

Fitnesstrainer B-lizenz - Henry Schmolke

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1.1 Kundendaten 24-jähriger Mann, Beruf: Student, Körpergröße: 183 cm, Körpergewicht: 80 kg. 1.2 Biometrische Daten Body-Mass-Index: 23,8, Ruhepuls: 56 Schläge/Minute, Blutdruck: 120/80 mmHg, Körperfettanteil: 7,3 % mittels BIA. Die ermittelten Werte für den Body-Mass-Index als auch für den Blutdruck liegen im Normalbereich. Hinter dem geringen Körperfettanteil und dem ebenfalls unter dem Durchschnitt liegenden Ruhepuls lässt sich im Augenblick ein gut trainierter Fitnesssportler vermuten. Zur genaueren Beurteilung dieser Werte wird im späteren Verlauf des Eingangsgesprächs auf bisherige bzw. gegenwärtige sportliche Aktivitäten näher eingegangen werden. 1.3 Weitere Daten Die weitere Entwicklung des Gesprächs ergab, dass der Kunde keine gesundheitlichen Einschränkungen aufweist. Den Auskünften des Kunden zufolge erfolgt momentan keinerlei Medikamenteneinnahme. Die Frage nach der sportlichen Vergangenheit des Kunden wurde mit 4 Jahren Fitnesstraining (zwischen 3- und 6-mal pro Woche), vornehmlich im Hypertrophiebereich, ergänzendem Herz-Kreislauf-Training im Cardio-Park, regelmäßigem (mindestens 2-mal pro Woche) Volleyballspiel (jeweils 2-4 Stunden), ebenfalls regelmäßigen Besuchen von Bauch und Rückenkursen im Studio sowie unregelmäßigen Schwimm-, Turn- und Leichtathletikaktivitäten beantwortet. Diese Gesichtspunkte untermauern die Vermutung, die unter 1.2 bereits geäußert wurde: Es handelt sich um einen gut trainierten und voll trainingstauglichen Fitnesssportler. [...] Author: Schmolke, Henry Publisher: GRIN Verlag Illustration: N Language: GER Title: Fitnesstrainer B-Lizenz Pages: 00025 (Encrypted PDF) On Sale: 2005-01-01 SKU-13/ISBN: 9783638371179 Category: Sports & Recreation : General

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