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have a number of benefits including a  
improvement of the effectiveness of treatment  
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feasibility in sport settings e g few subjects  
needed no need of control group aid to  
decision making c adaptability to common the  
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effective monitoring tools which are reliable and valid to observe the fitness fatigue paradigm and track overall athlete physical adaptation and health throughout the training process suitable for most settings are provided expand 1 excerpt chapter overview meta analyses show that theory based interventions to increase physical activity behavior yield small effect sizes one possible reason for this is that theories of behavior change that have been favored in exercise psychology over the past decades have overemphasized the role of forethought and controlled rational reflection psychological factors in sport performance the mental health model revisited sports med 31 875 890 doi 10 2165 00007256 200131120 00004 pubmed abstract crossref full text google scholar abstract countries whose cities host the summer olympic games increase significantly their success during the competition we study whether such effect is lasting or not we compute the effect of hosting on the total number of medals in the subsequent games the aims of this paper are to 1 update the decade long evolution and describe the current structure of the acd 2 introduce recent trends in career development and transition research 3 discuss emerging trends in career assistance and 4 summarise in a set of postulates the current status and future challenges of the acd keywords 509 1988

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