

ACHIEVING PEAK PERFORMANCE

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Achieving Peak Performance Meta Coaching 5

**Oktia Handayani, Sri Sumartiningsih,
Natalia Putriningtyas**

Achieving Peak Performance Meta Coaching 5:

The Collaborative Leader Ian McDermott,L Michael Hall,2016-10-03 In The Collaborative Leader L Michael Hall and Ian McDermott answer key questions about leadership What is collaboration How does it relate to leadership How do you do it effectively How do you pull people together inspire them with a meaningful vision and organise them so that a team spirit emerges and peak performance is achieved The Collaborative Leader is a practical guide to collaborating with others and leading collaboratively That means learning how to win the hearts and minds of those who we lead Packed with practical and immediate action points the book will show you how to turn around a non collaborative group or environment immediately You will find assessment questions throughout step by step processes on collaboration and an invitation to action at the end of each chapter a personal challenge to step up to the collaborative level of leadership Learn the core competencies that facilitate a healthy joyful and productive collaboration The foundation of collaborative leadership is self collaboration The leader who cannot effectively collaborate cannot effectively lead If you are to walk your talk you need to demonstrate collaborative skills yourself and this book will show you the how to s for developing the critical success elements of leadership The best collaborators are those who have lots of fun collaborating The goal can be serious The collaboration can be fun Learn how it s possible by understanding the structure and processes of collaboration Whether you re responsible for team or organisational development you ll find plenty here to inspire you to transform your leadership into collaborative leadership

ISPHE 2020 Oktia Handayani,Sri Sumartiningsih, Natalia Putriningtyas,2020-09-29 Sports Science Faculty Universitas Negeri Semarang is the host of the 5th International Seminar on Physical Health and Education ISPHE which were held virtually on July 22nd 2020 in Semarang Indonesia in collaboration with the Health Education National Networking JNPK Indonesia the Indonesian Public Health Association IAKMI and some prominent Indonesia universities in health education and sport Malang State University Gorontalo State University and Manado State University This seminar brings together academic experts and practitioners from South East Asia and beyond to share new knowledge ideas and experiences pertaining to Health Education Physical Activities and Applied Technology for Health as well as those in related fields in order to accommodate more aspirations and expressions of sport s and health communities

Positive Organizational Interventions: Contemporary Theories, Approaches and Applications Llewellyn Ellardus Van Zyl,Sebastiaan Rothmann,2021-01-05 **Heat Acclimation for Special Populations** Caroline Sunderland,Andrew T. Garrett,Neil S.

Maxwell,Julien Périard,2020-09-17 This eBook is a collection of articles from a Frontiers Research Topic Frontiers Research Topics are very popular trademarks of the Frontiers Journals Series they are collections of at least ten articles all centered on a particular subject With their unique mix of varied contributions from Original Research to Review Articles Frontiers Research Topics unify the most influential researchers the latest key findings and historical advances in a hot research area Find out more on how to host your own Frontiers Research Topic or contribute to one as an author by contacting the

Frontiers Editorial Office frontiersin.org about contact *Training in Sport* Bruce Elliott, J. Mester, 1998 Here internationally known author Bruce Elliott adapts applies expert research knowledge on training for sport for use by sport scientists coaches athletes He covers essential factors leading to high performance training *Exploring Motor Imagery Across the Lifespan - Gaps Between Practical Applications and Theoretical Frameworks* Pedro Alexandre Duarte-Mendes, Daniel Marinho, Maurizio Bertollo, André Ramalho, 2025-10-31 Motor imagery MI a multisensorial mental representation of the image of actions or objects and situations without an actual experience and without appropriate sensory input that activates motor control regions in the brain without physical execution provides insights into the link between motor control and cognitive function This process promotes learning and improves motor skills often in combination with physical practice in both healthy and clinical populations It is therefore used in various areas such as education rehabilitation music and sport throughout the human lifespan In the first years of life the development of MI runs parallel to neuronal and physical growth which has a positive effect on learning and provides information about developmental disorders In adults especially athletes MI improves skills optimizes performance and plays a key role in rehabilitation by enabling the restoration of neural pathways In advanced age MI can preserve mobility and cognitive function It can also mitigate age related cognitive decline and thus maintain quality of life by preserving neural plasticity Despite its importance across the human lifespan MI is a topic that requires further analysis as it remains unclear how different types of imagery and their associated cognitive processes differ This research topic aims to find an answer to this call by examining the central role of MI across the lifespan with a particular focus on its importance for cognitive development skill acquisition and rehabilitation Recent advances in neuroimaging and cognitive neuroscience have provided valuable insights into the neural basis of MI and introduced new methods that could revolutionize its practical application A thorough understanding of these mechanisms will enable the development of customized approaches that consider the specific needs of the tasks and the individuals involved This clarification will allow MI to be successfully integrated into educational programs sports training and rehabilitation therapies By tailoring interventions to different populations we can transfer the principles of physical training into MI practice to optimize motor learning and rehabilitation outcomes We welcome contributions that broaden our understanding of MI at all stages of life and focus on developmental aspects performance enhancement and rehabilitation We are particularly interested in original papers review articles and interdisciplinary studies that address but are not limited to the following research subtopics Neurophysiological basis of MI at different developmental stages The contribution of MI to sport and performance enhancement The use of MI in clinical and rehabilitation settings Innovative methodological approaches to the evaluation and implementation of MI Contributions linking MI to advances in cognitive psychology neurology or Artificial Intelligence This Research Topic invites an array of contributions including but not limited to original research review papers systematic reviews with or without meta analysis and research methods all aiming to develop a holistic understanding of MI

and promote its practical application in different age groups Antonio Granero-Gallegos,2021-03-04 Continuous professional development is of great importance if one is to develop quality professional work This book contains some of the latest research advances related to the field of Physical Education and Sports In today's globalized world continuous and permanent education is necessary and essential to complement the initial training and previous experience In this book you can find a wide range of works focused on innovative teaching methodologies and psychological variables to take into account to improve classes and training These studies on the most forward looking technological advances in physical activity and sports are useful for those who seek to be up to date on this type of research In addition these studies will be useful to consult regarding current lifestyle the creation of healthy habits the promotion of physical activity in one's free time and the importance of leading an active life

New Developments in Physical Education and Sport
Applied Anatomy and Biomechanics in Sport Timothy R. Ackland,Bruce Elliott,John Bloomfield,2009 Applied Anatomy and Biomechanics in Sport Second Edition offers a variety of information for coaches and sport scientists that can be integrated and applied to the elements of body structure body composition assessment physiology and biomechanics

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processor KB control for space time adaptive processing KB techniques applied to existing radar systems Integrated end to end radar signals Data processing with overarching KB control All chapters are self contained enabling readers to focus on those topics of greatest interest Each one begins with introductory remarks moves on to detailed discussions and analysis and ends with a list of references Throughout the presentation the authors offer examples of how KBS works and how it can dramatically improve radar performance and capability Moreover the authors forecast the impact of KB technology on future systems including important civilian military and homeland defense applications With chapters contributed by leading international researchers and pioneers in the field this text is recommended for both students and professionals in radar and sonar detection tracking and classification and radar resource management

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