

Physical Fitness Development for Gaelic Games



“Keeping Players Fresh & Training Interesting”

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University of Limerick

Physical Fitness Development In The Adolescent Gaelic Games

Lorraine Cale, Jo Harris



Physical Fitness Development In The Adolescent Gaelic Games:

Getting the Buggers Fit 2nd Edition Lorraine Cale, Jo Harris, 2009-03-20 This is a fully up dated second edition of the successful guide that provides teachers with a range of practical strategies to motivate pupils of all ages to be more active Lorraine Cale and Jo Harris explore the kind of things that turn young people on and off in their PE lessons focusing on different aspects of the PE curriculum including athletics gymnastics and team games They suggest how to involve the whole school in sporting activities and include advice on encouraging students to be more healthy in general Brimming with useful tips and inspirational advice on every aspect of PE teaching this book will prove essential reading for PE teachers everywhere

Pedagogical Cases in Physical Education and Youth Sport Kathleen Armour, 2014-01-21 Pedagogical Cases in Physical Education and Youth Sport is a completely new kind of resource for students and practitioners working in physical education or youth sport The book consists of 20 richly described cases of individual young learners each written by a team of authors with diverse expertise from across the sport exercise and movement sciences These cases bring together knowledge from single sub disciplines into new interdisciplinary knowledge to inform best practice in physical education teaching and coaching in youth sport settings At the heart of each case is an individual young person of a specified age and gender with a range of physical social and psychological characteristics Drawing on current research theory and empirical data from their own specialist discipline each chapter author identifies the key factors they feel should be taken into account when attempting to teach or coach the young person described These strands are then drawn together at the end of each chapter and linked to current research from the sport pedagogy literature to highlight the implications for planning and evaluating teaching or coaching sessions No other book offers such a rich vivid and thought provoking set of pedagogical tools for understanding and working with children and young people in sport This is an essential resource for any student on a physical education coaching kinesiology or sport science course and for any teacher coach or instructor working in physical education or youth sport

The History of Physical Culture in Ireland Conor Heffernan, 2021-01-24 This book is the first to deal with physical culture in an Irish context covering educational martial and recreational histories Deemed by many to be a precursor to the modern interest in health and gym cultures physical culture was a late nineteenth and early twentieth century interest in personal health which spanned national and transnational histories It encompassed gymnasiums homes classrooms depots and military barracks Prior to this work physical culture s emergence in Ireland has not received thorough academic attention Addressing issues of gender childhood nationalism and commerce this book is unique within an Irish context in studying an Irish manifestation of a global phenomenon Tracing four decades of Irish history the work also examines the influence of foreign fitness entrepreneurs in Ireland and contrasts them with their Irish counterparts

Physical and Health Education in Canada Barrett, Joe, Scaini, Carol, 2019 Physical and Health Education in Canada Integrated Strategies for Elementary Teachers is a compendium of integrated evidence based approaches to physical and

health education teaching from leading physical and health educators and researchers from across Canada **Teacher Preparation in Ireland** Thomas O'Donoghue, Judith Harford, Teresa O'Doherty, 2017-06-29 This study of teacher preparation policy and practice in Ireland from Independence in 1921 to the present highlights within an international context the extent to which the focus of preparation moved from nation building until 1967 when free second level education was introduced to one concerned with improving the country's human capital **Young People's Involvement in Sport** John Kremer, Shaun Ogle, Karen Trew, 2005-08-19 First book with data on participation provides the who what and why of participation Covers sport outside school **Sports Officials and Officiating** Clare MacMahon, Duncan Mascarenhas, Henning Plessner, Alexandra Pizzera, Raoul Oudejans, Markus Raab, 2014-11-27 Sports officials umpires referees judges play a vital role in every sport and sports governing bodies fans and players now expect officials to maintain higher professional standards than ever before In this ground breaking book a team of leading international sport scientists and top level officials have come together to examine for the first time the science and practice of officiating in sport helping us to better understand the skills techniques and physical requirements of successful refereeing The book covers every key component of the official's role including Training and career development Fitness and physical preparation Visual processing Judgement and decision making Communication and game management Psychological demands and skills Using technology Performance evaluation Researching and studying officials in sport Top level officials or officiating managers contribute in the Official's Call sections reflecting on their experiences in real in game situations across a wide range of international sports and on how a better understanding of science and technique can help improve professional practice No other book has attempted to combine leading edge contemporary sport science with the realities of match officiating in this way and therefore this book is vital reading for any advanced student of sport science sport coaching or sport development or any practising official or sports administrator looking to raise their professional standards *Physical Fitness/sports Medicine* ,1978 Consists of citations selected from those contained in the National Library of Medicine's Medical Literature Analysis and Retrieval System **Sports Coach** ,2001 Essentials of Youth Fitness Avery D. Faigenbaum, Rhodri S. Lloyd, Jon L. Oliver, American College of Sports Medicine, 2020 ACSM's Essentials of Youth Fitness is the authoritative guide on motor skill development aerobic and anaerobic conditioning and strength power speed and agility training for young athletes **Psychological Factors in Physical Education and Sport** Manuel Gómez-López, Marianna Alesi, Carla Maria Chicau Costa Borrego, 2022-02-21 **Coaching Gaelic Football for Champions** Joe Lennon, 1964 **NSCA's Essentials of Sport Science** Duncan N. French, NSCA -National Strength & Conditioning Association, Lorena Torres Ronda, 2022 NSCA's Essentials of Sport Science provides the most contemporary and comprehensive overview of the field of sport science and the role of the sport scientist It is a primary preparation resource for the Certified Performance and Sport Scientist CPSS certification exam **Nutrition for Team and Individual Sport Athletes** Justin Roberts, Alvaro López Samanes, Gina Trakman, 2024-12-12 Sports nutrition

together with training recovery genetics and environmental considerations represent key factors for achieving high performance on the sports field In recent years there has been an increased interest in the potential of novel dietary strategies e g periodized nutrition and dietary supplements ergogenic aids to improve individual and team sports athletes performance However the majority of the research in the sports nutrition field has been conducted in endurance or high intensity sports highlighting the need for specific information and collaborative strategies to support nutritional knowledge and targeted dietary supplementation strategies to inform and support other athletes The aim of this Research Topic is to provide current findings about the benefits associated with using nutritional interventions and or dietary supplements ergogenic aids on supporting or enhancing sports performance with focus on these applications in real world sports contexts e g competition training situations etc Studies that focus on novel interventions supplements are encouraged Likewise studies that report on outcomes related to previously proven supplements interventions but in an athlete sub population where limited published literature exists will be considered favorably

Cumulated Index Medicus ,1989 **Routledge**

Handbook of Talent Identification and Development in Sport Joseph Baker,Stephen Cobley,Jörg Schorer,Nick Wattie,2017-03-16 Identifying athletic talent and developing that talent to its full potential is a central concern in sport Understanding talent identification and its implications for both positive and negative developmental outcomes is crucial to sporting success This is the first comprehensive resource for scientists researchers students coaches analysts and policymakers looking to improve their knowledge of the talent identification and development process With contributions from leading researchers and practitioners this book offers a complete overview of contemporary talent identification and development from in depth discussion of methodological and philosophical issues through to practical applications Adopting an international and multi disciplinary approach it addresses all key aspects of the talent identification and development process including skill acquisition and motor learning psychological factors and family influences creating optimal environments for performance and dealing with injury and rehabilitation Presenting an unrivalled wealth of research the Routledge Handbook of Talent Identification and Development in Sport is an essential resource for any undergraduate or postgraduate degree course in sport studies sport science sport coaching or sport management as well as for sport policymakers analysts and coaches

British Education Index ,1986 **Language in Sport** Andrew S. Ross,David Caldwell,Y.J. Doran,2025-09-15 This collection showcases the language of doing sport emphasizing the real time talk of players and coaches during training and games toward elucidating real time language use and encouraging effective sporting pedagogies While there is established work at the intersection of linguistics and sport this book places a particular focus on real time participation as opposed to media reporting or post match commentary The volume is divided into two sections which look at language in action in sporting contexts with the first part dedicated to player communication and the latter on coaches engagement with players to explore such issues as team building leadership player guidance and instruction through

language Examples are drawn from a wide range of sports across levels including basketball volleyball Formula 1 rugby cycling and skiing across professional amateur and youth leagues Taken together the volume makes the case for an integrated social and linguistic perspective on language use in sport in real time to better understand its impact on players foster more inclusive sporting pedagogies and continue to grow sport research in interdisciplinary directions This book will be of interest to students and scholars in language and communication applied linguistics discourse analysis sociolinguistics and the sociology of sport The Journal of Education ,1909 **Sociological Abstracts** ,2004 CSA Sociological Abstracts abstracts and indexes the international literature in sociology and related disciplines in the social and behavioral sciences The database provides abstracts of journal articles and citations to book reviews drawn from over 1 800 serials publications and also provides abstracts of books book chapters dissertations and conference papers

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