

Krafttrainingsmethoden - Rexhep Kushutani

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Der Begriff Krafttrainingsmethoden ist im Breitensport, vor allen Dingen in Fitness Studios sehr weit verbreitet. Das Problem dabei ist aber, dass das Wissen über Krafttrainingsmethoden häufig auf sehr gering ist. Dadurch entstehen viele Probleme. Die Sportler trainieren falsch. Sie planen nicht ihr Training, haben keine konkreten Trainingsziele. Die richtige Vorgehensweise beim Training ist sehr wichtig. In der folgenden Ausarbeitung werden unter Anderem verschiedene Krafttrainingsmethoden und die Bedeutung/ der Einsatz von Kraft in verschiedenen Formen vorgestellt. Studienarbeit aus dem Jahr 2008 im Fachbereich Sport - Bewegungs- und Trainingslehre, Note: 1,5, Ruhr-Universität Bochum (Sportwissenschaften), Veranstaltung: Trainingswissenschaft - Belastungskontrolle und -dosierung im Sport. Author: Kushutani, Rexhep Publisher: GRIN Verlag Illustration: N Language: GER Title: Krafttrainingsmethoden Pages: 00017 (Encrypted PDF) On Sale: 2010-01-01 SKU-13/ISBN: 9783640541157 Category: Sports & Recreation : General Category: Crafts & Hobbies : General

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