

Posicionamiento sobre el entrenamiento de fuerza en jóvenes. Consenso Internacional de 2014

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Resumen

El manuscrito actual es la traducción del Posicionamiento sobre el Entrenamiento de Fuerza para Jóvenes: el Consenso Internacional de 2014. El consenso original es a su vez una adaptación del posicionamiento de la United Kingdom Strength and Conditioning Association. Ha sido revisado y respaldado por organizaciones profesionales relevantes en los campos de la medicina del deporte, la ciencia de la actividad física y la pediatría. Los autores de este artículo fueron seleccionados entre los campos de la ciencia del ejercicio pediátrico, la medicina pediátrica, la educación física, la preparación física y la medicina del deporte. El manuscrito fue publicado originalmente en el *British Journal of Sports Medicine* y representa el documento final ratificado oficialmente a nivel ejecutivo por cada organización que lo respalda. Para enlazar con la versión original del manuscrito en inglés diríjase a: <http://bjsm.bmj.com/content/early/2013/09/20/bjsports-2013-092952.full>.

Palabras clave:

Entrenamiento de fuerza.
Pediatría. Jóvenes.
Levantamiento de pesas.

Position statement on youth resistance training: the 2014 International Consensus

Summary

The current manuscript is a translation of the Position statement on youth resistance training: the 2014 International Consensus. The original manuscript was adapted from the official position statement of the UK Strength and Conditioning Association on youth resistance training. It was subsequently reviewed and endorsed by leading professional organisations within the fields of sports medicine, exercise science and paediatrics. The authorship team for this article was selected from the fields of paediatric exercise science, paediatric medicine, physical education, strength and conditioning and sports medicine.

Key words:

Resistance training.
Paediatrics. Youth. Weightlifting.

Respalddo por: American Academy of Pediatrics (AAP); American Alliance for Health, Physical Education, Recreation and Dance (AAHPERD); American Medical Society for Sports Medicine (AMSSM); British Association of Sports Rehabilitators and Trainers (BASRaT); International Federation of Sports Medicine (FIMS); Faculty of Sport and Exercise Medicine (FSEM); North American Society for Pediatric Exercise Medicine (NASPEM); National Athletic Trainers' Association (NATA); Chief Medical Officer, National Collegiate Athletic Association (NCAA); National Strength and Conditioning Association (NSCA).

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