

Der Zusammenhang Von Essverhaltensstörungen Und Sport Unter Sportmedizinischen Und Gesundheitlichen Aspekten Am Beispiel Von Anorexia Athletica - Silvia Alpers

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Größere Erfolge durch geringeres Gewicht? In manchen Sportarten scheint dies immer mehr zur Devise zu werden. Eine niedrigere Gewichtsklasse, ein besseres Votum der Juroren, eine leichtere Bewegungsaufführung und weitere angebliche Vorteile lassen sich als Ursachen für das Abnehmen finden. Um diese Vorteile zu nutzen, steht bei vielen Leistungssportlern/innen der Gewichtsverlust auf dem Trainingsplan. Damit ist jedoch nicht unbedingt der Weg zum Erfolg geebnet, sondern oftmals der zur Magersucht. Schnell kann die angestrebte Leistungssteigerung ins Gegenteil umschlagen. Wenn das Abnehmen zur Krankheit wird, leidet nicht nur der Körper sondern auch der Geist. Ab wann ist die Gewichtsverringerung bei Sportlern krankhaft? Welche Gefahren und gesundheitliche Folgen bringt sie mit sich? Ändert sich das Verhalten der Sportler durch die Ernährung? Und was kann getan werden, um der Magersucht vorzubeugen bzw. um sie zu therapieren? Diese Fragen und weitere wichtige Gesichtspunkte werden in den folgenden Kapiteln ausführlicher behandelt und erörtert. Außerdem soll diese Arbeit auch ein Stückweit Aufklärungsarbeit leisten. Bislang wurde das Thema der Magersucht unter Sportlern leider weitestgehend totgeschwiegen. Obwohl vor allem in den letzten Jahren häufiger darüber berichtet wurde, ist es doch noch immer ein Tabuthema. Da sich in dieser Hinsicht einiges ändern muß, wird spätestens dann klar, wenn man die möglichen gesundheitlichen und sportmedizinischen Folgen betrachtet. Author: Alpers, Silvia Publisher: GRIN Verlag Illustration: N Language: GER Title: Der Zusammenhang von Essverhaltensstörungen und Sport unter sportmedizinischen und gesundheitlichen Aspekten am Beispiel von Anorexia Athletica Pages: 00019 (Encrypted PDF) On Sale: 2004-01-01 SKU-13/ISBN: 9783638312813 Category: Sports & Recreation : General

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