

Journal Of Sports Training

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Journal Of Sports Training Journal of Training Science for Exercise and Sport. Published by Japan Society of Training Science for Exercise and Sport 19 registered articles (updated on May 29, 2018) Online ISSN : 2185-9191 Print ISSN : 1349-4414 JOURNALS PEER REVIEWED FREE ACCESS. Journal home; Journal issue ... Journal of Training Science for Exercise and Sport Authors: Joni M. Boyd, Ashley M. Andrews, Janet R. Wojcik, & Charles J. Bowers Corresponding Author: Joni M. Boyd, PhD Winthrop University 216L West Center Rock Hill, SC 29733 boydj@winthrop.edu 803-323-4936. Joni Boyd is an Assistant Professor of Exercise Science in the Department of

Physical Education, Sport, and Human Performance at Winthrop University in Rock Hill, South Carolina. Sport Training - The Sport Journal Training should be directed at improving the fitness/performance of a sport's distinct key components. Example: While power athletes should train power and endurance athletes should train endurance (e.g. , swimmers should swim), team sports athletes require training with a combination of these two types of fitness, as well as sport-specific ... Sports Training Principles : Current Sports Medicine Reports The Journal of Sport and Human Performance will review, and publish at the recommendation of the Section Editor and one co-Editor-in-chief: Original Research,

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