

Gesundheitserziehung Im Schulsport - Katrin Jänemann

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Gesundheitserziehung im Schulsport In der aktuellen Diskussion über die Fitness der Kinder und Jugendlichen in Deutschland kommt heutzutage immer häufiger die schlechte Ernährung und der Mangel an sportlicher Betätigung derer ins Gespräch. Oft sind die Kinder nach der Schule allein zu Hause wissen nichts mehr mit ihrer Zeit anzufangen. Das Versteckspielen im Freien wurde durch Computerspielen in der Wohnung, meist in Begleitung einer Tüte Chips oder Süßigkeiten ersetzt. Mehr als die Hälfte der Deutschen sind übergewichtig. Man hat die Hauptschuldigen klar erkannt: Fast Food, weil hierin die Kombination zu fett und zu süß den Hauptanteil ausmacht, während pflanzliche Stoffe, Ballaststoffe und vor allem Mineralien zu kurz kommen. Besonders schlimm sind die neuesten Zahlen aus der Kinderheilkunde: jedes 4. Kind ist bereits übergewichtig, manche sprechen schon von einer höheren Anzahl. Das betrifft die Lebensumstände, die Geschmacksveränderung und die falsche Vorbildfunktion der Eltern. Kann man schlanke, sportliche Kinder erwarten, wenn die Eltern sich darum nicht kümmern und sich selbst in dem falschen Kreislauf befinden? Wie sollten übergewichtige Eltern ihre Kinder motivieren können, ein gesundes Leben zu führen.¹ Eben dieses erschreckende Ergebnis macht es notwendig, dass das Thema Gesundheit mehr und mehr in die Schule getragen wird. Sicherlich ist es nicht Aufgabe der Schule, die Kinder vernünftig und gesund zu ernähren und sie zu Bewegung zu verdonnern, doch ist es ein erster oft entscheidender Schritt, (Denk-)Anstöße zum Thema zu geben. ¹ Vgl. hierzu : mdr.de/hier-ab-vier/natuerlich-gesund/896090.html am 23. September 2004 Studienarbeit aus dem Jahr 2004 im Fachbereich Sport - Sportpädagogik, Didaktik, Note: gut, Bergische Universität Wuppertal, 10 Quellen im Literaturverzeichnis, Sprache: Deutsch. Author: Jänemann, Katrin Publisher: GRIN Verlag Illustration: N Language: GER Title: Gesundheitserziehung im Schulsport Pages: 00017 (Encrypted PDF) On Sale: 2005-01-01 SKU-13/ISBN: 9783638368056 Category: Sports & Recreation : General

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