

Der Speerwurf - Martin Plessl

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Bewegungsbeschreibung für das Speerwerfen unter besonderer Berücksichtigung biomechanischer Gegebenheiten. Weiters soll speziell auf metaphorische Handlungsanweisungen Wert gelegt werden und es ist zu beachten, welche Voraussetzungen von Teilbewegungen, welchen nachfolgenden Teilbewegungen benannt werden. [...] Die Abfluggeschwindigkeit ist der herausragende Faktor der Wurfleistung. Betrachtet man die mathematischen Beziehungen zwischen Wurfweite und den einzelnen Faktoren, so erkennt man, dass die Wurfweite vom Quadrat der Abfluggeschwindigkeit abhängt, während alle übrigen Faktoren nur linear in dieser Beziehung stehen. Bei gegebener Körpergröße ist die Abflughöhe nur in geringem Maße beeinflussbar. Der Abflugwinkel gehört neben der Abfluggeschwindigkeit zu den entscheidenden Parametern. Dabei ist zu beachten, dass es den allgemein gültigen idealen Abwurfwinkel nicht gibt. Dieser ist vielmehr individuell optimal zu bestimmen, da er von der Abwurfhöhe und von der Abwurfgeschwindigkeit abhängig ist (vgl. LINDNER 1967). Allgemein lässt sich jedoch sagen, dass die optimalen Abflugwinkel unter 40° liegen und mit zunehmender Abfluggeschwindigkeit kleiner werden (vgl. JONATH et al. 1995). Der Abflugwinkel beeinflusst gemeinsam mit dem Anstellwinkel (der Winkel zwischen Horizontalen und der Speerlängsachse) wesentlich das Flugverhalten des Speers. Je nach den persönlichen Verhältnissen (Rücken- oder Gegenwind) sind hier unterschiedliche Winkel günstig. Author: Plessl, Martin Publisher: GRIN Verlag Illustration: N Language: GER Title: Der Speerwurf Pages: 00013 (Encrypted PDF) On Sale: 2005-01-01 SKU-13/ISBN: 9783638390606 Category: Sports & Recreation : General

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