

STRENGTH AND CONDITIONING	RELATORE
<p>Strength and power training</p> <p>Movement screening and CEX</p> <p>Strength training</p> <p>Movement analysis and asymmetries</p>	<p>Anthony Turner (relatore) Luca Maestroni (assistente)</p>
<p>Stretch-shortening cycle mechanics and implications for performance</p> <p>Assessment of asymmetries</p> <p>Plyometrics: developing muscle-tendon stiffness</p> <p>Periodisation</p>	

