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Il Test Di Cooper

Il test di Cooper è un test utilizzato nell'attività sportiva a livello agonistico e amatoriale, ma non solo. Fu creato da Kennet H. Cooper, medico della NASA, nel 1968 per usi militari. Nella sua forma originale, il test prevede che si corra per dodici minuti cercando di coprire la massima distanza possibile.

Test di Cooper - Wikipedia

Se il test di Cooper viene effettuato all'aperto, eseguire la prova in condizioni ambientali favorevoli; rimandare il test in caso di pioggia o forte vento. Dopo un adeguato riscaldamento (10-15 minuti di corsa lenta ad intensità medio bassa, intervallata da cambi di ritmo) correre per 12 minuti cercando di coprire la maggior distanza possibile.

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Il test di Cooper è universalmente riconosciuto e praticato a tutti i livelli. Il record mondiale è stato registrato nel 2004 in Olanda da nome molto noto, Kenenisa Bekele: 4.740 metri in dodici minuti. Forse questo record rimarrà tale ancora per molti anni e, certamente per noi comuni mortali, è impossibile anche solo da avvicinare...

Test di Cooper: a cosa serve e come farlo col Garmin | GARMIN

Il test di Cooper è un test utilizzato nell'attività sportiva a livello agonistico, amatoriale e scolastico.

Fu inventato da Kenneth H. Cooper medico della Nasa, nel 1968 per usi militari. Esso consiste nel percorrere, correndo, la massima distanza possibile in piano per 12 minuti di tempo.

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Il Test Di Cooper

Il test di Cooper, ancora molto in voga (in Italia viene per esempio utilizzato da moltissimi insegnanti di educazione fisica delle scuole medie inferiori e superiori) consiste nel misurare la massima distanza che il soggetto riesce a compiere in 12 minuti esatti.

Test di Cooper - Consigli per superarlo - Albanesi.it

Il test di Cooper valuta la tua resistenza fisica in relazione con il resto delle persone del tuo stesso sesso e della tua età. Per eseguire il test di Cooper devi cronometrare 12 minuti e vedere quanta distanza percorri in quel lasso di tempo ad un ritmo costante. Poni questa calcolatrice nel tuo web

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Il Test di Cooper, è uno dei test più comunemente usati da allenatori e preparatori. Il test è stato ideato da Kenneth H. Cooper, con l'obiettivo di fornire indicazioni oggettive sul grado di preparazione fisica dell'atleta, verificando i livelli di potenza aerobica attraverso una prova di corsa.

Il test di Cooper - *Sito Specializzato per Allenatori di ...

Ma da 40enni malati di sport scopriamo finalmente in cosa consiste e che legame esiste tra il test di Cooper ed il famoso VO2max.. Il test di Cooper venne ideato nel 1968 dal Dott. Kennet H. Cooper guarda caso, un medico della NASA ed i fini erano di efficienza fisica, mirata ad usi militari e consiste in una corsa di resistenza, in teoria costante, della durata standard di 12 minuti, quindi ...

Il test di Cooper e VO2max - ENDUmag

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Il test di Cooper è un test ormai preistorico che risale ai tempi in cui la gran parte della popolazione non era minimamente allenata.

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Test di Cooper

Il test di Cooper (Cooper 1968) è usato per monitorare lo sviluppo della resistenza aerobica di un atleta e per ottenere una stima del suo consumo massimo di ossigeno, ovvero di VO 2 max. In pratica, il test di Cooper è un popolare test usato per misurare la forma fisica aerobica di un atleta. Sviluppato nel 1968 dal dott. Ken Cooper, questo test è stato inizialmente usato per stimare la VO 2 max del personale militare.

Test di Cooper: come si fa - IL CONSIGLIA SALUTE

Il Test di Cooper, è uno dei test più comunemente usati da allenatori e preparatori, specialmente tra i dilettanti. Il test è stato ideato da Kenneth H. Cooper, con l'obiettivo di fornire indicazioni oggettive sul grado di preparazione fisica dell'atleta, verificando i livelli di potenza aerobica attraverso una prova di corsa.

Il test di Cooper: cos'è, come si svolge e consigli per ...

Il test di resistenza più utilizzato nella pratica sportiva è il cosiddetto "Test di Cooper". Il test consiste nel percorrere più strada possibile (correndo o camminando) in un tempo fisso: 12 minuti. Per eseguire correttamente il test di Cooper è richiesto un cronometro ed un percorso (pista, tratto stradale, ecc.) conosciuto per sviluppo metrico, dal quale poter ricavare la distanza percorsa nel tempo stabilito.

Test di Cooper | Benessere.com

Il Test di Cooper è un ottimo mezzo di verifica della resistenza aerobica per chi si avvicina alla corsa. I podisti principianti, almeno fino a quando non sono in grado di correre per un'ora senza mai fermarsi, dovrebbero divertirsi a cercare di avanzare di categoria.

Il Test di Cooper - Tiscali Webspaces

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