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~~Your Body Alive~~
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Several aspects
of sensorimotor
function, such
as strength,
coordination,

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balance, and proprioception, are included in the

Neuromuscular exercises, but focus can be, for example, balance in one exercise and strength in another.

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~~Neuromuscular~~
~~Physical~~
~~Activity,~~

~~Activity,~~
organized in
coordinated
patterns, forms
the basis of
task-specific
function in
sports and
exercise.

~~Neuromuscular~~

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Neuromuscular
Aspects of
Exercise Fall
2017 Instructor:
Dr. Evangelos A.
Christou Email:
eachristou@ufl.e
du Office: FLG
132 E Phone:
352-294-1719

Where To Download

Office Hours: By
Appointment

Class Room: FLG

0270 Class Days:

MWF Class Time:

Period 10

(5:10-6:00 pm)

Course Overview

~~APK 4115~~

~~Neuromuscular~~

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Significant
reduction of

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Yacoubi Keyhani
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Office Hours: By
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Class Room: FLG

0230 Class Days:

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Period 8 (3:00 -
3:50 pm) Course
Overview

University of
Florida Course
Description:
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depth analysis
of

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~~Neuromuscular~~

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Exercise Spring
2017~~

Advanced

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Physiology uses
a mix of
biochemistry,
molecular
biology,
neurophysiology,
and muscle
physiology to

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provide a
synthesis of
current
knowledge and
research
directions in
the field.

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Exercise
Physiology PDF
Human ...~~

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physical
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[Phillip F
Gardiner] -- The
comprehensive
approach of this
text makes it
ideal for
undergraduate
and graduate
students
studying muscle
physiology. It

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brings together
the latest
research from an
array of sources
and fields ...

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physical
activity (Book,
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OUTLINES •

Activity profile

- Major physical

Where To Download Neuromuscular energy requirements Aspects Of Physical Activity

-Game intensity
-Neuromuscular
aspects •

Manifestation of
fatigue -Activit
y-specific
protocols -Match
play • Factors
responsible for
fatigue

-Metabolic

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factors - Neuro-
mechanical
factors
Physical

~~Physiology,
neuromuscular
aspects and
tiredness in the
...~~

Neuromuscular re-
education plays
a major role in
the out-patient,
orthopaedic

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Physical Therapy
setting. If the
proper
techniques,
activities and
exercises are
not performed on
an injured body
part, an acute
injury can
develop into a
chronic
situation.

Where To Download

~~Neuromuscular Re-
education in
Orthopaedic
Physical Therapy~~

~~Activity~~
This restriction
resulted in a
sudden change in
people's
lifestyle,
leading to an
increase in
sedentary
behavior and a
related decrease

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in the practice
of physical
activity (PA).

However, in
neuromuscular
diseases
patients need to
perform regular
PA to counteract
the negative
consequences of
the disease.

Hence, the aim
of this study

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was to estimate
the levels of
PA, measured as
energy
expenditure (MET
-minute/week),
among patients
with
neuromuscular
disease (NMD)
before and
during the ...

~~Significant~~

Where To Download ~~reduction of physical activity in patients ...~~

My main research interest is in the adaptations that occur in the nervous and neuromuscular systems as a result of increased and decreased

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physical
activity, aging,
spinal cord
injury, stroke,
obesity and type
2 diabetes. ...

P.,

Neuromuscular
Aspects of
Physical
Activity.

Champaign, IL :
Human Kinetics,
Publishers,

Where To Download 2001. Neuromuscular Aspects Of Physical Activity

The comprehensive approach of this text makes it ideal for undergraduate and graduate students studying muscle physiology. It

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brings together
the latest
research from an
array of sources
and fields of
science.

"Advanced
Neuromuscular
Exercise
Physiology" uses
a mix of
biochemistry,
molecular

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biology, neurophysiology, and muscle physiology to provide a synthesis of current knowledge and research directions in the field. The first text devoted solely to the topic,

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"Advanced
Neuromuscular
Aspects Of
Exercise
Physiology"

assists readers
in identifying
current
directions in
research and new
avenues for
exploration.

Recognizing the
rapid changes
occurring in the

Where To Download

field of neuromuscular exercise physiology, the text provides readers with a foundation of knowledge while detailing the most recent findings. Though the text is written at an advanced level,

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the author

succeeds at
making the
content

accessible.

Analyses of
research
findings and
research

applications are
highlighted in
special
sidebars.

Detailed

Where To Download

illustrations
and graphs
assist readers
in understanding
research
findings.

Chapter
summaries also
help readers
determine the
key issues
presented for
each topic. The
author draws

Where To Download

attention to a
variety of
important topics
in the field,
beginning with a
discussion of
motor unit
types, muscle
blood flow, and
metabolic
pathways in
control of
metabolism,
including a

Where To Download

Neuromuscular
discussion of
Aspects Of
Physical
Activity
the effects of
type 2 diabetes.
Next, the topic
of fatigue is
discussed. The
author explains
possible
peripheral and
central
contributors to
fatigue.

Chapters 6 and 7

Where To Download

focus on whole-body endurance training, including the effects of aerobic endurance training on the protein profiles of muscle fibers and on the central nervous system. Of particular

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Neuromuscular
interest is the
applicability of
research

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information to
the exercise
rehabilitation
of individuals
with compromised
nervous system
function, such
as spinal cord
injury, other
trauma, and
neuromuscular

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diseases. The final chapters are devoted to resistance training, including the phenotypic responses of muscles to isometric, slow isotonic, lengthening, and plyometric training. An

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Overview of the effects of resistance training on the nervous system is offered along with clinical applications. Within the dynamic field of neuromuscular exercise physiology, ideas of how

Where To Download nerves and muscles collaborate during acute and chronic exercise are continually evolving.

"Advanced
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Physiology
"offers an
authoritative
perspective of

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current research
in the field as
it seeks to
encourage
discussion,
further study,
and new research
directions.

Human Kinetics'

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Exercise

Physiology

Series "offers

books for

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advanced
undergraduate
and graduate
students as well
as professionals
in exercise
science and
kinesiology.
These books
highlight the
complex
interaction of
the various
systems both at

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rest and during
exercise. Each
text in this
series offers a
concise
explanation of
the system and
details how each
is affected by
acute exercise
and chronic
exercise
training.

"Advanced

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Neuromuscular
Exercise
Aspects Of
Physiology" is
Physical
Activity
the third volume
in the series.

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Physiology uses
a mix of
biochemistry,
molecular
biology,

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neurophysiology,
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rapid changes
occurring in the
field of

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physiology, the
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most recent
findings. Though
the text is
written at an
advanced level,
the author

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making the
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accessible.

Analyses of
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research
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highlighted in
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Detailed
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research
findings.

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help readers
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key issues
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each topic. The
author draws
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beginning with a
discussion of
motor unit
types, muscle
blood flow, and
metabolic
pathways in
control of
metabolism,
including a
special

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of fatigue is
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possible
peripheral and
central
contributors to
fatigue.

Chapters 6 and 7
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including the
effects of
aerobic
endurance
training on the
protein profiles
of muscle fibers
and on the
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system. Of
particular
interest is the

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rehabilitation
of individuals
with compromised
nervous system
function, such
as spinal cord
injury, other
trauma, and
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diseases. The

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final chapters
are devoted to
resistance
training,
including the
phenotypic
responses of
muscles to
isometric, slow
isotonic,
lengthening, and
plyometric
training. An
overview of the

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resistance
training on the
nervous system
is offered along
with clinical
applications.
Within the
dynamic field of
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exercise
physiology,
ideas of how
nerves and

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muscles
collaborate
during acute and
chronic exercise
are continually
evolving.

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offers an
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perspective of
current research

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in the field as
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encourage
discussion,
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and new research
directions.

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Neurograduate
and graduate
students as well
as professionals
in exercise
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kinesiology.

These books
highlight the
complex
interaction of
the various
systems both at
rest and during

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exercise. Each text in this series offers a concise explanation of the system and details how each is affected by acute exercise and chronic exercise training.

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Exercise Physiology is
the third volume
in the series.

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The Frontiers
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entitled
"Neuromuscular
Training and
Adaptations in
Youth Athletes"

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contains one editorial and 22 articles in the form of original work, narrative and systematic reviews and meta-analyses. From a performance and health-related standpoint, neuromuscular training stimulates young

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athletes' physical
development and
it builds a
strong
foundation for
later success as
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articles provide
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effectiveness of

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coverage of both
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and clinical
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with respect to
the relevance
and clinical
importance of
each area. The
book isolates
solid principles
and knowledge,
and the
documentation to
support these,
as well as
identifying

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areas where
further
scientific
investigation is
needed. The
topics dealt
with and the
degree of detail
in the
individual
chapters, makes
the book ideal
for both
educational

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within exercise
science and
sports medicine,
as well as for
post-graduate
courses within
all aspects of
sports medicine.
In addition, the
book will be
excellent as a
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or coaches are
dealing with
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treatment of
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individuals.
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book is well
structured to
act as an
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medicine.

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presents in one
volume the
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information on
neuromuscular
function in
sport and
exercise.

Chapters combine

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basic neuromuscular

mechanistic

knowledge with

true

applications;

Topics covered

include

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fatigue,

neuromuscular

training, and

musculoskeletal

loading, and

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examine recently
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used during
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(US) and
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stimulation
(TMES) . An

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important
addition to the
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specialists,
sport
scientists, and
graduate
students in
these areas,
this volume is
also appropriate

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for advanced
level coaches
and sport physio
therapists.

Activity

Physical
inactivity is a
key determinant
of health across
the lifespan. A
lack of activity
increases the
risk of heart
disease, colon

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and breast
cancer, diabetes
mellitus,
hypertension,
osteoporosis,
anxiety and
depression and
others diseases.
Emerging
literature has
suggested that
in terms of
mortality, the
global

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population
health burden of
physical
inactivity
approaches that
of cigarette
smoking. The
prevalence and
substantial
disease risk
associated with
physical
inactivity has
been described

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as a pandemic.

The prevalence,
health impact,
and evidence of
changeability

all have
resulted in
calls for action
to increase
physical
activity across
the lifespan. In
response to the
need to find

Where To Download

ways to make
physical
activity a
health priority
for youth, the
Institute of
Medicine's
Committee on
Physical
Activity and
Physical
Education in the
School
Environment was

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formed. Its purpose was to review the current status of physical activity and physical education in the school environment, including before, during, and after school, and

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examine the
influences of
physical
activity and
physical
education on the
short and long
term physical,
cognitive and
brain, and
psychosocial
health and
development of
children and

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adolescents.

Educating the
Student Body
makes

recommendations
about approaches
for

strengthening
and improving
programs and
policies for
physical
activity and
physical

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education in the
school
environment.

This report lays
out a set of
guiding
principles to
guide its work
on these tasks.
These included:
recognizing the
benefits of
instilling life-
long physical

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activity habits
in children; the
value of using
systems thinking
in improving
physical
activity and
physical
education in the
school
environment; the
recognition of
current
disparities in

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opportunities
and the need to
achieve equity
in physical
activity and
physical
education; the
importance of
considering all
types of school
environments;
the need to take
into
consideration

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the diversity of students as recommendations are developed.

This report will be of interest to local and national policymakers, school officials, teachers, and the education community,

**Where To
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Neuromuscular
researchers,
professional
organizations,
and parents
interested in
physical
activity,
physical
education, and
health for
school-aged
children and
adolescents.

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Osteoarthritis

(OA) is among
the top 10 of
most disabling
diseases in the
Western world.

It is the major
cause of pain
and disability
among the
elderly. This
book provides a
contextual
review of recent

Where To
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research on
neuromuscular
factors and
behavioral risk
factors for
functional
decline in OA,
with a special
emphasis on
explanatory
mechanisms. In
addition, the
book discusses
innovative

Where To Download

Approaches to
exercise and
physical
activity in OA,
derived from
research on
behavioral and
neuromuscular
risk factors for
functional
decline in OA.
Recent research
has shown that
neuromuscular

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factors (such as muscle strength, joint laxity) and behavioral factors (such as avoidance of activity, depressed mood) predict pain and disability in OA. Furthermore, exercise and physical activity are

Where To
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among the
dominant
interventions
aiming at
reducing pain
and disability,
and innovative
interventions
targeting
neuromuscular
and behavioral
interventions
have been
recently

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Neuromuscular. This research has been published as separate papers, with the result that the field is in need of an integrative contextual review that puts the research into theoretical perspective.

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TARGETED MARKET
SEGMENTS
Rehabilitation
specialists,
health
psychologists,
gerontologists,
rheumatologists,
pain specialists

The second
edition of this
broadly based
book continues

Where To Download

to examine and
update the basic
and applied
aspects of
strength and
power in sport
from the
neurophysiology
of the basic
motor unit to
training for
specific
activities.

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Page 115/116

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again,
international
and includes
leading
physiologists
and clinicians.

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