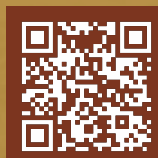


Open Courses • Lisboa

# RANGE OF MOTION VERSUS FORCE



## Direction

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## Secretariat

Inês Sousa  
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## Duration

0 Years

## Credits

0 ects

## Presentation

Strength training currently plays a crucial role in overall physical development, athletic performance, injury rehabilitation, and increased range of motion. While there are several training methods and systems, there are also many myths to debunk about the relationship between strength gain and the maintenance and development of range of motion. We aim to debunk these barriers with scientific justification based on existing knowledge, so that you can later apply the techniques and knowledge acquired in your profession.

# STUDY PLAN

## 1st Year / No Branch Name

|         |      |
|---------|------|
| Anual   | ects |
| No Name | 1    |

Linha direta  
para o teu futuro



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