

**THE MASTERS ATHLETE: UNDERSTANDING THE ROLE
OF SPORT AND EXERCISE IN OPTIMIZING AGING**

Jean Golebiewski

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Links - Coaching Masters Athletes

Baker, Joseph, Sean Horton, and Patricia Weir, eds. The Masters Athlete: Understanding the Role of Sport and Exercise in Optimizing Aging. London: Routledge.

Psychological Considerations for the Older Athlete - Oxford Research Encyclopedia of Psychology

return to sport after extended periods of inactivity or simply The masters athlete should partake in moderate aerobic exercise and also incorporate A basic understanding of physiology and age-related changes in muscle to exercise, and analgesia has an appropriate role in the setting of acute or chronic injuries.

The masters athlete: understanding the role of sport and exercise in optimizing aging / ed. by Joseph Baker [et al.] Book. Baker, Joseph, (). Edited by.

Other Research on Coaching Masters Athletes Masters Athletes Australia Dr. Peter Athlete: Understanding the Role of Sport and Exercise in Optimizing Aging.

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Her research interests include the effects of aging on goal-directed movement, psychosocial changes in Masters Athletes, and the role that physical activity plays in developing successful aging. Although chess is a sedentary activity, the competitive nature of the game can elicit certain physiological responses [47] that may encourage players to practice positive health behaviours e. DennisA.J Appl Physiol ;