



# Comprehensive Strength and Conditioning: Physical Preparation for Sports Performance

*Paul Gamble PhD*

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Strength and conditioning encompasses a myriad of different disciplines that span across all areas of sports science and sports medicine. 'Comprehensive Strength and Conditioning' provides the reader with a detailed insight into the theory and practice for each respective element of athletic performance and all components of physical preparation for competition. Each chapter begins with a list of learning outcomes relating to the topics covered and all relevant training modes, and concludes with a knowledge review that allows the reader to test their learning. Reflective activities appear throughout the text that help the reader to relate the information presented to their chosen sport. Each section provides a synthesis of the evidence available on the topic and all related training modes, citing the most up to date research literature from all areas of sports science and sports medicine.

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