



Adapted Physical Activity: Health and Fitness

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Studies on physical education and sports for persons with disabilities are an interdisciplinary domain in which theory and practice are closely intertwined. In fact, one of the primary objectives of professionals in this field is to eliminate the existing separation between the theoretical and practical aspects of their work. This volume, consisting of selected papers presented at the Ninth International Symposium on Adapted Physical Activity, was published with the aim of providing researchers and practitioners with insights into each other's work. The 39 contributions in this book deal with a wide range of themes including the health and fitness of people with disabilities, innovative sports teaching methods, biofeedback training and motor control, the medical aspects of rehabilitation, and physical activity programs for the elderly.

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