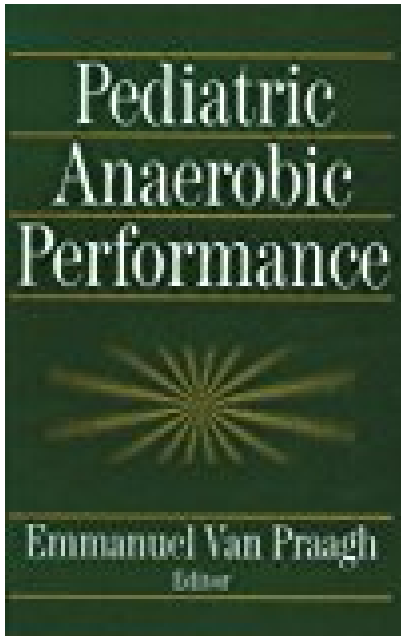


# Pediatric Anaerobic Performance

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## BOOK DETAILS

- Author : Emmanuel Van Praagh
- Pages : 375 Pages
- Publisher : Human Kinetics
- Language : English
- ISBN : 0873229819

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## BOOK SYNOPSIS

Pediatric Anaerobic Performance contains 17 chapters on the developmental aspects of anaerobic performance, written by an international team of 28 scientists and practitioners. Divided into four parts, the book covers biological development and anaerobic performance; assessment of anaerobic performance; anaerobic trainability and training; and clinical limitations, environmental constraints, and future directions. Each chapter includes learning objectives, directions for future research, and an extensive reference section.

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