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Strength and Conditioning Journal

Strength and Conditioning Journal is the professional journal for strength coaches, personal trainers, physical therapists, athletic trainers, and other health professionals working in the strength and conditioning field. The journal's mission is to publish articles that report both the practical applications of research findings and the knowledge gained by experienced professionals. Published six times per year, each issue includes peer-reviewed articles on a wide variety of timely strength and conditioning topics as well as regular features that provide thought-provoking accounts of programs and issues.



Auf Anfrage

Lieferfrist: bis zu 10 Tage

Artikelnummer: 9771533429002

Medium: Zeitschrift

ISBN: 977-153342900-2

Verlag: Lippincott

Erscheinungsweise: 6 Ausgaben pro Jahr

Sprache(n): Englisch

Produktform: Other printed item

