



# Pruebas de aptitud física (Deportes nº 24) (Spanish Edition)

*Emilio José Martínez López*

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La Condición Física se ha materializado en los tiempos modernos como el máximo exponente que garantiza el éxito deportivo, interviniendo además decisivamente en el aprendizaje de las habilidades motrices así como en la mejora de la salud. Tanto para el Entrenador como para el Profesor de Educación Física, la valoración del estado de forma de los individuos debe ofrecer una información contundente, a través de resultados objetivos, fiables y válidos que permitan servir de base para llevar a cabo una planificación correcta y adecuada a los objetivos perseguidos por el equipo y específicos de cada individuo. Las pruebas de reposo así como las avanzadas técnicas de laboratorio presentan dificultades por no garantizar resultados fiables unas y estar al alcance de sólo unos pocos las otras. Por lo tanto, este libro presenta la alternativa más eficaz: tests de campo que se adecuan, según su selección, a la medida más relacionada con los fines perseguidos, siendo aplicables a multitud de individuos de una forma económica y fiable. En este libro se analizan las principales Pruebas de Aptitud Física, profundizando en los criterios de calidad de cada una de ellas y estructurando su clasificación en cualidades físicas básicas (Resistencia, fuerza, velocidad y flexibilidad) y cualidades motrices (Agilidad, coordinación y equilibrio) Así mismo, se ofrecen protocolos de ejecución de pruebas físicas, material necesario y tablas de referencia con múltiples resultados distribuidos y clasificados por edad y sexo.

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