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MANUAL TÉCNICO - OPERATIVO PARA TÉCNICOS DE SALUD AMBIENTAL



TECNIGATPA, S.R.L.

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Manual Del Tecnico En Salud Y Fitneb

Edward T. Howley, B. Don Franks



Manual Del Tecnico En Salud Y Fitneb:

Manual para el técnico de sala de fitness (Color) Nerea Salinas, 2018-12-05 Con este manual el técnico de la sala de fitness tendrá la información necesaria para realizar la valoración física y la prescripción del ejercicio de las personas que asistan a su sala. La autora desarrolla a lo largo de la obra los conceptos clave relacionados con la salud, la actividad física y el bienestar. A continuación introduce las bases de la fisiología del ejercicio y los fundamentos del entrenamiento y presenta un protocolo para la valoración del estilo de vida y la condición física que permitir una posterior prescripción del ejercicio. Asimismo trata las pautas de seguridad en la práctica del ejercicio y la prevención de las lesiones. *Manual del técnico en salud y fitness* Edward T. Howley, B. Don Franks, 1995 La obra contiene estudios sobre la evaluación del ejercicio y la supervisión de electrocardiogramas, pautas para evaluar el nivel de salud y recomendar ejercicios apropiados. *Aeróbic y fitness: fundamentos y principios básicos* María Martín, 2000 *Manual básico de técnicos de aeróbic y fitness (Bicolor)* Susana Moral González, 2018-11-08 En este manual se presentan los conocimientos comunes a todas las áreas fisicodeportivas adecuados a las necesidades del Aeróbic y el Fitness. Los temas se desarrollan en un lenguaje claro y conciso junto con abundantes ilustraciones que facilitan la comprensión. A través de nueve capítulos se desarrollan los siguientes temas: Anatomía funcional, Fisiología humana, Fisiología del ejercicio, Teoría del entrenamiento, Lesiones deportivas, Nutrición, Primeros auxilios, Psicología deportiva, Organización y legislación deportiva. *Ejercicios de desaconsejados en la actividad física* Pedro Ángel López Miñarro, 2000-07 El presente libro enmarcado en el contenido de Actividad Física y Salud presenta el análisis de aquellos ejercicios que se realizan con asiduidad destinados al desarrollo de la Aptitud Física y que la investigación ha demostrado que son desaconsejados por sus efectos perjudiciales sobre la salud. En él se analizan las articulaciones más afectadas por los denominados ejercicios desaconsejados: rodilla, columna vertebral y hombro, así como aquellos ejercicios aconsejados para cada uno de ellos apoyándose para este fin en una importante muestra fotográfica. Este libro se fundamenta en la necesidad de cubrir el vacío existente en un ámbito como es el análisis de los perjuicios que tienen ciertos movimientos realizados con mucha frecuencia. Su objetivo principal es servir como fuente de información y actualización a todos los profesionales y practicantes de la Actividad Física y el Deporte con el fin de ofrecer un modelo generador de salud integral. Dirigida a los profesionales y practicantes de la actividad física y el deporte. *MANUAL DEL ENTRENADOR PERSONAL. Del fitness al wellness (Color)* F. Isidro, J.R. Heredia, P. Pinsach, M. Ramón Costa, 2007-01-09 Aeróbic step, TBC, GAP, cardio box, musculación spinning, todas son actividades que se engloban dentro de lo que podría ser cualquier programa de un centro de Fitness y Wellness, pero tienen los técnicos actuales los conocimientos suficientes para un desarrollo seguro, adecuado y eficaz de dichos programas. Esta obra presenta todos los conocimientos que los técnicos instructores y practicantes en general necesitan sobre las actividades relacionadas con el fitness, el wellness y por ende con el entrenamiento personalizado. El libro también presenta protocolos de valoración y prescripción del entrenamiento en fitness y entrenamiento personal tanto a nivel

cardiovascular como muscular y composici n corporal El lector encontrar que por su car cter eminentemente pr ctico y actual es una obra de referencia y consulta esencial para el t cnico y profesional En los 10 cap tulos en que se divide la obra se desarrollan los siguientes contenidos Fitness entrenamiento personalizado y salud Programa de fitness global y entrenamiento personalizado planificaci n y programaci n del entrenamiento Aspectos psicosociales del fitness organizaci n de las sesiones t cnicas de comunicaci n para el profesional del fitness la m sica en el fitness Fitness cardiovascular respiratorio y metab lico en salas de musculaci n en clases colectivas el ciclo indoor Fitness muscular bases par la observaci n control y correcci n de ejercicios de musculaci n planificaci n y programaci n del entrenamiento Fitness composici n corporal y suplementaci n bases nutricionales y de entrenamiento Fitness anat mico programas de flexibilidad y estiramientos para la salud La electroestimulaci n aplicada al fitness Fitness femenino mitos errores y propuestas para el entrenamiento con mujeres Adaptaciones en la prescripci n de ejercicio f sico a personas con patolog as **Fitness**

acuático Juan Carlos Colado Sánchez, Juan Antonio Moreno Murcia, 2001 Esta obra desarrolla las bases fundamentales de cualquier tipo de programa de ejercitaci n acu tica y se muestran explicados y con fotograf as m s de 100 ejercicios totalmente seguros y eficaces presentados en forma de ficha t cnica con las fotograf as que los ilustran Posibilita ampliar y diversificar la utilizaci n de nuevos m todos y sistemas orientados al desarrollo de la condici n f sica en el medio acu tico Facilita el conocimiento y los ejercicios necesarios para ense ar desarrollar y o mantener un programa de acondicionamiento f sico en el agua con recursos variados creativos divertidos y de variada forma de participaci n El ejercicio acu tico as planteado favorece la mejora de las cualidades f sicas b sicas resistencia fuerza flexibilidad y contribuye a la mejora de la composici n corporal eliminando la grasa innecesaria as como al bienestar psicof sico de las personas que lo realizan

Actividad física, educación y salud Antonio Jesús Casimiro Andújar , Manuel Delgado Fernández, Cornelio Águila Soto, 2014-09-24 Archivo en formato PDF **Sobrepeso/obesidad, ejercicio físico y salud** Varios autores, 2008-10-30 Al parecer el crecimiento de la obesidad y el sobrepeso y de las enfermedades asociadas a estos desequilibrios tales como el s ndrome metab lico la arterioesclerosis y la diabetes se est dando a escala global en la actualidad Por alguna raz n no estamos escuchando a nuestro organismo y nos alimentamos demasiado sin aportar los nutrientes apropiados y esperable que esto afecte a nuestra salud y calidad de vida El ejercicio la actividad f sica y principalmente los programas de entrenamiento dirigidos a incrementar la aptitud f sica no son utilizados como medios para mejorar la salud de las personas Parece dif cil y quiz s imposible encontrar un medio tan interesante para prevenir todo tipo de enfermedades como el ejercicio f sico apropiadamente prescrito Hay estudios que han demostrado su utilidad incluso como agente ansiol tico Al vivenciarlo es tambi n f cil comprobar su efecto de inducci n de felicidad y bienestar Parecer a que nuestra sociedad actual s lo premia al xito y al poder principalmente si est n relacionados al dinero y los bienes materiales las personas se embarcan a veces por necesidad y otras veces por gusto en una vida en la que se olvidan de su cuerpo y aunque parezca sorprendente tambi n de

su mente que forma parte del mismo y en este medio puede ser complicado encontrar esos espacios para encontrarnos con nosotros mismos realizando ejercicio Parece que nos hemos creado una vida totalmente artificial plaga de laptops celulares ascensores autos trenes y todo tipo de distracciones que quiz s nos impidan encontrarnos con nosotros mismos Es que acaso nos hemos olvidado de que la mitad de nuestro cuerpo est constituido por m sculo esquel tico este tejido reclama ser activado contra do estresado sencillamente porque la madre naturaleza a trav s de 80 millones de a os de evoluci n de los mam feros se ha encargado de perfeccionarlo Es muy com n encontrar adictos a la silla de todo tipo de profesiones y reas grandes especialistas que se han olvidado que su mente es tambi n parte de un organismo que reclama movimiento para encontrar el equilibrio el bienestar y la salud Facundo Ahumada Grupo Sobre Entrenamiento NDICE PR LOGO INTRODUCCI N Y AGRADECIMIENTOS 1 INTRODUCCI N Y CONTEXTO 2 SOBREPESO OBESIDAD DEFINICI N Y DIAGN STICO por Iv n Chulvi Juan Ram n Heredia Susana Moral Bibliograf a 3 ASPECTOS FISIOL GICOS Y NEUROENDOCRINOS EN EL SOBREPESO Y OBESIDAD por Jorge Roig Susana Moral Introducci n Conceptos generales Tejido adiposo blanco TAB Hipertrofia e hiperplasia del adiposito Consecuencias metab licas y endocrinas Lip lisis lipog nesis y des rdenes hormonales asociados El control aden rgico de la lip lisis y B oxidaci n Facilitadores e inhibidores Factores inhibidores lipol ticos a nivel muscular y adipoc tico 4 CONSECUENCIAS Y COMPLICACIONES DEL SOBREPESO Y LA OBESIDAD por Jorge L Roig Juan Ram n Heredia La interrelaci n tejido adiposo hormonas obesidad como desencadenantes de patolog as Obesidad y patolog as metab lico endocrinas Obesidad y consecuencias sobre el Sistema Cardiovascular Obesidad y consecuencias para el Sistema Respiratorio Obesidad y consecuencias a nivel articular Alteraciones psicol gicas relacionadas con la obesidad Consecuencias de la obesidad infantil Bibliograf a 5 MITOS ERRORES Y POSIBLES RAZONES DEL FRACASO EN LOS PROGRAMAS DE P RDIDA DE PESO por Juan Ram n Heredia Felipe Isidro Control de peso corporal comprensi n de los procesos implicados en el balance energ tico Consideraciones al respecto de la ingesta cal rica y ejercicio f sico Respuesta del obeso al ejercicio f sico necesidad de programas de ejercicio cardiovascular y neuromuscular Revisi n de la informaci n y publicidad relacionada con la p rdida de peso dietas sustancias productos y ejercicios milagrosos Dietas y alimentaci n milagrosa Ayudas ergog nicas en la p rdida de grasa e incremento de masa muscular Ejercicios milagro Conclusiones al respecto de intervenciones positivas en relaci n a la variaci n en la composici n corporal Bibliograf a 6 INTERVENCION MEDIANTE EJERCICIO F SICO EN EL SOBREPESO OBESIDAD por Juan Ram n Heredia Iv n Chulvi Felipe Isidro Susana Moral Tratamiento de la obesidad mediante el ejercicio f sico Prescripci n concepto y aplicaci n de dosis de ejercicio f sico Prescripci n de ejercicio f sico y obesidad Dosis espec fica Metodolog a y ejercicios recomendados M todos entrenamiento Fitness Cardiovascular M todos Continuos M todos interv licos M todos en Circuito Ejercicios m s recomendados en programas de Fitness y precauciones especiales para el entrenamiento de sujetos obesos Adherencia al ejercicio f sico Incrementos de salud sin necesidad de reducir la grasa

corporal Periodización en programas de ejercicio físico y su adaptación para mejora de la composición corporal Fase de acondicionamiento básico o inicial Fase de acondicionamiento específico nivel de intermedios Fase de acondicionamiento específico nivel de experimentados avanzados Conclusiones y aplicaciones prácticas Anexo 1 Evaluación y estratificación Anexo 2 Propuesta de progresión Bibliografía 7 INTERVENCIONES MEDIANTE DIETOTERAPIA Y MODIFICACIÓN DE HABITOS CONDUCTAS ALIMENTICIAS de Agust Molins Olmos Felipe Isidro Donate Estrategias terapéuticas en el obeso Aspectos generales Criterios de intervención terapéutica Dietoterapia 1 Dietas individualizadas con modesto déficit energético Argumentos Estrategia de la dieta hipocalórica moderada LCD 2 Dietas bajas en grasas y altas en carbohidratos 3 Dietas de severo o moderado déficit calórico 4 Ayuno total 5 Dieta hipocalórica desequilibrada 6 Dietas pintorescas o folclóricas 7 Dietas proteinadas M todo Pronokal Beneficios de la dieta proteinada El m todo Pronokal Dieta proteinada y actividad física Bibliografía

Manual de Fitness Roberto Bustillo Carrillo, 2011-10-27 El fitness es un estilo de vida que tiene la base en dos pilares fundamentales la actividad física y una alimentación saludable el objetivo concreto del fitness es la salud ya que la mejora de la condición física y la nutrición sana implica salud y esta hace que se mejore el aspecto físico la longevidad y sobre todo la calidad de vida Esta obra esta destinada a servir como guía práctica para aquellas personas que se sientan llamadas a ser preparadores o entrenadores de las disciplinas derivadas del fitness debido a su fácil comprensión o sea por el lenguaje sencillo y cotidiano que emplea o por la naturalidad y el sentido práctico que plasma en los contenidos tratados Del mismo modo también puede ser utilizado como manual de consulta para profesionales del sector

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