**Διαλέξεις ειδικών θεμάτων μαχητικών και δυναμικών αθλημάτων**

1. **Αναπτυξιακός προπονητικός σχεδιασμός**

Διδασκαλία Τσολάκης Χάρης

***Βιβλιογραφία***

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1. **Ενεργειακά όρια και μυοδυναμικά χαρακτηριστικά αθλημάτων επαφής**

Διδασκαλία Τσολάκης Χάρης

***Βιβλιογραφία***

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1. **Προπόνηση δύναμης στην εφηβεία**

Διδασκαλία Τσολάκης Χάρης

***Βιβλιογραφία***

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1. **Συνδυασμός αερόβιας προπόνησης και δύναμης**

Διδασκαλία Τσολάκης Χάρης

***Βιβλιογραφία***

*Nader, G. A. Concurrent Strength and Endurance Training: From Molecules to Man. Med. Sci. Sports Exerc., Vol. 38, No. 11, pp. 1965-1970, 2006*

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1. **Δύναμη και ισχύς στα αθλήματα επαφής**

Διδασκαλία Τσολάκης Χάρης

***Βιβλιογραφία***

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1. **Παιδαγωγική αθλημάτων επαφής**

Διδασκαλία Αργειτάκη Ξένια

***Βιβλιογραφία***

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1. **Διατροφικές συμβουλές για την προπόνηση και τον αγώνα**

Διδασκαλία Γιάννης Τσεκούρας PhD

***Βιβλιογραφία***

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1. **Επίδραση παθητικών και δυναμικών διατάσεων στην απόδοση αθλημάτων επαφής**.

Διδασκαλία Τσολάκης Χάρης

***Βιβλιογραφία***

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1. **Ψυχολογική προετοιμασία**

Διδασκαλία Βερτόπουλος Βαγγέλης PhD

***Βιβλιογραφία***

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1. Φορμάρισμα (Tapering) μαχητικών και δυναμικών αθλημάτων

Διδασκαλία Τσολάκης Χάρης

***Βιβλιογραφία***

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1. **Ο παιδαγωγικός ρόλος των μαχητικών αθλημάτων μέσα από την ιστορία και τη φιλοσοφία**

Διδασκαλία Χρήστος Κόλλιας

1. **Ο πρωταθλητισμός στην εφηβεία**

Διδασκαλία Τσολάκης Χάρης – Ξένια Αργειτάκη

***Βιβλιογραφία***

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1. ***Dopping Γιατί τελικά στην Ελλάδα είναι όλοι αθώοι (κανόνες, διαδικασίες, έλεγχοι και παραβάτες)***

*Διδασκαλία Α. Σμυρνιώτου*

*Βιβλιογραφία*

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