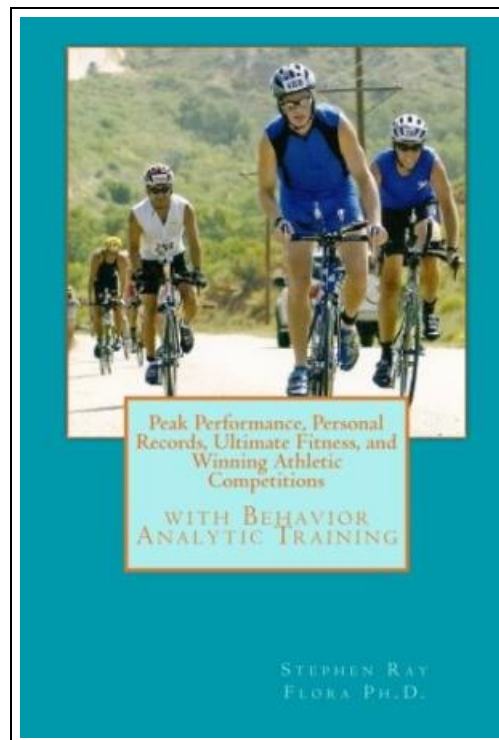


Peak Performance, Personal Records, Ultimate Fitness, and Winning Athletic Competitions with Behavior Analytic Training.



Filesize: 1.27 MB

Reviews

Thorough information! Its this kind of very good read. It is writter in basic words and not hard to understand. You wont feel monotomy at anytime of your respective time (that's what catalogues are for regarding should you question me).
(Roel Bogisich Sr.)

PEAK PERFORMANCE, PERSONAL RECORDS, ULTIMATE FITNESS, AND WINNING ATHLETIC COMPETITIONS WITH BEHAVIOR ANALYTIC TRAINING.



To read **Peak Performance, Personal Records, Ultimate Fitness, and Winning Athletic Competitions with Behavior Analytic Training**. eBook, please refer to the hyperlink beneath and download the file or have accessibility to additional information that are have conjunction with PEAK PERFORMANCE, PERSONAL RECORDS, ULTIMATE FITNESS, AND WINNING ATHLETIC COMPETITIONS WITH BEHAVIOR ANALYTIC TRAINING. book.

Createspace, United States, 2010. Paperback. Book Condition: New. 224 x 147 mm. Language: English . Brand New Book ***** Print on Demand *****.If you want to have peak performances, set personal records, and win; if you want to become a competitor, a winner, and become a champion then this book is for you. This book takes a consistent behavioral approach to training for peak performances and winning athletic competitions, presenting it in a manner that the non-specialist can effectively implement. The most effective way to improve performance, improve conditioning, learn new skills, end bad habits, and apply winning strategies is with Behavior Analytic Training (BAT). Using research from behavior analysis, sport science, real world examples of champions training methods, and record breaking efforts; with exercises that you may complete, graphs, tables and forms that you may copy; you will learn how to build a BAT program that leads to peak performances, PRs, ultimate fitness and winning efforts. Effective, smarter, goal setting leading to exceptional performance is taught. You will learn how to assess performance related behaviors; identify and eliminate skill gaps. You will learn how to use graphed behavior to improve performance and how to use social facilitation advantageously. For top performances a maximum power-to-weight ratio is needed. To increase the Power-to-weight ratio, BAT uses the most effective, scientifically supported methods for weight loss, weight maintenance, and diet. The practice power law and necessary practice parameters for peak, winning, performances are taught as is how to plan your training with periodization, workload progression, and taper for maximum performance improvements. You will learn how to manipulate your focus and arousal, how to effectively psych-up, and use visualization. You will learn how to focus and manipulate your assertiveness and aggression to a competitive advantage. Finally, with no-nonsense relaxation techniques, you will learn...

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