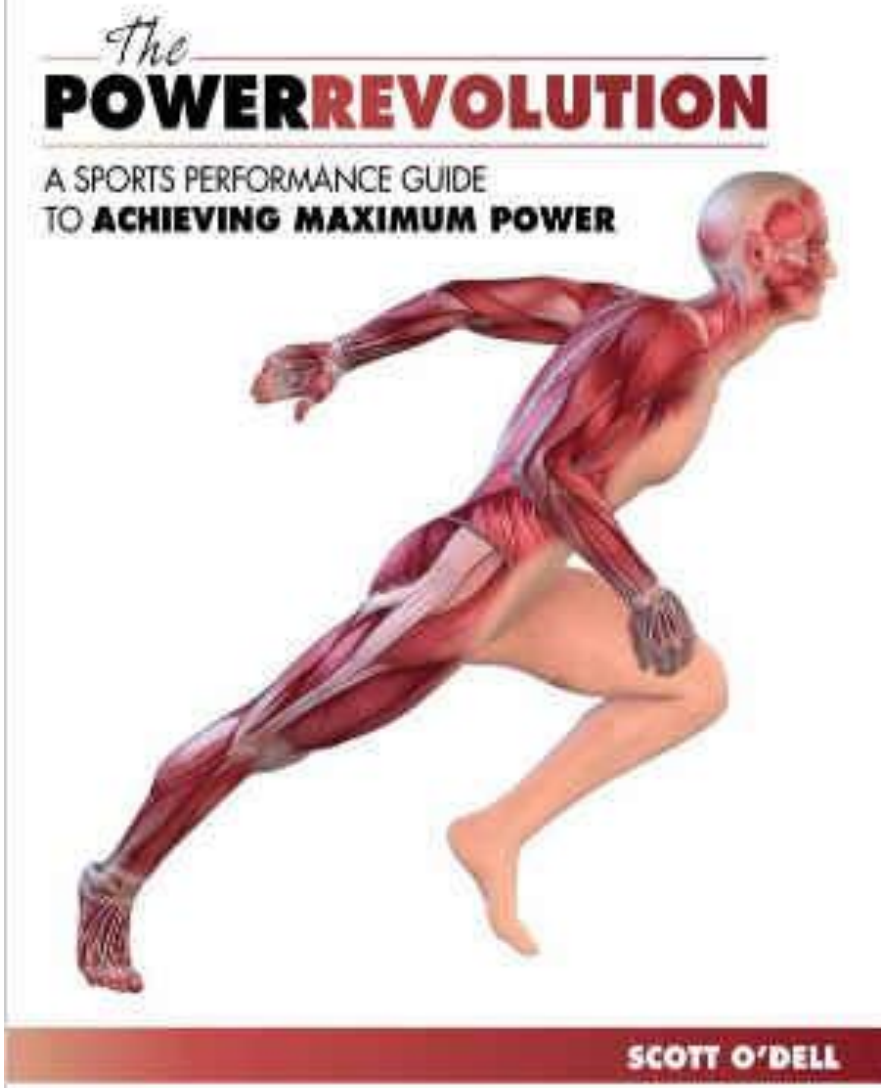

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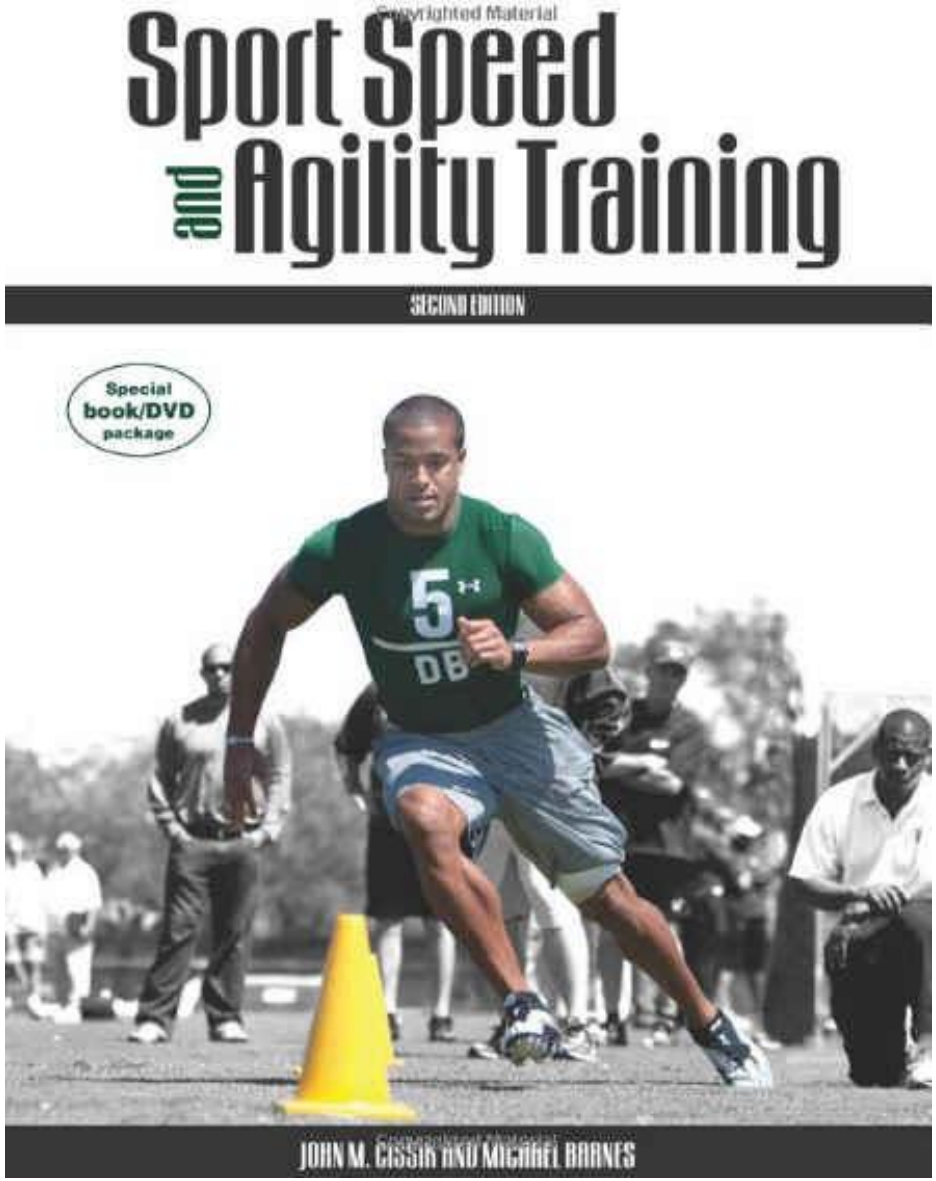

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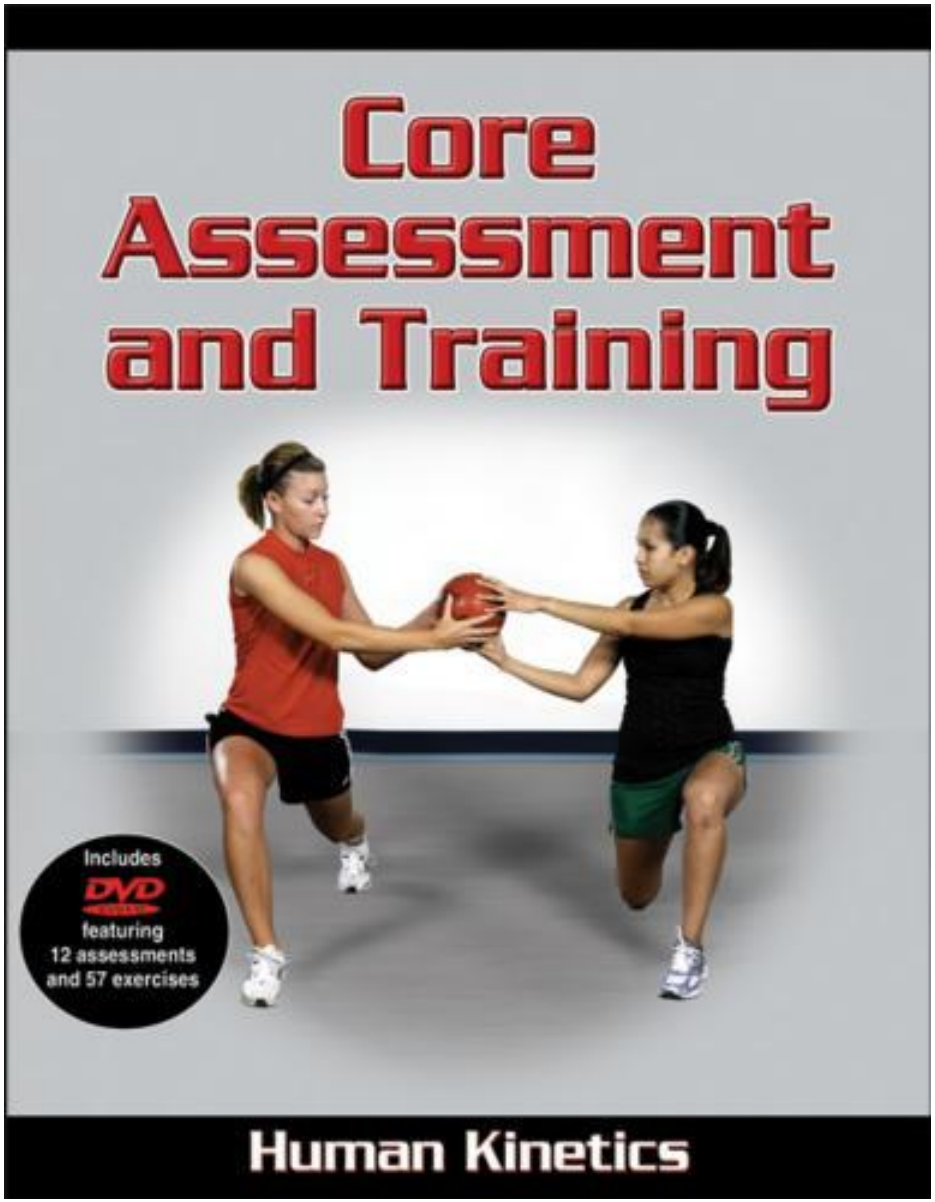

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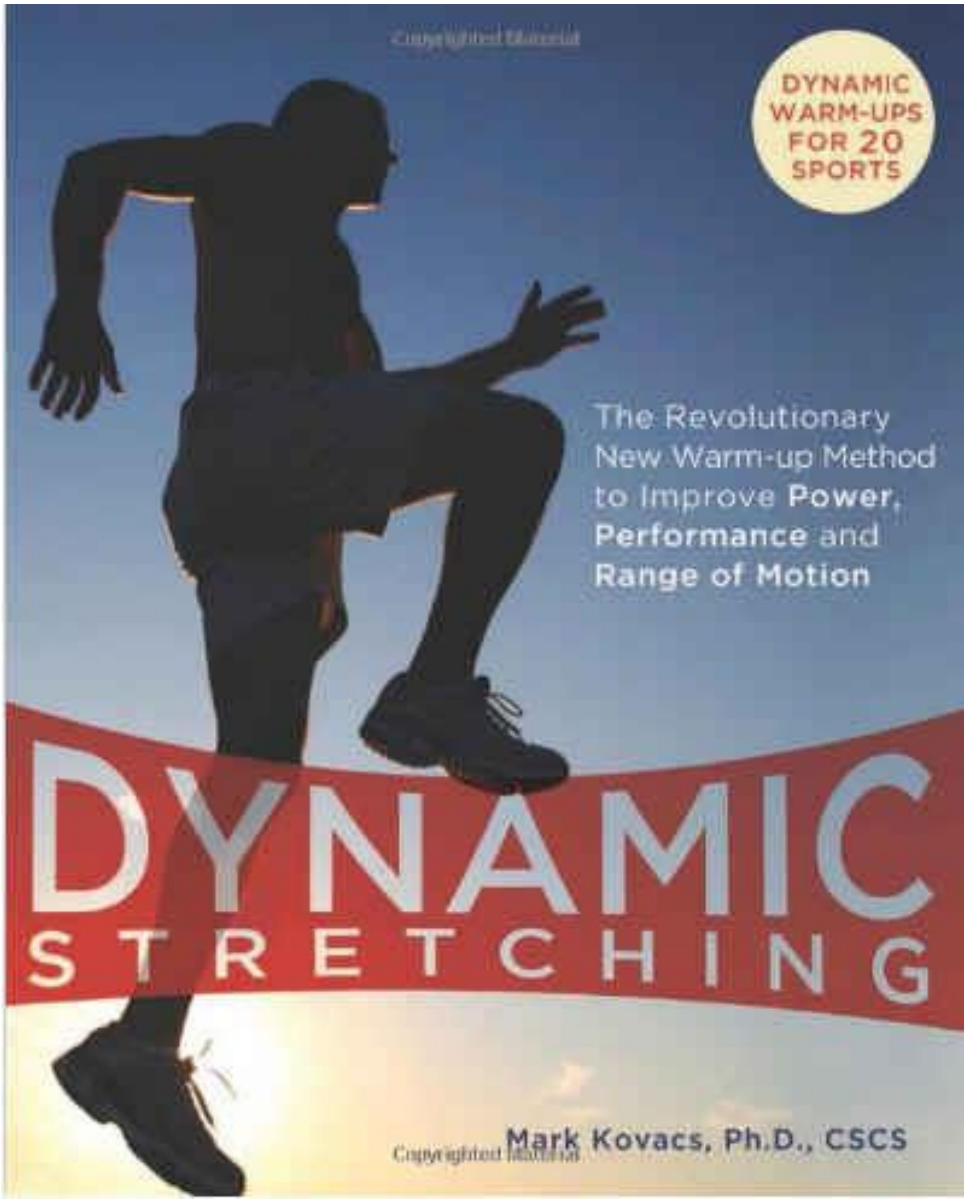

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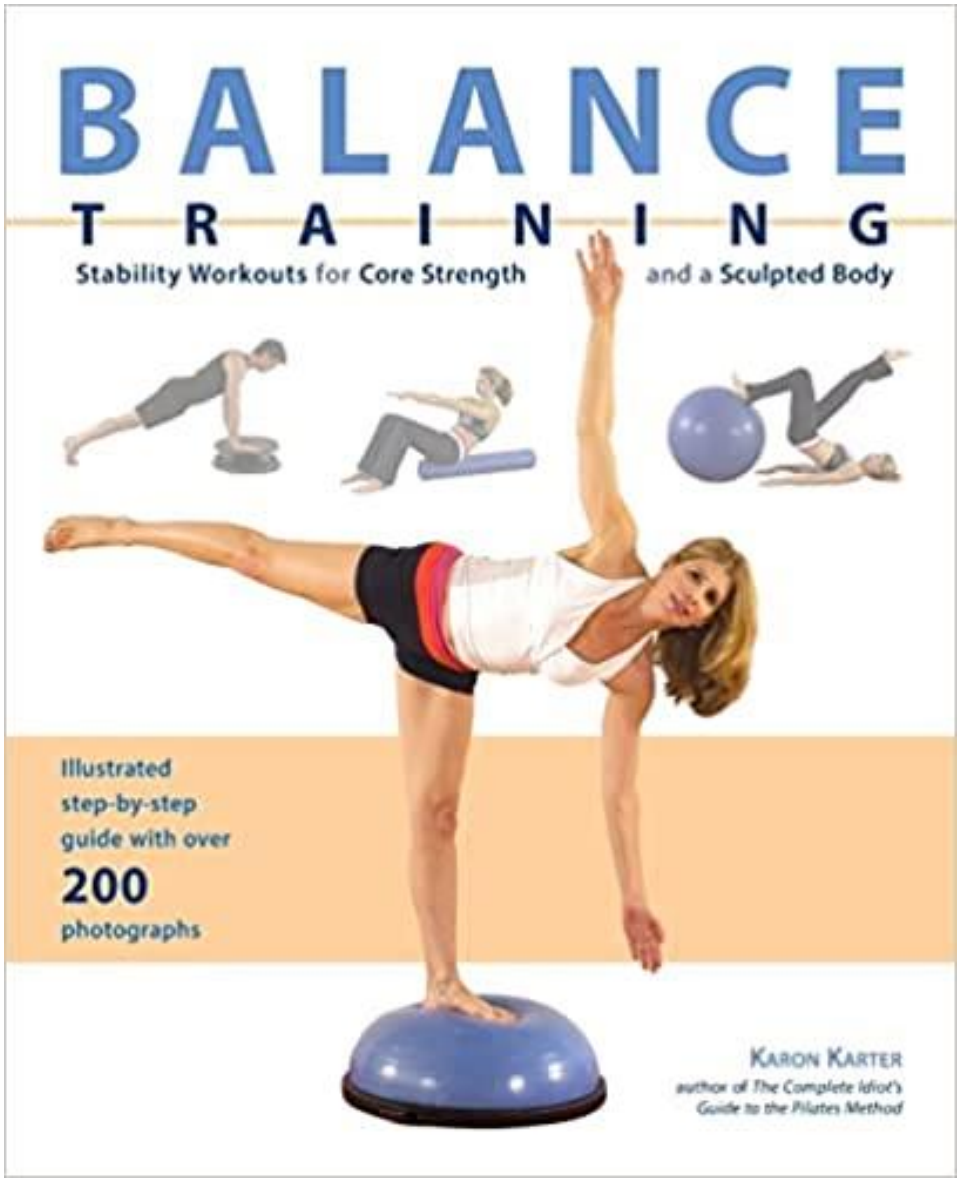

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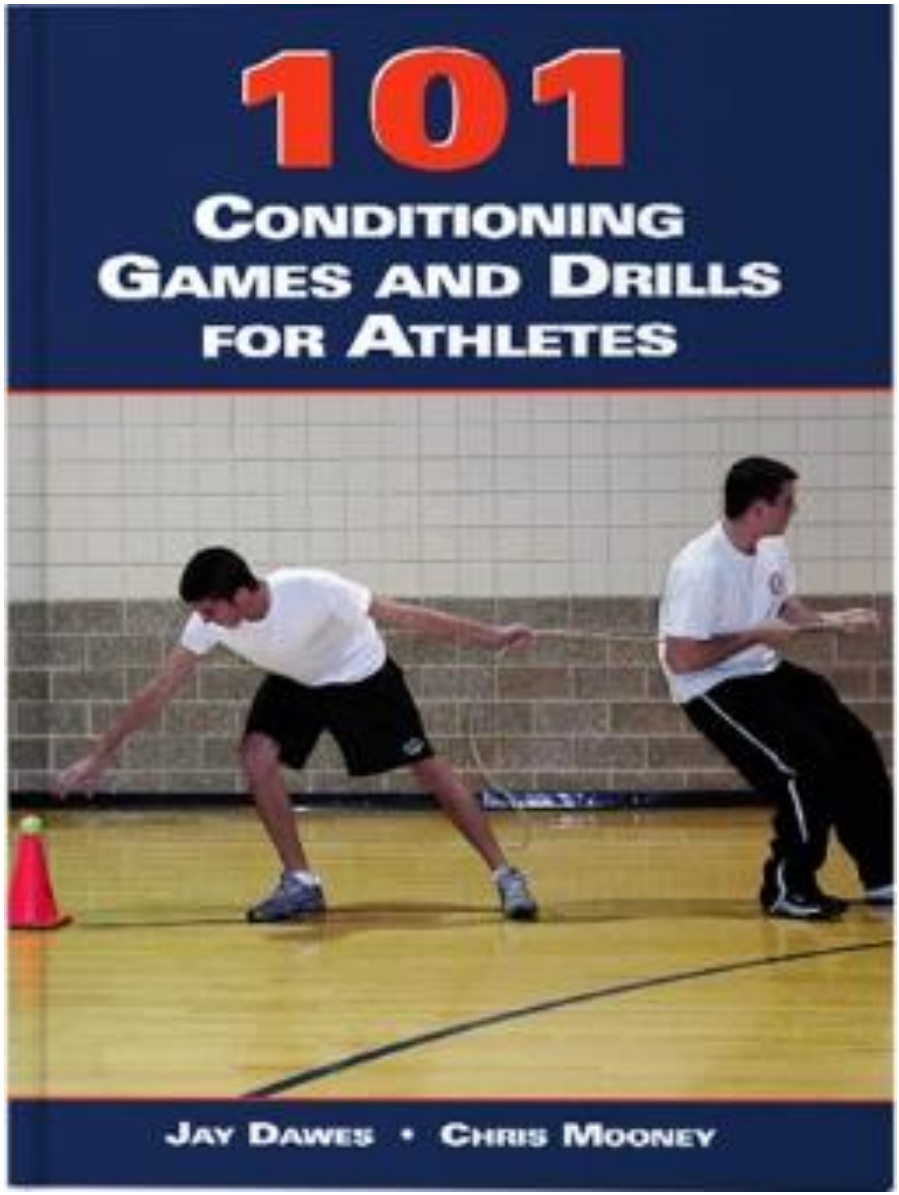

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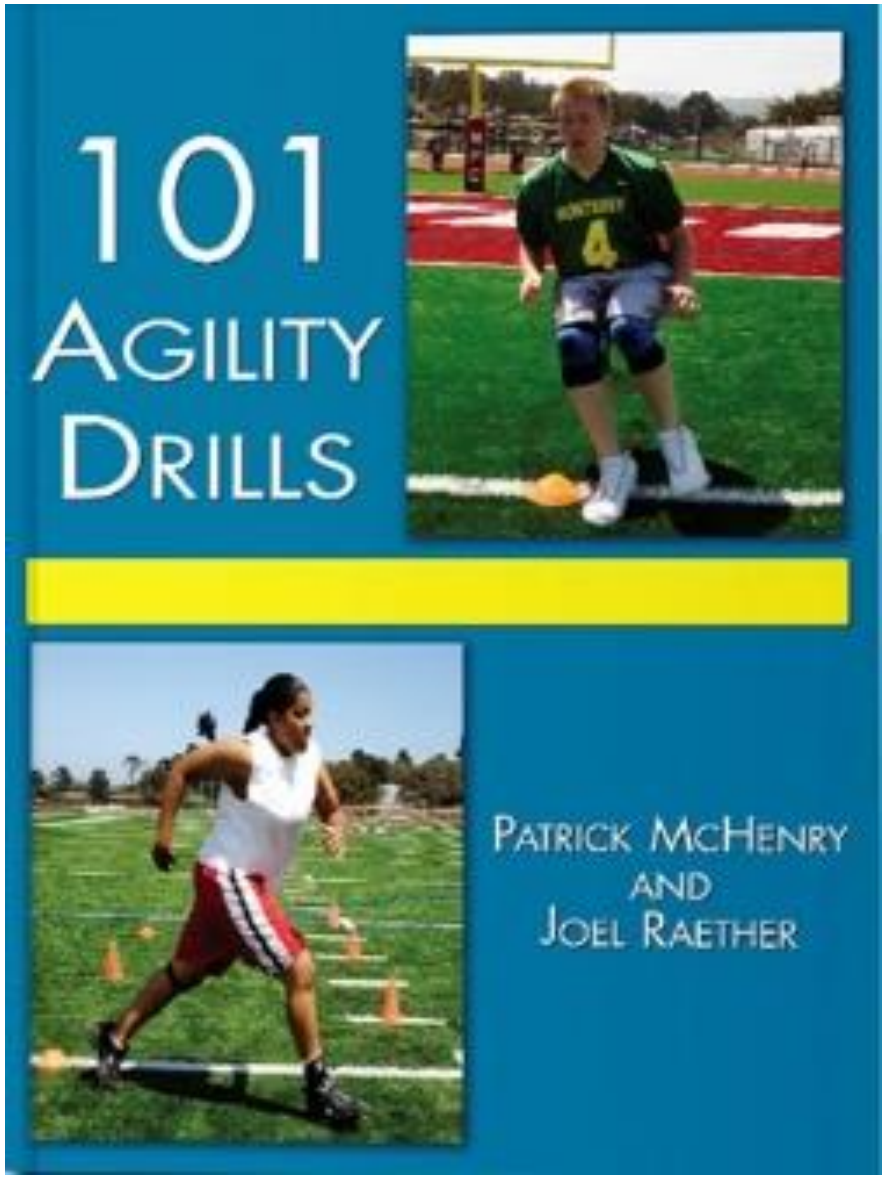

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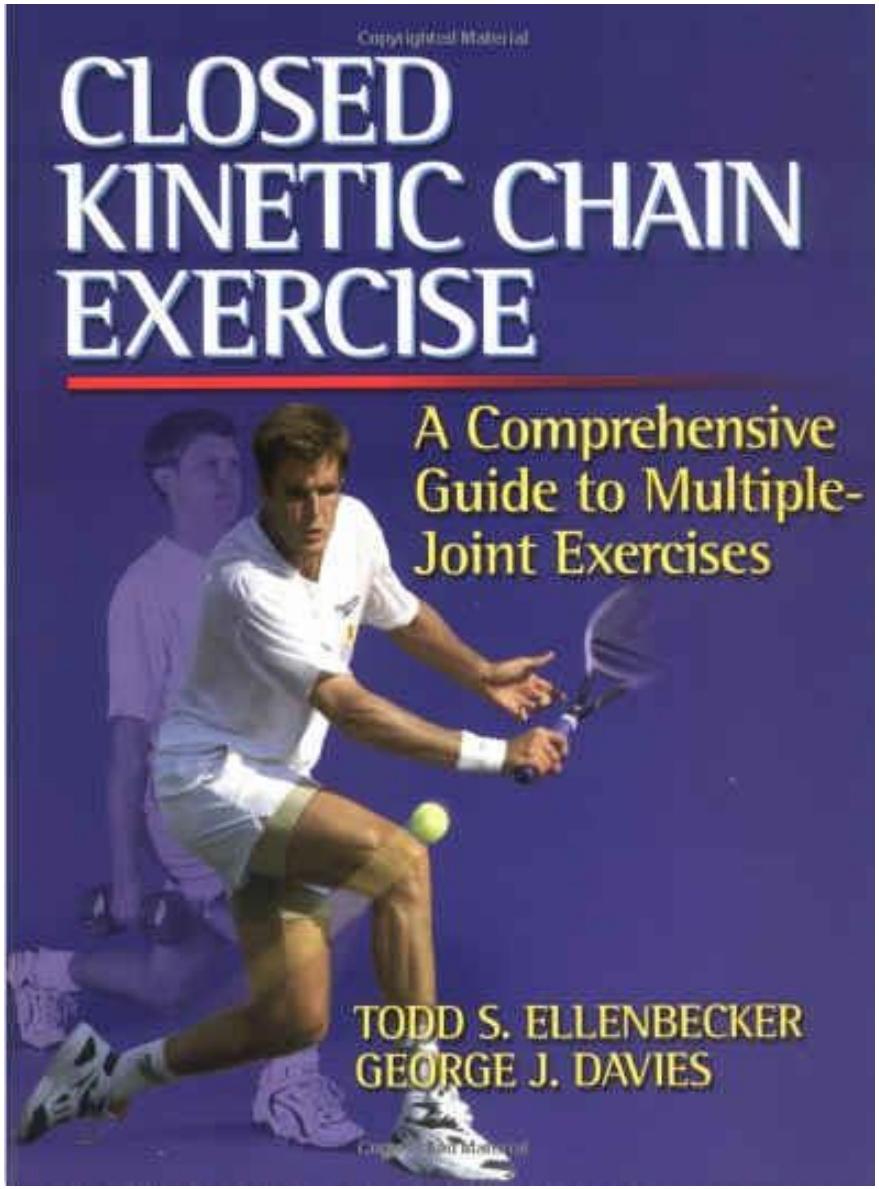

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RECURSOS ACADÉMICOS:

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)

2016

What is functional training and is it right for you?

www.businesstoday.co.com /Issues/50-TOP-COMPANIES-ON-MSM/What-is-functional-training-and-is-it-right-for-you

D'ewes, D. (2016). What is functional training and is it right for you***?. Businesstoday,*** (210), 1-3. Recuperado de la base de datos de EBSCOhost (Business Source Complete)

2016

FUNCTIONAL TRAINING FOR RUNNING SPORTS

This is an excerpt from the new book *Functional Training* (Human Kinetics, 2016), written by Juan Carlos "JC" Santana, founder and director of the Institute of Human Performance (IHP) in Boca Raton, Florida. IHP has been recognized as one of the top training facilities in the world and the best core-training facility in the United States.

BY JUAN CARLOS "JC" SANTANA

Santana, J. C. (2016). Functional training for running sports. ***Track Coach,*** (214), 6835-6841. Recuperado de la base de datos de EBSCOhost (SPORTDiscus with Full Text)

2016

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]
[1]School of Health and Sport Sciences (EUSES) Universitat de Girona, Salt, Catalonia, Spain; [2]Blanquerna Faculty of Psychology, Education Sciences and Sport (FPCEE), Universitat Ramon Llull, Barcelona, Spain; [3]Segle XXI Female Basketball Team, Catalan Federation of Basketball, Esplugues de Llobregat, Spain; [4]Department 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; [5]Division of Sports Medicine, Cincinnati Children's Hospital Medical Center, Cincinnati, Ohio; [6]Department of Pediatrics, College of Medicine, University of Cincinnati, Cincinnati, Ohio; [7]Department of Psychology, Center for Cognition, Action and Perception, University of Cincinnati, Cincinnati, Ohio; [8]Youth Physical Development Unit, Cardiff Metropolitan University, Cardiff, Wales; [9]Sports Health and Performance Institute, Ohio State University, Sports Medicine, Ohio State University Medical Center, Columbus, Ohio; and [10]Micheli 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*

MILITARY MEDICINE, 181, 7:627, 2016

2016

Is High-Intensity Functional Training (HIFT)/CrossFit Safe for Military Fitness Training?

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.)‡*

ABSTRACT High-intensity functional training (HIFT) is a promising fitness paradigm that gained popularity among military populations. Rather than biasing workouts toward maximizing fitness domains such as aerobic endurance, HIFT workouts are designed to promote general physical preparedness. HIFT programs have proliferated as a result of concerns about the relevance of traditional physical training (PT), which historically focused on aerobic condition via running. Other concerns about traditional PT include: (1) the relevance of service fitness tests given current combat demands, (2) the perception that military PT is geared toward passing service fitness tests, and (3) that training for combat requires more than just aerobic endurance. Despite its' popularity in the military, concerns have been raised about HIFT's injury potential, leading to some approaches being labeled as "extreme conditioning programs" by several military and civilian experts. Given HIFT programs' popularity in the military and concerns about injury, a review of data on HIFT injury potential is needed to inform military policy. The purpose of this review is to: (1) provide an overview of scientific methods used to appropriately compare injury rates among fitness activities and (2) evaluate scientific data regarding HIFT injury risk compared to traditional military PT and other accepted fitness activities.

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)

2015

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 Ageberg[1] *and Ewa M. Roos*[2]

[1]Department of Health Sciences, Lund University, Lund, Sweden; and [2]Institute 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

2014

Functional training: functional for what and for whom?

Treinamento funcional: funcional para que e para quem?

Marzo Edir Da Silva-Grigoletto[1]
Ciro Jose Brito[2]
Juan Ramon Heredia[3]

Abstract – The prescription of neuromuscular conditioning programs aimed at the development and maintenance of activities of daily living (ADLs) has been based on functionality. The functional training proposal needs further academic discussion. The present study presents a critical view on the functional training, assumptions, characteristics and definitions. The mere exercise selection does not make it a functional training, as there are no exercises that have greater or lesser functionality. For training to be functional, variables must be controlled and monitored, so that the prescription has the proper dose of exercise that the individual must perform in the training unit. Furthermore, a well-planned and objective training does not depend on a name, method, system, program, exercise or equipment.

1 Federal University of Sergipe. Graduate Program in Physical Education. Scientific Sport. Aracaju, SE. Brazil.

Da Silva-Grigoletto, M. E., Brito, C. J., & Heredia, J. R. (2014). Functional training: functional for what and for whom? / Treinamento funcional: funcional para que e para quem?. ***Brazilian Journal of Kineanthropometry & Human Performance, 16***(6), 714-719. Recuperado de ***http://www.scielo.br/pdf/rbcdh/v16n6/1980-0037-rbcdh-16-06-00709.pdf***

2014

Apunts. Educación Física y Deportes
2014, n.º 116, 2.º trimestre (abril-junio), pp. 60-68
ISSN-1577-4015
DOI: http://dx.doi.org/10.5672/apunts.2014-0983.es.(2014/2).116.06

PREPARACIÓN FÍSICA

Entrenamiento integrado. Principios dinámicos y aplicaciones

Integrated Training. Dynamic principles and applications

NATÀLIA BALAGUÉ SERRE
Institut Nacional d'Educació Física de Catalunya - Centro de Barcelona (España)

CARLOTA TORRENTS MARTÍN
Institut Nacional d'Educació Física de Catalunya - Centro de Lleida (España)

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Futbol Club Barcelona (España)

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Natàlia Balagué Serre
nataliabalague@gmail.com

Balagué Serre, N., Torrents Martín, C., Pol Cabanellas, R., & Seirul.Lo Vargas, F. (2014). Entrenamiento integrado. Principios dinámicos y aplicaciones. ***Apunts: Educacion Fisica y Deportes,*** (116), 60-68. doi:10.5672/apunts.2014-0983.es.(2014/2).116.06. Recuperado de *http://www.raco.cat/index.php/ApuntsEFD/article/viewFile/279286/366994*

2014

Fitness Focus

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

FUNctional Exercise Training

Brought to you by the American College of Sports Medicine www.acsm.org

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*

2014

Eur Rev Aging Phys Act (2014) 11:95–106
DOI 10.1007/s11556-014-0144-1

ACADEMIC LITERATURE REVIEW

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

Chiung-ju Liu · Deepika M. Shiroy · Leah Y. Jones · Daniel O. Clark

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

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

2013

Take Ten

Brought to you by the American College of Sports Medicine
www.acsm.org

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

10 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

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. Recuperado de *http://journals.lww.com/acsm-healthfitness/Fulltext/2012/11000/Neuromotor_Exercise_Training.4.aspx*

2012

One on One

The One-On-One Column provides scientifically supported, practical information for personal trainers who work with apparently healthy individuals or medically-cleared special populations.

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

Do Single-Joint Exercises Enhance Functional Fitness?

Brad Schoenfeld, MSc, CSCS[1] and Bret Contreras MA, CSCS[2]
[1]Department of Exercise Science, Lehman College, Bronx, New York; and [2]Department 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*

2011

REVIEW Open Access

Neuromuscular training to enhance sensorimotor and functional deficits in subjects with chronic ankle instability: A systematic review and best evidence synthesis

Jeremiah O'Driscoll[1] and Eamonn Delahunt[2,3*]

O'Driscoll1, J. & Delahunt, E. (2011). Neuromuscular training to enhance sensorimotor and functional deficits in subjects with chronic ankle instability: A systematic review and best evidence synthesis. (2011). SMARTT: ***Sports Medicine, Arthroscopy, Rehabilitation, Therapy & Technology, 3***(1), 19-38. Recuperado de ***http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3189141/pdf/1758-2555-3-19.pdf***

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

Recibido: 25/11/2010
Aceptado: 06/12/2010

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

Effects of Integrative Neuromuscular Training on Fitness Performance in Children

Avery D. Faigenbaum, Anne Farrell, and Marc Fabiano
The College of New Jersey

Tracy Radler
Lore Elementary School

Fernando Naclerio
Universidad Europea de Madrid

Faigenbaum, A. D., Farrell, A., Fabiano, M., Radler, T., Naclerio, F., Ratamess, N. A., & ... Myer, G. D. (2011). Effects of integrative neuromuscular training on fitness performance in children. ***Pediatric Exercise Science, 23***, 573-584. Recuperado de la base de datos de EBSCOhost (SPORTDiscus with Full Text).

2011

KRONOS 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

VIDEOS 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, AD.[5]

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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, FACSM[3];
Kevin R. Ford, PhD, FACSM[1,2]; Thomas M. Best, MD, PhD, FACSM[4,5];
Michael F. Bergeron, PhD, FACSM[6]; and Timothy E. Hewett, PhD, FACSM[1,2,4,7]

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CLINICIAN'S CORNER:

Overcoming the Myth of Proprioceptive Training

Daehan Kim[1], Guido Van Ryssegem[2], and Junggi Hong[3]
[1]University of Saskatchewan, College of Kinesiology, Saskatoon, SK, S7N 5B2, Canada.
[2]Oregon State University, Department of Recreational Sports, Corvallis, OR 97331-3301.
[3]Willamette University, Department of Exercise Science, Salem, OR, 97301.

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Fad or Here to Stay?

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

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SELF MANAGEMENT: CLINICIAN SECTION

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

Craig Liebenson, DC*

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Mel C. Siff, PhD
Denver, Colorado

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

May Arna Risberg, PT, PhD[1]
Marianne Mørk, PT[2]
Hanne Krogstad Jenssen, PT[2]
Inger Holm, PT, PhD[3]

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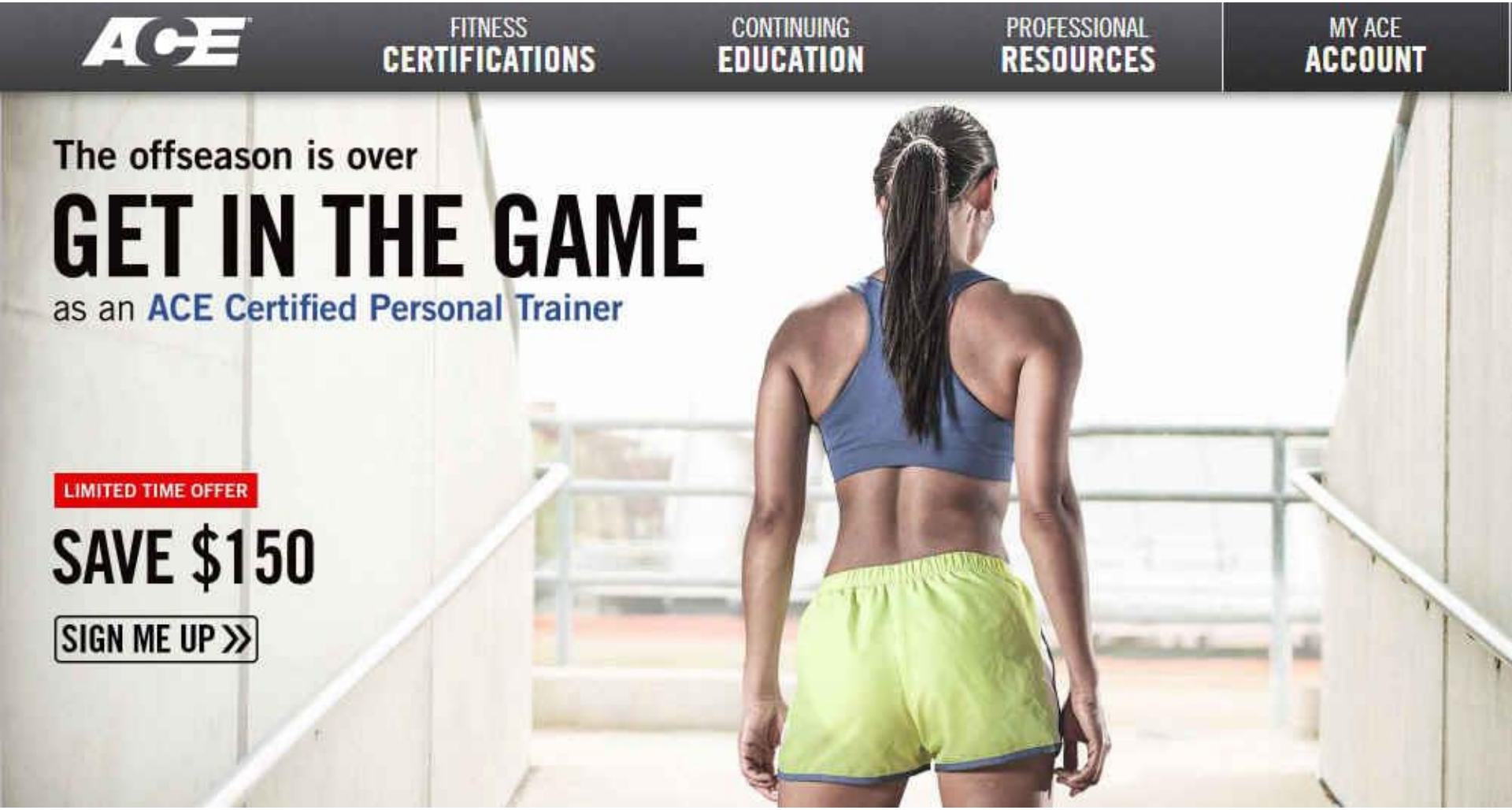

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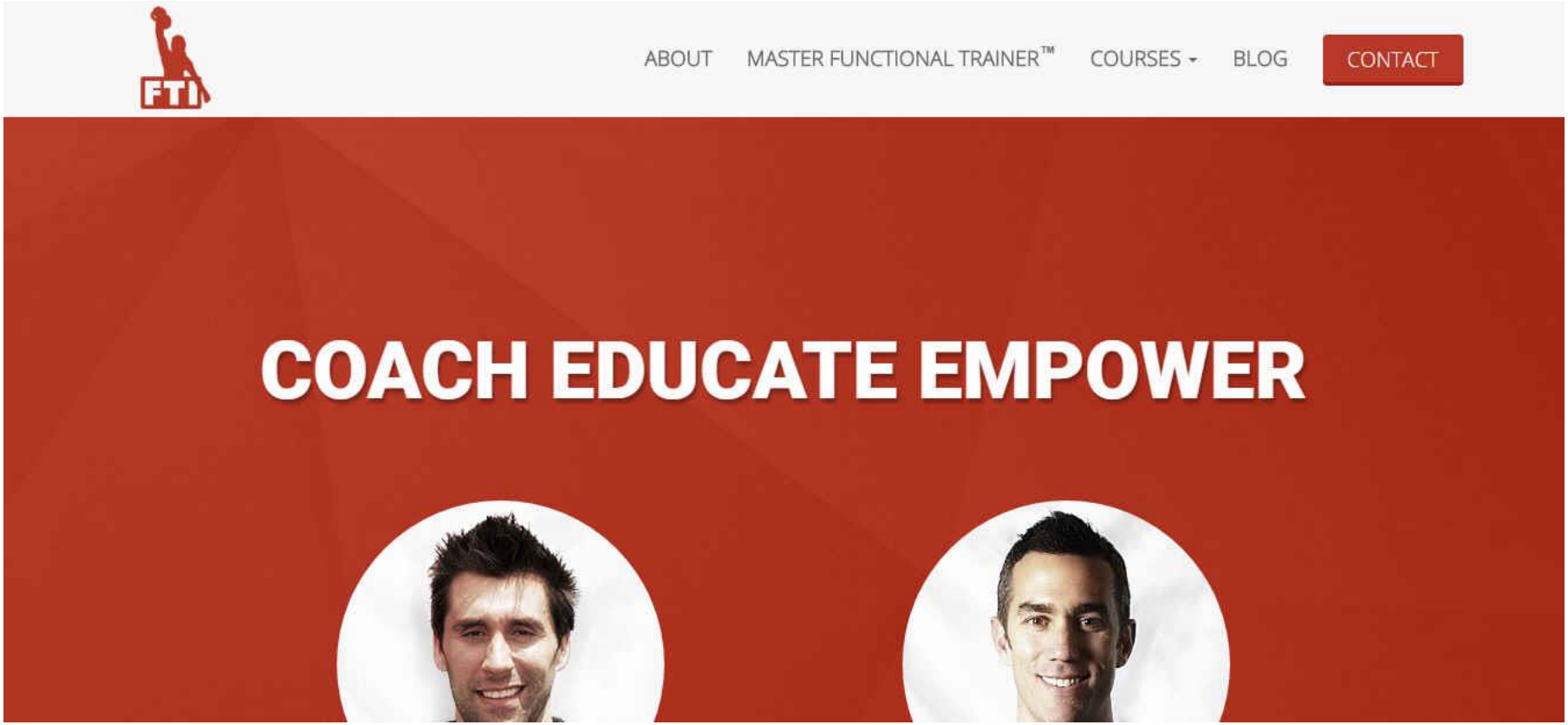

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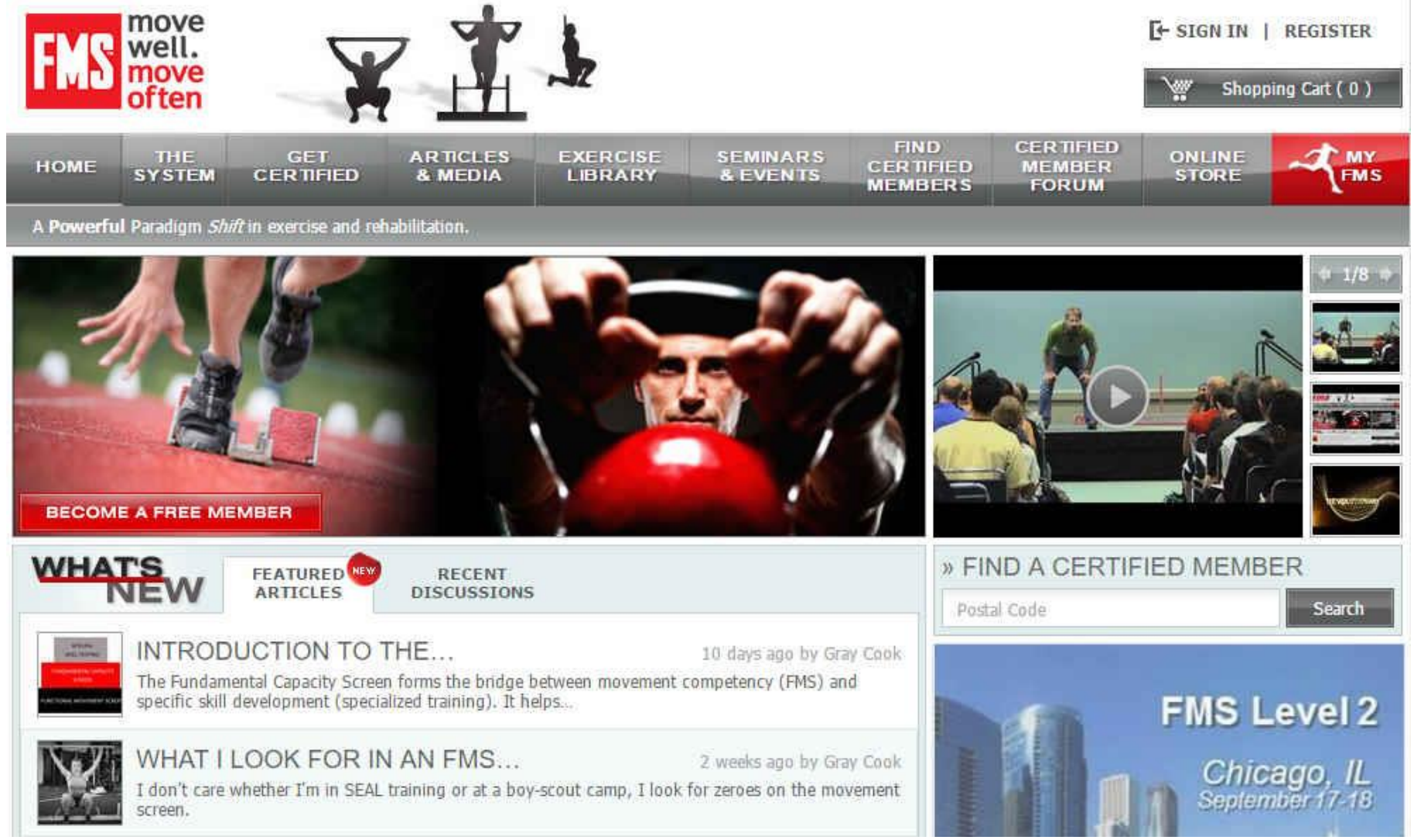

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The distinction between a screen and an assessment is this: The screen is done by health and fitness professionals on normal populations, whereas the assessment is performed by a medical or rehabilitation professional already aware of an abnormal condition. Pain is usually the primary complaint, which may or may not be complicated by movement dysfunction. Whether the patient has pain, is referred to a healthcare professional following a movement screen, or seeks medical advice directly, a systematic breakdown of the pain relative to movement is the first order of business. [Read more...]

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