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Elastic resistance training

Elastic resistance training can be used not only for typical strengthening training but can support training or recovery process by different ways. Areas, in which can be used elastic resistance training with Sanctband, as one of most modern devices, will be presented and documented by examples of research. Focus will be given on demonstration of various workouts and strength training in sports and therapy, endurance training in sports and therapy, procedures to increase muscle stretch and expand the scope of joint mobility, coordination or training exercises, speed ability or training exercises, exercises to improve stability, general exercises or specific training for sports, exercises for the handicapped, exercises for children, exercises in pairs or groups and on water exercises.

Biography

Dagmar Pavlu is working as an Associate Professor at Charles University in Prague (Czech Republic) and is a Head of Department of Physiotherapy of FTVS. She completed her Master's degree in Physiotherapy and PhD in Pedagogy in 1995. In 2005, she became an Associate Professor in Exercise Physiology. She was President of the professional organisation of Physiotherapists of the Czech Republic. From 2004 to 2008, she served as a Vice Chairman of ER-WCPT. Her current research interests include analysis of the effect of physiotherapeutical methods. She has published over 150 publications*.

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