



# MANUAL DE GIMNASIA ARTÍSTICA FEMENINA

COLIN STILL

**DEPORTE & ENTRENAMIENTO**



PAIDOTRIBO

# Manual De Gimnasia Artistica Femenina

**Carlos Araújo**



## **Manual De Gimnasia Artística Femenina:**

**Manual de gimnasia artística femenina** Colin Still,1993      **La acrobacia en Gimnasia Artística** Elisa Estapé Tous,2002 En esta obra se presenta el análisis de los principales elementos acrobáticos de dos modalidades deportivas como la Gimnasia Artística Femenina y Masculina y también de otras menos conocidas por el gran público como el Trampolín o Cama Elástica el Tumbling y el Acrosport La aportación original de esta obra se concreta en el análisis de 31 elementos acrobáticos descritos en tres fases diferenciadas acompañadas de la secuencia de imágenes que son el resultado de la grabación a gimnastas de la Selección Nacional Femenina Además se han recogido las variantes la transferencia a otros aparatos los principales errores y las situaciones pedagógicas de cada elemento analizado Ofrece numerosas fichas ilustradas con una descripción pormenorizada de las fases de cada elemento acrobático que permite afrontar con claridad su aprendizaje técnico

**Manual de ayudas en gimnasia (Bicolor)** Carlos Araújo,2018-11-08 La gimnasia artística es una modalidad muy compleja no solo por el hecho de englobar varios aparatos que presuponen una movilidad bastante diferenciada sino también porque las exigencias impuestas al nivel de la ejecución son muy elevadas Este libro está dirigido a los profesores entrenadores que hacen el trabajo de base junto con los jóvenes y a los estudiantes de Educación Física Se dan indicaciones sobre las formas de ayudas manuales la manipulación la impulsión y la parada Para cada elemento suelo salto de potro barra fija y paralelas asimétricas caballo con arcos anillas paralelas barra equilibrio se indican las situaciones de aprendizaje más utilizadas se explican los aspectos técnicos más importantes se detallan los errores frecuentes que hay que evitar y se remarcan las acciones motoras predominantes todo esto junto con numerosas ilustraciones que muestran la forma correcta de aplicar las ayudas      **Gimnasia Artística** Miguel Angel Palmeiro,Mariano Pochini,2013-12-31 Este escrito invita a pensar las cosas de una forma diferente De una forma que desnaturalice aquello que se ha naturalizado durante muchos años Que tome distancia de aquellas prácticas rutinarias de enseñanza del handball en la escuela basadas esencialmente en la repetición de ejercicios técnicos para dar lugar a unas prácticas elaboradas esencialmente desde la perspectiva del juego que es lo que los alumnos permanentemente nos reclaman Pero si uno de los pilares de esta obra es la reivindicación y profundización de esta modalidad lúdica de enseñanza de la que hace no pocos años se ha empezado a hablar el otro quizás algo más reciente y novedoso es la preocupación por ayudar a diseñar propuestas de clases que resulten inclusivas y acogedoras para todos y cada uno de los alumnos que forman parte de las mismas En este sentido a lo largo del texto el lector podrá encontrar también un conjunto de principios que bien pueden contribuir a modificar el alcance de muchas clases en la que enseña el deporte Esto es que garanticen las mismas oportunidades de aprender a todos los alumnos independientemente de su nivel de habilidad motriz de su género de su condición social o de su cultura      **Manual de gimnasia artística** Kurt Knirsch,1974

**Manual de educación física adaptada al alumno con discapacidad** Mercedes Ríos Hernández,2012-07-11 La presente obra ofrece un marco teórico práctico de la Educación Física y su adaptación 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 sesi n de Educaci n F sica

Manual de entrenamiento deportivo Alejandro Legaz Arrese,2013-12-10 Manual de entrenamiento deportivo ofrece una aproximaci n novedosa al estudio del proceso de entrenamiento En esta obra el lector encontrar una herramienta indispensable para establecer un proceso de entrenamiento que se adapte a cualquier deportista y modalidad deportiva Tambi n se describen las principales lesiones junto con las nociones b sicas de sus s ntomas diagn stico y tratamiento los medios de prevenci n y las principales directrices para el proceso de readaptaci n C mo incidir espec ficamente en las distintas fases del proceso de supercompensaci n y en los factores de rendimiento espec ficos C mo optimizar los factores generales que determinan el rendimiento en competici n C mo integrar todo el proceso de entrenamiento en una temporada Alejandro Legaz Arrese es doctor en Ciencias de la Actividad F sica y el Deporte Desarrolla su actividad profesional como profesor titular de la Universidad de Zaragoza e investigador principal del grupo Movimiento Humano Ha ejercido de entrenador preparador f sico de carreras de atletismo BMX y f tbol sala

*La Enseñanza de las Destrezas Gimnásticas en la Escuela* Miguel Ángel Palmeiro,Mariano Pochini,2012-12-31 Las habilidades gimn sticas constituyen un grupo de movimientos indispensables para ser ense ados a los ni os en edades tempranas Desde peque os ellos estar n en condiciones de rolar girar suspenderse y balancearse si el docente se dispone a presentarles este tipo de propuestas

**Manual de trapecio fijo** Erica Stoppel,2018-01-01 Formar un artista circense significa formar un artista del riesgo Ayudarlo a desarrollar la t cnica implica tambi n suministrarle herramientas de seguridad El material que aqu se presenta tiene el prop sito de orientar la ense anza del trapecio fijo conformando una gu a de apoyo para la formaci n pr ctica el conocimiento del cuerpo y su ubicaci n en el espacio los procesos de aprendizaje y transferencia los distintos recursos para alternar posibilidades y la profesionalizaci n El manual despliega todos estos temas y provee un amplio repertorio de figuras para sistematizar el entrenamiento y favorecer la creaci n ejercicios de preparaci n m s de cien movimientos que permiten generar m ltiples variantes nociones de seguridad y construcci n del trapecio Incluye los textos La formaci n del artista circense de Erica Stoppel Ense ar a volar de Julieta Infantino Herencias y transformaciones de Erminia Silva

Manual de entrenamiento deportivo para el Espacio Europeo de Educación Superior Germán Ruiz Tendero,2012-11-18 Los contenidos te ricos que se presentan en este libro est n relacionados con las materias vinculadas al entrenamiento deportivo y acondicionamiento f sico que puedan encontrarse en

los nuevos planes de estudios en los grados en Ciencias de la Actividad y Física y del Deporte El autor se centra en la metodología para el desarrollo de las diferentes capacidades condicionales en conceptos fundamentales como son la carga y la adaptación y en explicar brevemente las estructuras básicas de planificación Son los propios alumnos los que han de integrar el conocimiento asociado a la preparación técnica factores sociológicos y aspectos psicológicos y emocionales de la preparación deportiva por citar sólo algunos de los más relevantes para el rendimiento En este sistema se apuesta por el entrenador como eje vertebrador y en constante comunicación con aquellos aspectos que determinan el rendimiento personal y deportivo de sus atletas Además el manual recoge una serie de prácticas de aula o talleres y también prácticas de campo sin las cuales no tendría sentido una materia tan aplicada como es el entrenamiento deportivo

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