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SQUAT

Debout, les jambes ouvertes plus larges que la largeur du bassin, les pieds très légèrement en ouverture. Inspirer et descendre en pliant les genoux. Le poids du corps est sur les talons, les orteils peuvent se relever. Les fesses sont poussées vers l'arrière, le buste est droit et les genoux ne dépassent pas la pointe des pieds. Remonter en expirant et poussant sur les talons.



SUMO SQUAT

Debout, les jambes écartées, plus largement que la largeur des épaules, les pieds très légèrement en ouverture. Inspirer et descendre en pliant les genoux. Les fesses arrivent à 5 cm du sol, le buste reste très droit. Le poids du corps est sur les talons, les orteils peuvent se relever. Remonter en expirant, en poussant sur les talons et rapprochant les deux fesses l'une contre l'autre.



JUMP SQUAT

Debout, les jambes ouvertes plus larges que la largeur du bassin, les pieds très légèrement en ouverture. Inspirer et descendre en pliant les genoux. Le poids du corps est sur les talons, les orteils peuvent se relever. Les fesses sont poussées vers l'arrière, le buste reste droit et les genoux ne dépassent pas la pointe des pieds. Remonter en expirant, et en poussant sur les talons de façon si forte que l'on décolle du sol. On atterrit sur la pointe des pieds, et on repose les talons au sol.



X HOPS

Commencer en position SQUAT. Sauter en l'air et atterrissez en position de LUNGES (jambe droite devant). Sauter à nouveau et atterrissez en position squat. En position de squat sautez et atterrissez en position lunges jambe gauche devant.



JUMP LUNGES

Commencez en position de LUNGES, jambe gauche devant jambes droite derrière, laissez un écart parallèle de 15cm entre les jambes (comme sur des rails). En un mouvement explosif sautez en l'air, dans l'air ajuster votre position afin d'atterrir jambe droite devant, jambe vers l'arrière. Répétez.

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Larkin Barnett

A red circular graphic with a gradient, appearing as a partial circle or a thick arrow pointing to the right, located to the right of the author's name.

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resources and tests for students **Real World Psychology** Catherine A. Sanderson, Karen R. Huffman, 2024-11-13 A comprehensive college level introduction to the field of psychology Real World Psychology Applications of Psychological Science provides a well balanced survey of the field with emphasis on scientific thinking and practical applications of psychological science that can expand enhance and change students experience of the world around them Every chapter engages students through illustrative examples and cases thought provoking questions and real psychological research Updated with recent research that underscores the importance and power of psychology in everyday life the fourth edition of Real World Psychology invites curiosity in a Why focused framework of special features Why Scientific Thinking Matters develops scientific thinking skills through examination of a hot topic or common belief and the research supporting or disproving different perspectives Why DEI Matters explores important topics in diversity equity and inclusion highlighting current research and its applications in effecting a more equitable society and Why Positive Psychology Matters demonstrates how psychological science helps identify the strengths and assets that contribute to health and a flourishing life Throughout this edition the authors pay careful and deliberate attention to issues of diversity equity and inclusion to ensure the representation of multiple perspectives and experiences so that all readers can find respect and a sense of belonging AN INTERACTIVE MULTIMEDIA LEARNING EXPERIENCE This textbook includes access to an interactive multimedia e text Icons throughout the print book signal corresponding digital content in the e text Videos and Animations Real World Psychology integrates abundant video content developed to complement the text and engage readers more deeply with the fascinating field of psychological science Chapter Introduction Videos feature author Catherine Sanderson s casual and lively introduction to the chapter that piques readers curiosity and gives practical everyday context Reading Companion Videos support every learning objective of every module in every chapter These short videos serve as both a preview and a review of the most important concepts discussed in the reading Topical Videos often presented by Catherine Sanderson or Karen Huffman use a documentary style to explore key topics in depth In The Classroom Videos feature short segments of Catherine Sanderson lecturing in her own classroom or a moderated student discussion of selected chapter topics Animations A variety of animations illustrate difficult to learn concepts from a real world and sometimes humorous perspective Interactive Figures Charts Tables Appearing throughout the enhanced e text interactive figures process diagrams and other illustrations facilitate the study of complex concepts and processes and help students retain important information Interactive Self Scoring Quizzes Self Test questions in each Module s Retrieval Practice and a Practice Quiz for each chapter provide immediate feedback helping readers monitor their understanding and mastery of the material *EBOOK:* *Globalization and Health* Johanna Hanefeld, 2015-01-16 Part of the Understanding Public Health series this book offers students and practitioners an accessible exploration of global health Global health is a relatively new but rapidly expanding field as public health practitioners recognize the important challenges that global changes are posing for human health

Health issues are increasingly crossing national boundaries and this book explores the actors that shape global health including private companies foundations civil society and multilateral organizations and explores some of the key issues in global health Illuminating the changes happening in health worldwide the book includes practical activities and applications which help to show the impact of global issues at an everyday level The issues covered include Social change linked to globalization Governance of global health Pharmaceuticals and tobacco Emerging infectious diseases Climate change Economy and trade Health security Globalisation and Health 2nd edition is an ideal resource for students of public health and health policy public health practitioners and policy makers Contributors Joan Busfield Nick Drager Andy Guise Johanna Hanefeld Benjamin Hawkins Kelley Lee Marco Liverani Tony McMichael Neil Pearce Richard Smith Neil Spicer Carolyn Stephens Preslava Stoeva and Helen Walls Understanding Public Health is an innovative series published by Open University Press in collaboration with the London School of Hygiene learn from it make a difference Gerard Hastings University of Stirling UK and the Open University This book provides a clear introduction to how globalization is shaping our health and the determinants of health The authors not only introduce us to the growing field of global health but also provide some concrete evidence of driving factors the key players and the impact on our daily lives It should be a reference book for public health students public health practitioners as well as for policy makers After I read this book I really realized that I live in a global village with all the consequences Congratulations it is a really great book Asnawi Abdullah Faculty of Public Health University Muhammadiyah Aceh Indonesia

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