

Sport Structure, Training, and Theory Contents

Part I Sport Structure

- Time:Motion Analysis
- Hurling
- Gaelic Football
- Rugby Union

Part II Sport Training Structure

- Clear Your Mind
- Architectural Structure
- Architecture
- Foundation
- Infrastructure
- Apex
- Hierarchical Taxonomy
- Biodynamic Structure
- Bioenergetic Structure
- Outputs
- Perspective

Part III Theoretical Considerations

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- Interdisciplinary Perspective
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- Tolerance
- Non-Contact Injury
- Recovery/Regeneration
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- Motor Regimes
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- Speed Development Methods
- Reactive/Elastic Ability
- Power
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- General Organism Strength-Charlie Francis
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- Bioenergetic Training Parameters
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- Rhythm, Relaxation, Timing, Balance, Coordination
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