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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

Alice J. McLaine is an Assistant Professor and Coordinator of Athletic Training at Winthrop University. ... She holds her doctorate in Sport Psychology and Performance and is a NSCA Certified Strength and Conditioning Specialist. ... A peer-reviewed journal of sports, published by the United States Sports Academy ISSN: 1543-9518 Established ...

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Published monthly, the Journal of Athletic Training (JAT) is a peer-reviewed journal showcasing the latest research studies pertaining to the athletic training profession. It keeps you abreast of scientific advancements that ultimately define professional standards of care.

## **Publications | NATA**

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## **Sport Training - The Sport Journal**

International Journal of Physiology, Nutrition and Physical Education [www.journalofsports.com](http://www.journalofsports.com)

Research objectives 1. Developing special training for harmonic abilities (balance ability) among the handball second stage female students. 2. Identifying the influence of harmonic abilities training to

## **The effects of harmonic training on developing balance ...**

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 ...

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### **International Journal of Performance Analysis in Sport ...**

Aim: To compare the effect of low versus high volume of eccentric-biased hamstring training programs on knee-flexor strength and fascicle length changes in elite soccer players. Methods: A total of 19 elite youth soccer players took part in this study and were randomly assigned into 2 subgroups. For 6 weeks in-season, the groups performed either a low-volume (1 set per exercise; 10 repetitions ...

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