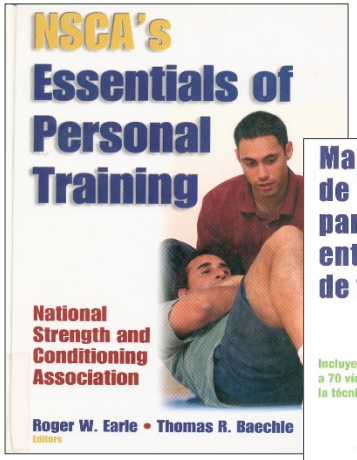
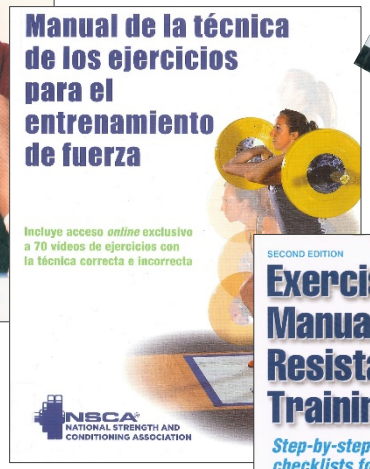
NUESTROS LIBROS

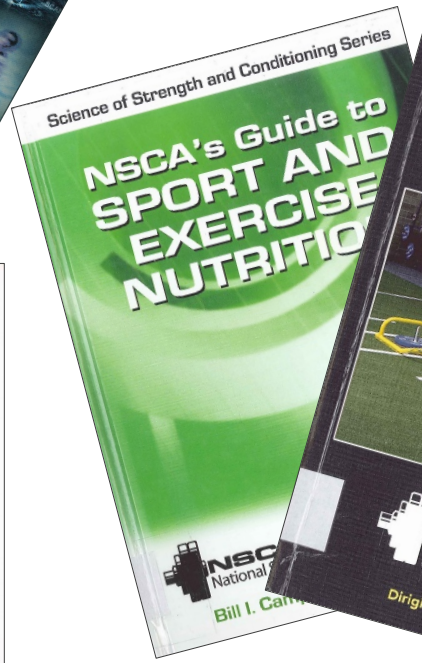
y el SDF SIMPOSIO DE FUERZA

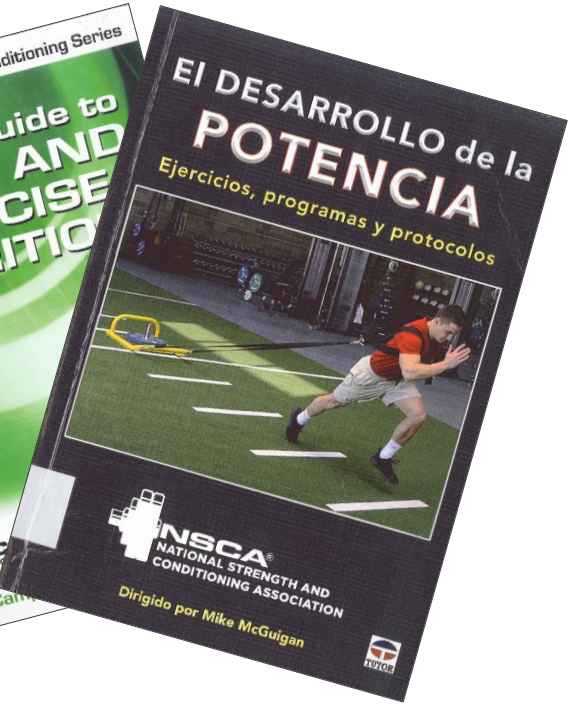
BIBLIOTECA DEL INEF (UPM)

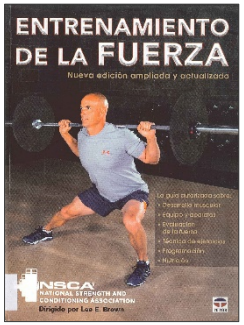
La National Strength and Conditioning Association (NSCA) es una de las asociaciones más prestigiosas a nivel mundial en el ámbito del acondicionamiento físico y el entrenamiento de la fuerza, supervisando la formación de profesionales del entrenamiento y el acondicionamiento físico, y expidiendo diversas certificaciones NSCA.

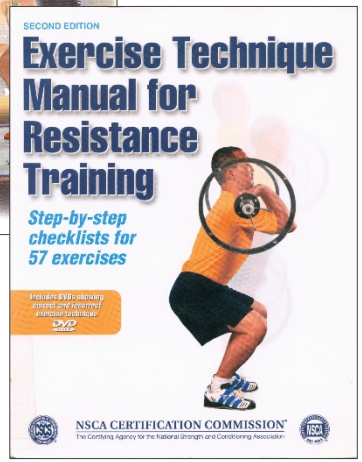




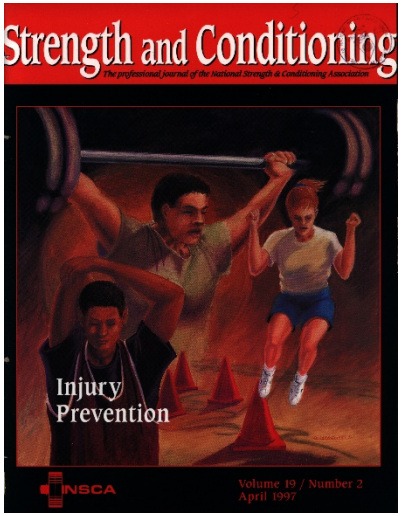


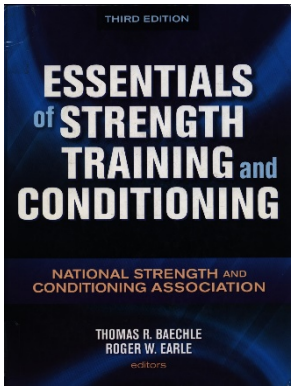


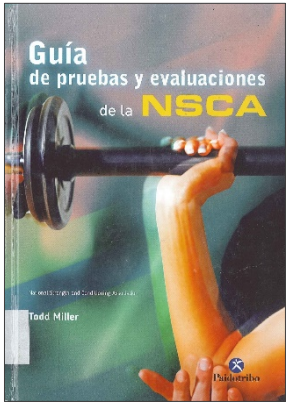


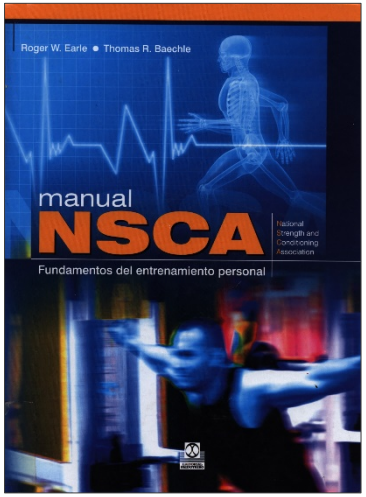


Libros y revistas de la NSCA se pueden consultar en la biblioteca del INEF.









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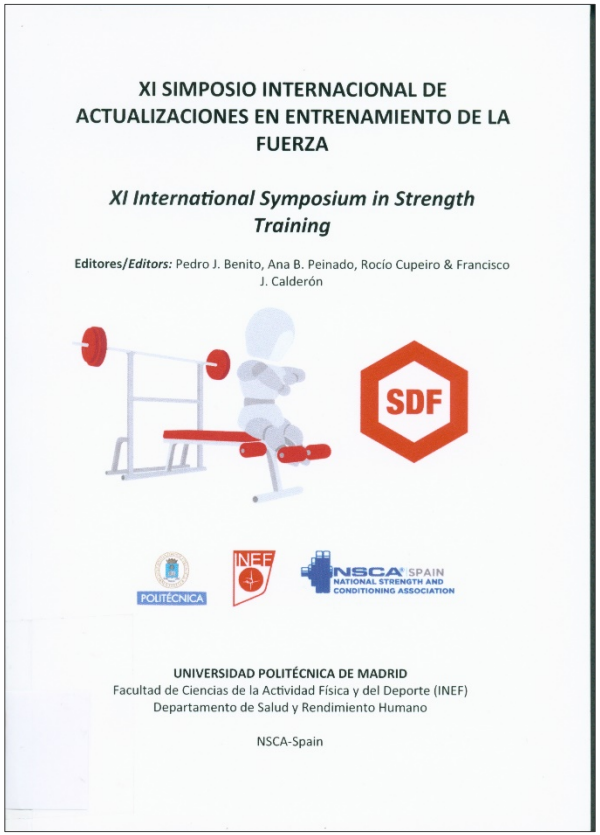
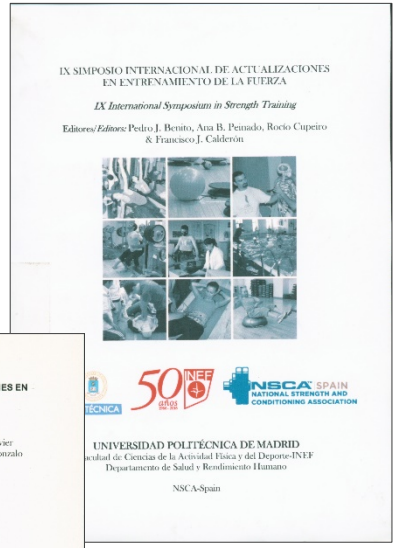
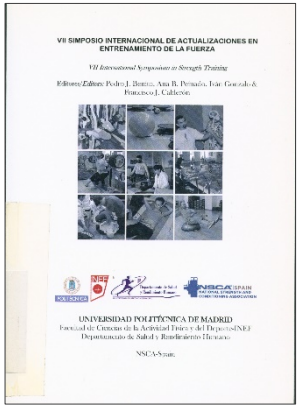
celebra su primera National Conference en el contexto del SDF.

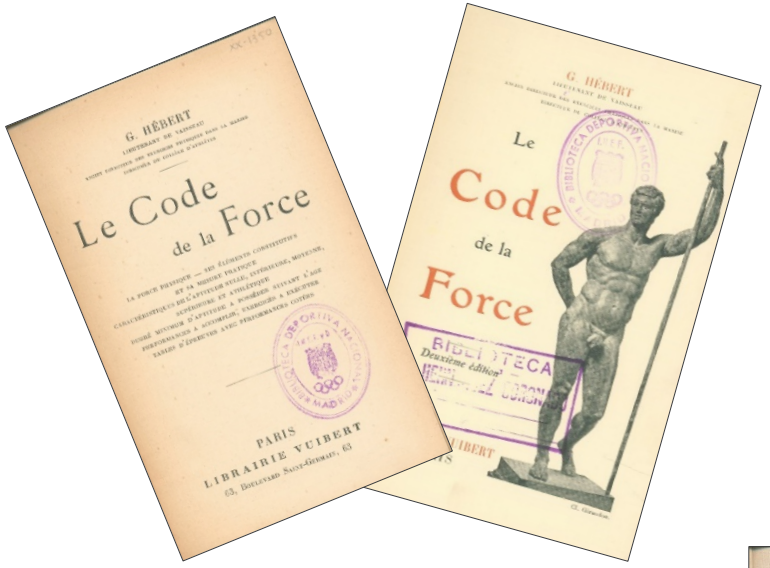
El Simposio de Fuerza SDF se configura como un acontecimiento decisivo en nuestro país en materia de entrenamiento de fuerza. En nuestra biblioteca se pueden consultar los documentos de ediciones anteriores

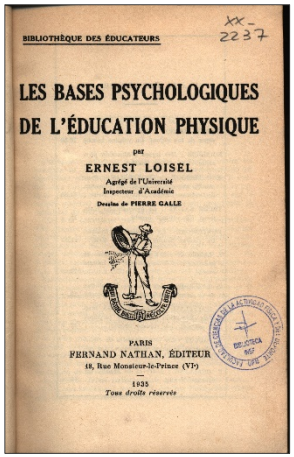


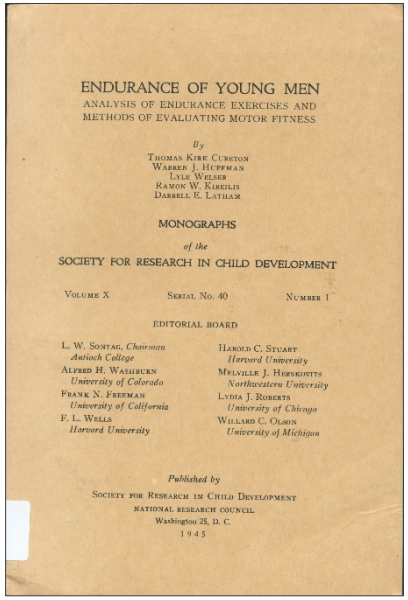


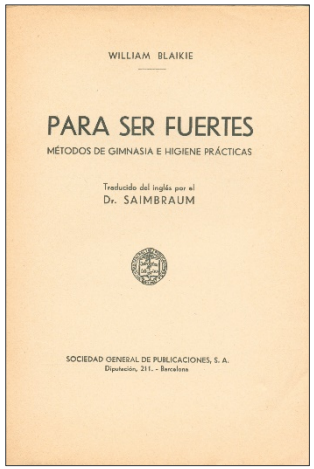


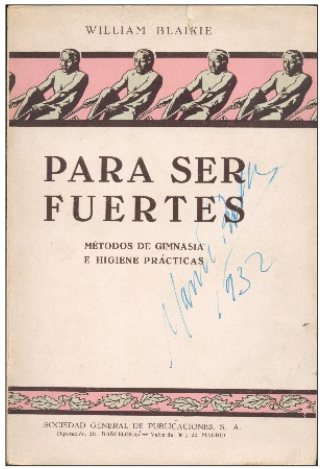
Los diversos temas objeto de este Simposio se han tratado en nuestros libros desde el siglo XIX…

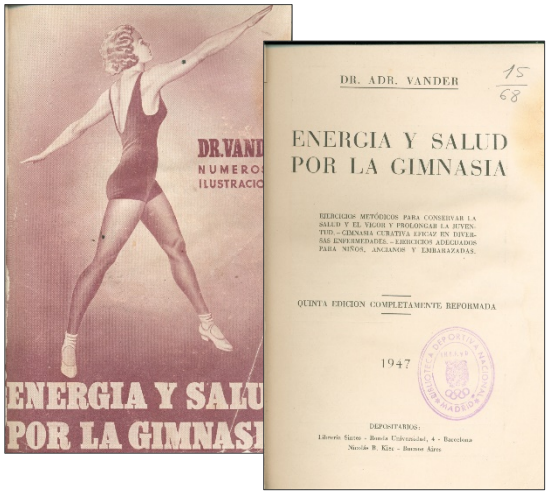


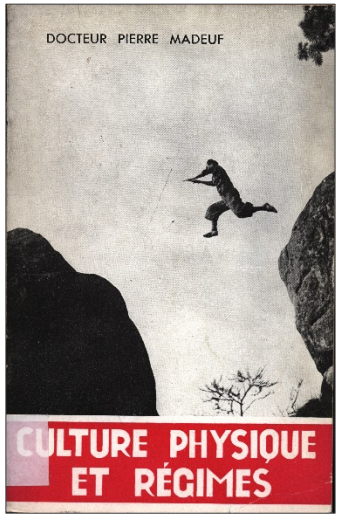




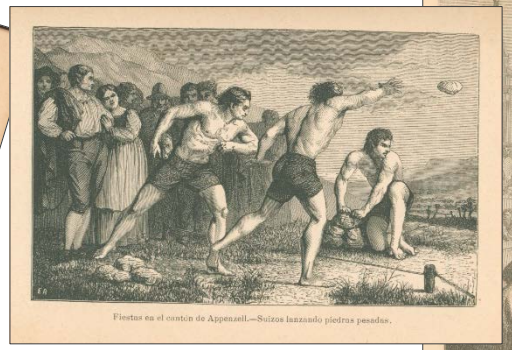




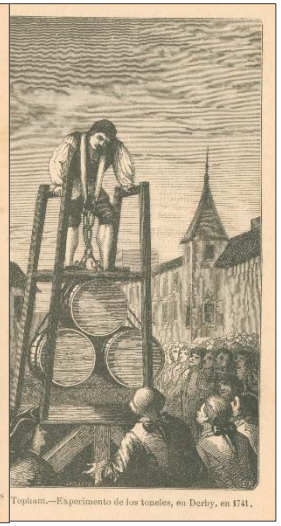


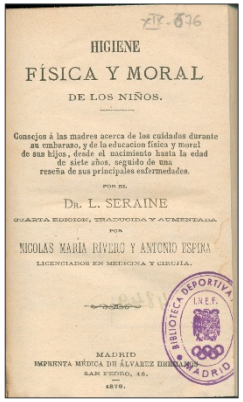


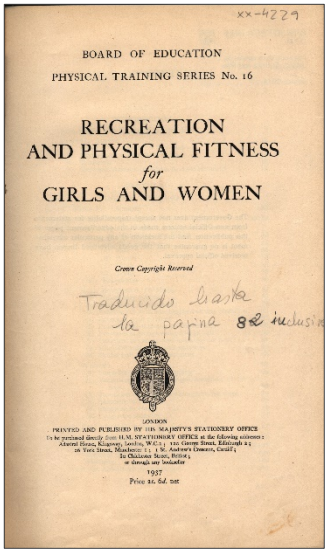
… en distintas lenguas y provenientes de varios países.

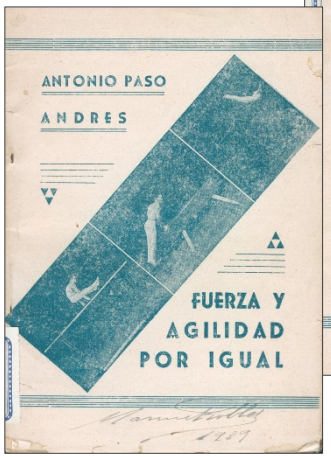

Fiestas en el cantón de Appenzell.—Suizos lanzando piedras pesadas.

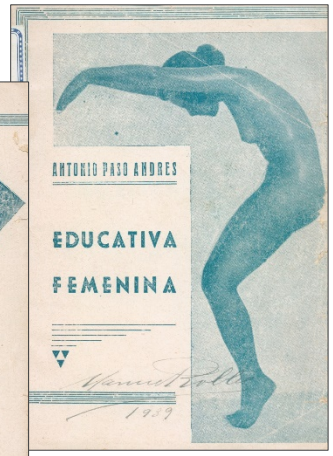
Las *Forze d' Ercole* en Venecia, en la Edad-media.—Ejercicios de dos facciones rivales.


Topham.—Experimento de los toneles, en Derby, en 1741.

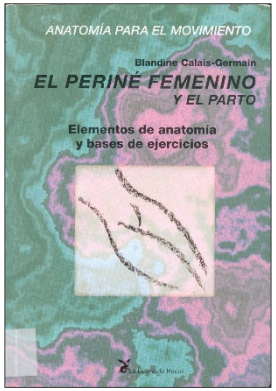


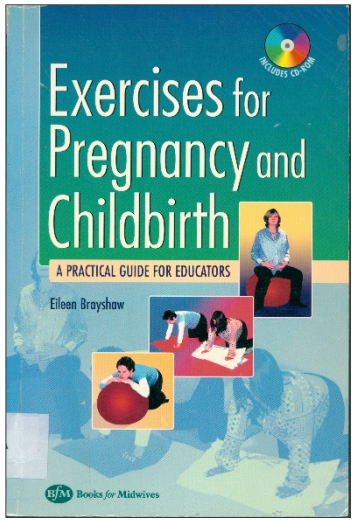


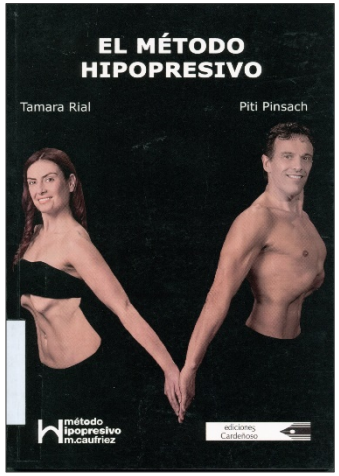


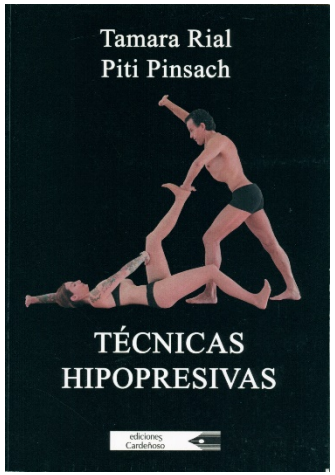


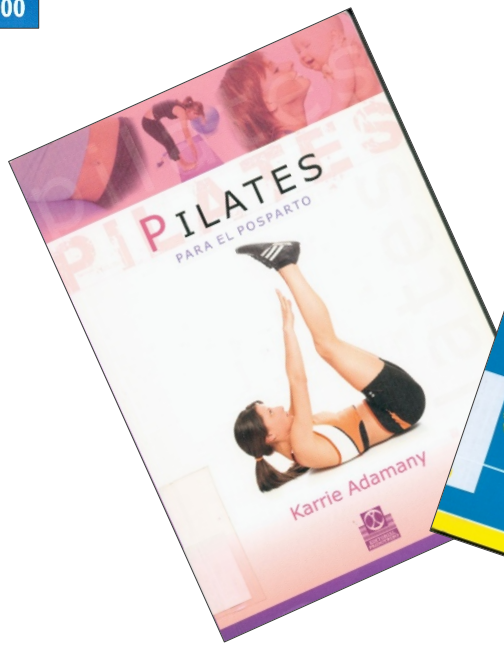
En el contexto del proyecto IronFemme presentamos algunos documentos relacionados con la mujer.



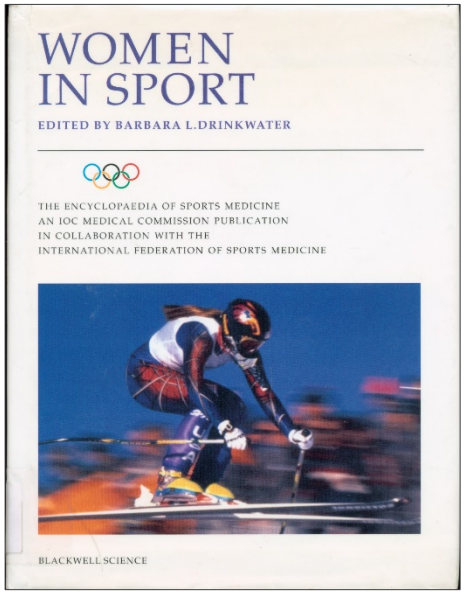


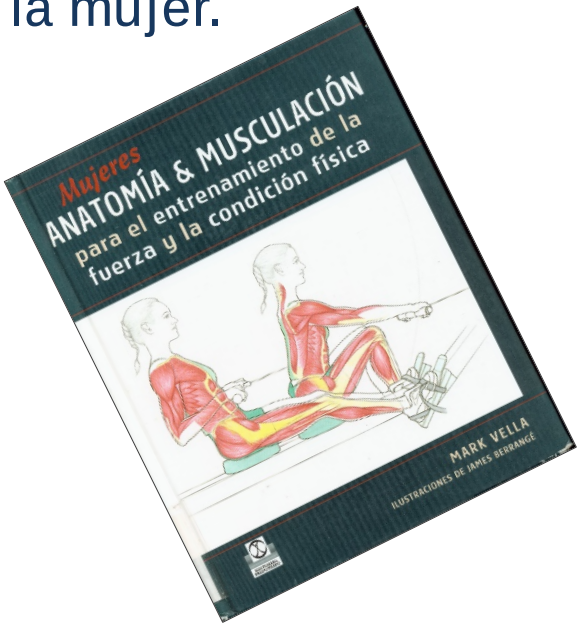


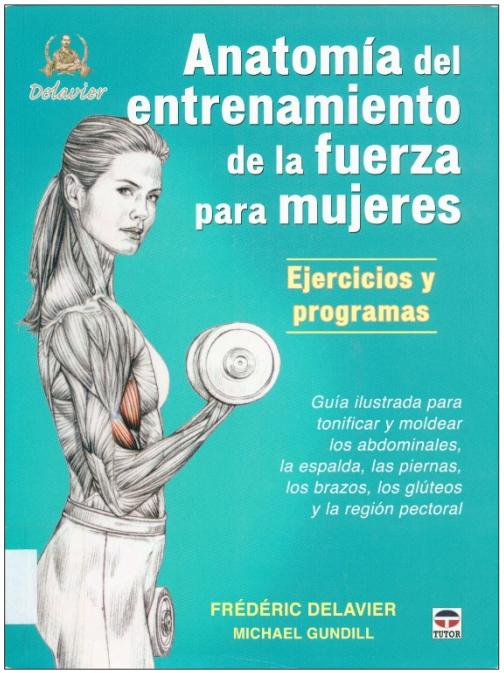


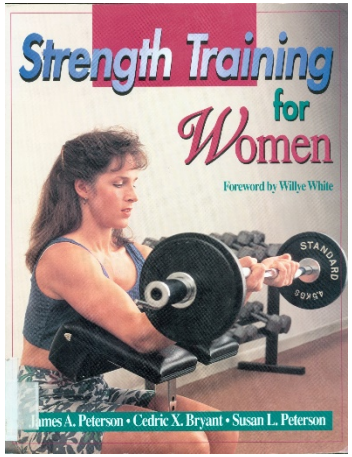


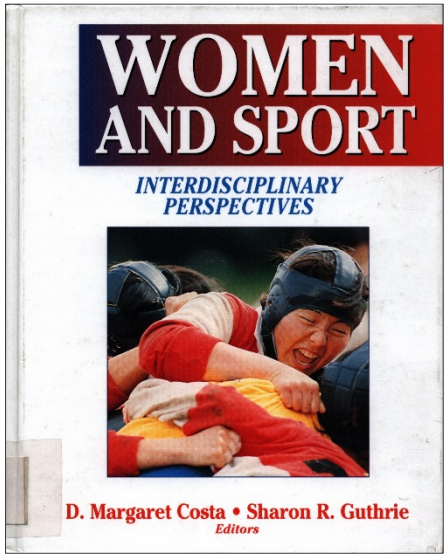
Desde diversos puntos de vista tanto generales como los específicos de la mujer.

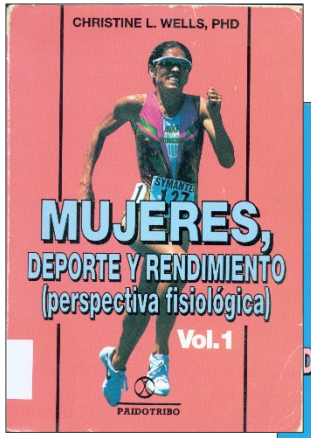


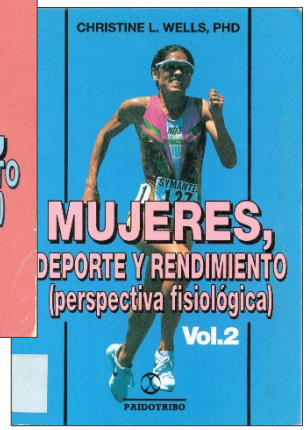
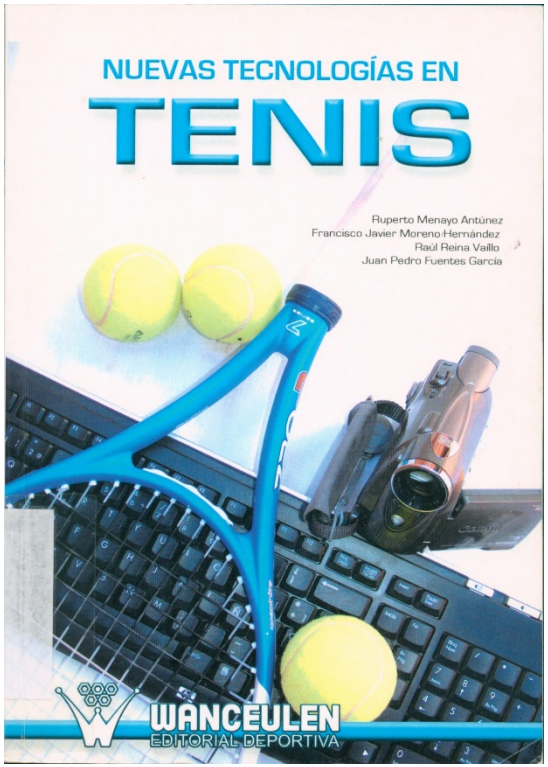
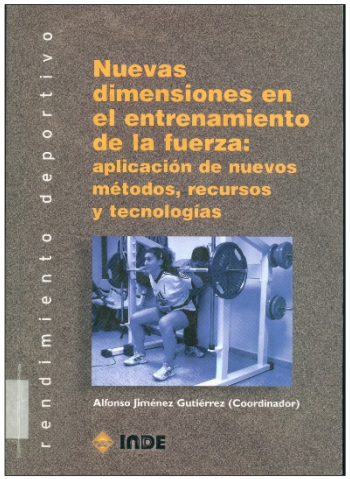












Un ejemplo de actualidad son los libros de nuevas tecnologías aplicadas a los temas del simposio.