

PRUEBAS DE APTITUD FÍSICA

SALTO HORIZONTAL CON PIES JUNTOS

Comprobar la fuerza explosiva de la musculatura extensora de las caderas, rodillas y tobillos.

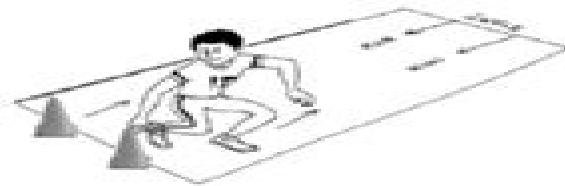


1. Posición inicial: El alumno/a se coloca de forma que las **puntas de los pies estén exactamente detrás de la línea de impulso** y separadas a la anchura de la cadera, con las rodillas flexionadas y los brazos hacia atrás.
2. Desde la posición anterior se realizará un **salto hacia delante con los pies juntos extendiendo las rodillas, caderas y tobillos**, y ayudándose con un lanzamiento de brazos hacia delante. Se debe caer con la planta de los pies y con las rodillas flexionadas.

VELOCIDAD-AGILIDAD 10x4

Comprobar la velocidad y la agilidad

1. Posición inicial: El/la participante se coloca **detrás de la línea de salida**.
2. Al oír la señal de salida **debe correr a máxima velocidad** los 10 metros que le separan de la otra línea; **coger un cono** y volver de nuevo a la línea de salida y **colocar de pie el cono**; esto constituye un ciclo. En total se realizan 2 ciclos.



FLEXIBILIDAD: FLEXIÓN PROFUNDA DE TRONCO



Esta prueba mide la flexión global del tronco y extremidades.
Desde **sentado con las piernas estiradas**, realizamos una **flexión profunda de tronco** y medir los centímetros que sobrepasan vuestras manos a vuestros pies (ya que los pies son la referencia y ahí colocamos el cero)

CARRERA CONTINUA 20'

Con este test comprobamos la resistencia aeróbica.

La prueba consiste en correr el máximo número de metros durante 20 minutos.

El test puede llevarse a cabo utilizando cualquier espacio al aire libre que esté perfectamente medido.

Pruebas De Aptitud Fisica

Varios autores

Pruebas De Aptitud Física:

Pruebas de aptitud física Emilio José Martínez López,2012-07-11 La Condición Física se ha materializado en los tiempos modernos como el máximo exponente que garantiza el éxito deportivo interviniendo además decisivamente en el aprendizaje de las habilidades motrices así como en la mejora de la salud. Tanto para el Entrenador como para el Profesor de Educación Física la valoración del estado de forma de los individuos debe ofrecer una información contundente a través de resultados objetivos fiables y válidos que permitan servir de base para llevar a cabo una planificación correcta y adecuada a los objetivos perseguidos por el equipo y específicos de cada individuo. Las pruebas de reposo así como las avanzadas técnicas de laboratorio presentan dificultades por no garantizar resultados fiables unas y estar al alcance de sólo unos pocos las otras. Por lo tanto este libro presenta la alternativa más eficaz tests de campo que se adecuan según su selección a la medida más relacionada con los fines perseguidos siendo aplicables a multitud de individuos de una forma económica y fiable. En este libro se analizan las principales Pruebas de Aptitud Física profundizando en los criterios de calidad de cada una de ellas y estructurando su clasificación en cualidades físicas básicas Resistencia fuerza velocidad y flexibilidad y cualidades motrices Agilidad coordinación y equilibrio. Asimismo se ofrecen protocolos de ejecución de pruebas físicas material necesario y tablas de referencia con múltiples resultados distribuidos y clasificados por edad y sexo

Evaluación de la aptitud física y

Prescripción del ejercicio Vivian H. Heyward,2008-09-05 **Pruebas de aptitud física** Emilio J. Martínez López,2011 La Condición Física se ha materializado en los tiempos modernos como el máximo exponente que garantiza el éxito deportivo interviniendo además decisivamente en el aprendizaje de las habilidades motrices así como en la mejora de la salud. Tanto para el Entrenador como para el Profesor de Educación Física la valoración del estado de forma de los individuos debe ofrecer una información contundente a través de resultados objetivos fiables y válidos que permitan servir de base para llevar a cabo una planificación correcta y adecuada a los objetivos perseguidos por el equipo y específicos de cada individuo. Las pruebas de reposo así como las avanzadas técnicas de laboratorio presentan dificultades por no garantizar resultados fiables unas y estar al alcance de sólo unos pocos las otras. Por lo tanto este libro presenta la alternativa más eficaz tests de campo que se adecuan según su selección a la medida más relacionada con los fines perseguidos siendo aplicables a multitud de individuos de una forma económica y fiable. En este libro se analizan las principales Pruebas de Aptitud Física profundizando en los criterios de calidad de cada una de ellas y estructurando su clasificación en cualidades físicas básicas Resistencia fuerza velocidad y flexibilidad y cualidades motrices Agilidad coordinación y equilibrio. Asimismo se ofrecen protocolos de ejecución de pruebas físicas material necesario y tablas de referencia con múltiples resultados distribuidos y clasificados por edad y sexo

EVALUACIÓN INFORMATIZADA EN LA EDUCACIÓN FÍSICA,LA (Libro+CD) Emilio J. Martínez López,2000-12-02 La Evaluación en la Educación Física se ha convertido en un elemento básico dentro del programa de actuación del profesor. Este libro no es un manual de un programa informático sino que le introduce en una nueva forma de evaluar explicando con

todo detalle todo el proceso y ayud ndole a realizar otras funciones de control en la evaluaci n Con un m nimo conocimiento de Windows y en s lo 5 minutos podr comenzar la evaluaci n informatizada de un grupo de alumnos Adem s podr registrar c modamente la mejora de cada alumno incorporando un coeficiente de progresi n y aplicando la evaluaci n continua Todos los datos que intervienen en la evaluaci n tanto valores de tests como puntuaciones del mbito procedural conceptual y actitudinal podr visualizarlos en una sola pantalla e imprimirlos en un solo folio

Educación física y deportes para el alumno de la escuela secundaria Neil J. Dougherty,1991-10 La intenci n de la National Association for Sport and Physical Education estadounidense es que este libro sirva de ayuda tanto al alumno como a los profesores de Educaci n f sica y a los padres de los alumnos para la selecci n y desarrollo de un programa bien equilibrado de actividades que la juventud actual pueda valorar positivamente a lo largo de toda su vida

La evaluaci n en educaci n f sica Roberto Velázquez

Buendía,Dionisio Alonso Curiel,2004-09 La integraci n de los aspectos te ricos y pr cticos de la evaluaci n en educaci n f sica hacen de esta obra un referente para la investigaci n y la pr ctica en el mbito escolar

La educación física, los estilos de vida y los adolescentes: c ómo son, c ómo se ven, qu é saben y qu é opinan Ignacio Garoz Puerta,2007-11-07 Estudio sobre la condici n biol gica y motriz h bitos de pr ctica de actividad f sica estilo de vida autoconcepto autoestima etc de la poblaci n escolar de 9 a 17 a os Actuaciones relevantes en marcha y propuestas de intervenci n para fomentar un estilo de vida activo y saludable

Aptitud f sica en Escolares Rossana Gomez-Campos,Miguel de Arruda,Marco Cossio Bolaños,2025-07-25 El libro Aptitud F sica en Escolares Estudio Regional del Maule en Chile es el resultado de una investigaci n realizada en tres a os desde 2014 hasta 2016 cuyo prop sito fuer analizar los componentes de la aptitud f sica y las pruebas utilizadas para evaluar el desempe o f sico en ni os y adolescentes durante su crecimiento y maduraci n biol gica Este texto constituye una herramienta fundamental para la evaluaci n de la aptitud f sica relacionada con la salud permitiendo comparaciones con otras realidades y contextos socioculturales basados en estudios regionales Adem s ofrece una base te rica respaldada por s lidos argumentos cient ficos facilitando la comprensi n de sus contenidos

Evaluaci n antropom trica y motriz condicional de ni os y adolescentes ,2007 **Manual de educación física adaptada al alumno con discapacidad** Mercedes Ríos Hernández,2012-07-11 La presente obra ofrece un marco te rico pr ctico de la Educaci n F sica y su adaptaci n al alumnado con Necesidades Educativas Especiales concretamente referidas a las derivadas de d ficit f sico intelectuales o motores El contenido se divide en dos grandes bloques En el primero se recogen en forma de manual las bases te ricas sobre las tres reas de conocimientos que interact an en la did ctica de la Educaci n F sica y el alumnado con discapacidad la Educaci n F sica la Educaci n Especial y la Did ctica La segunda parte se dedica a la intervenci n educativa desde la escuela referida concretamente a la Educaci n F sica y a la atenci n del alumnado con discapacidad Las orientaciones did cticas que se proponen en el libro no son un recetario sino una gu a para orientar el trabajo docente ya sea tanto en la escuela ordinaria como en la especial con el prop sito de que el alumno con discapacidad pueda tomar parte

activa en la sesión de Educación Física *Educación Física Escolar Temario de Oposiciones*, 1990

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 encontrará 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 presentan 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.

Human Growth, Physical Fitness and Nutrition R. J. Shephard, J. Parizková, 1991-05-14
This book is a collection of papers on human growth, physical fitness and nutrition in third world countries. For perspective, papers dealing with these developments in more privileged societies U.S. and Canada have been included.

Preparación física Augusto E. Pila teleña, 2019-08-06
Por qué el Autor ha dividido su obra en tres tomos. La respuesta es muy sencilla pero tremadamente eficaz: su obra es ante todo metodológica. Busca soluciones prácticas y las condiciona a todas las categorías deportivas y a todos los entrenadores preparadores físicos. As el primer tomo va dirigido a los entrenadores jóvenes y a veces inexpertos de la categoría alevín (10 a 11) y benjamín (11 a 12), el segundo es para aquellos que desarrollan sus enseñanzas con infantiles y hasta cadetes (13 a 15) y el tercero para los técnicos de la categoría juvenil y las superiores. La obra presenta conclusiones científicas inditadas e ideas originales del Autor como: Centrar toda la obra en un objetivo supremo: la construcción del deportista; S porque el Autor cree que el deportista se construye por el entrenador preparador físico como la casa por el arquitecto o el puente por el ingeniero. Establecer la construcción del deportista entre los 10-11 y los 18-19 años y dividir todo el proceso en tres fases: Iniciación deportiva, Orientación deportiva, Especialización deportiva. Desarrollar y perfeccionar al máximo las cualidades perceptivo-motrices pero retando los sistemas energéticos. Recomendar contra viento y marea la iniciación al entrenamiento de fuerza con pesas en el estadio puberal pero con una metodología para veinte sesiones. Proponer cinco medidas cineantropométricas y un test de aptitud física deportiva con cinco pruebas para seleccionar los más aptos la lista para la práctica deportiva que a la vez sirven para definir la especialidad y la posición o prueba deportiva una vez pasada la pubertad.

VALORACIÓN DE LA CONDICIÓN FÍSICA DEL ALUMNADO DEL CEIP O GRUPO DE RIBEIRA MEDIANTE LA BATERÍA EUROFIT Jesús Manuel Fernández Abuín, 2009-11-12
Estudio transversal de 2009 de la Condición física del alumnado de Primaria Ribeira A Coruña Galicia. Se evalúan variables de identificación y condición física propias de la Batería Eurofit así como las antropométricas de talla, peso, IMC y Perímetro de Cintura. Los resultados antropométricos, talla, peso e IMC son cotejados con dos referentes: norma gallega de 2003 y norma de Castilla y León.

2005 Las variables condicionales se muestran con expresión de la media aritmética por edades sexo y prueba se muestra una comparativa por sexos y edades y una comparativa con los resultados de otro estudio para las mismas edades sexo y pruebas

Women-up: Innovación, perspectivas y avances en la equidad de género en el deporte , Condición física, nutrición, ejercicio y salud en niños y adolescentes Correa Bautista, Jorge Enrique, Ramírez Vélez, Robinson, González Ruiz,

Katherine Prieto Benavides, Daniel Humberto Palacios López, Adalberto, 2016-08-24 Esta obra recoge el enfoque global y avanzado de la actividad física y el ejercicio físico orientado a programas que promuevan la salud y el fitness dentro del ámbito escolar Los autores quieren contribuir a la demanda de información especializada que impacte en la formación y la especialización de los profesionales relacionados con la actividad física y la salud Este texto brinda a los profesionales de las ciencias de la salud y de la educación que trabajan en el ámbito escolar conocimientos y herramientas para implementar con éxito programas de actividad física y ejercicio con base en la información científica actualizada y presenta los resultados del estudio fuprecol Asociación de la fuerza prensil con manifestaciones tempranas de riesgo cardiovascular en niños y adolescentes colombianos con el propósito de identificar factores de riesgo asociados a una baja condición física muscular e inadecuado estado nutricional para la generación de un sistema de vigilancia epidemiológica del estilo de vida en la población infantil de Bogotá Colombia

Evolución de la teoría del entrenamiento y de los modelos de periodización en el deporte desde su origen a la actualidad Juan Manuel García Manso, Antonio Sánchez Pato, Juan Alfonso García Roca, 2024-07-03 El objetivo de este trabajo es describir cómo han cambiado estos planteamientos estratégicos deportivos e interpretar las razones que han provocado esos cambios Pues olvidar el pasado puede ser una actitud errónea y extremadamente peligrosa que pese a ello es frecuente en el comportamiento de los seres El análisis histórico de cualquier fenómeno debe ser considerado como algo más que una mera colección de efemérides y acontecimientos relevantes ya que cuando incluimos una mirada crítica y reflexiva del pasado estamos en condiciones de decidir con más autoridad rigor y acierto sobre el presente y el futuro Una de las principales razones por las que el pasado resulta tan importante es porque nos permite prever y evitar cometer los mismos errores que nos condicionaron el pasado y constituye una potente herramienta con la que afrontar el presente o nuestro futuro

Valoración de la condición física y biológica en escolares Varios autores, 2009-07-28 Entre las hipótesis de trabajo destacamos un objetivo general Valorar la condición física y biológica de escolares en Enseñanza Secundaria Obligatoria y Bachillerato entre los 14 y los 18 años de edad mediante pruebas dinámicas y tests de campo y unos objetivos específicos respecto a la condición física y biológica y a la salud los cuales son ampliamente descritos al iniciar cada uno de los dos estudios de este trabajo La relación actividad física condición física salud se corresponde con el paradigma basado en la condición física Una condición física como sinónimo de buena salud centra muchas investigaciones objetivo diana hasta la década de los años 80 y 90 y que aún hoy sigue muy extendida más actividad física mayor condición física mejor rendimiento motor máxima competencia deportiva Quizás hoy día en pleno siglo XXI en el campo de la Educación y Promoción

de la Salud hay tendencias a conceder gran importancia a lo que se conoce como un paradigma cuyo fundamento es la actividad física Actividad y condición física son contempladas con independencia la una de la otra pero interrelacionadas y ambas con influencia sobre la salud No necesariamente la actividad física que persigue la mejora de la salud tiene que incidir solo en el incremento de la condición física de cara a elevar el rendimiento motor y deportivo **Familia profesional actividades físicas y deportivas** Arbizu Echávarri, Francisca María ,2008

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