

Die Individuelle-leistungsbild-methode: Eine Empirische Überprüfung Der Ilb-methode - Petar Filev

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Die Problematik der Belastungsbestimmung in Bezug auf gerätestütztes Krafttraining wurde schon vor 20 Jahren erkannt und eine Methode entwickelt, die sowohl den induktiven als auch den deduktiven Ansatz der Intensitätsbestimmung in der so genannten ILB-Methode (Individuelles Leistungsbild) vereint. Die Methode ist in einer Orientierungsphase für Einsteiger mit induktiver Intensitätsbestimmung bei einer Dauer von 6-8 Wochen, gefolgt von der deduktiven Methode für den Trainingsverlauf von Geübten, Fortgeschrittenen und leistungsorientierten Sportlern organisiert (vgl. STRACK/EIFLER, 2005; HAUPERT, 2007). Die ILB-Methode soll in der Fitnessbranche ansetzen. Obwohl die Methode schon länger existiert, findet man kaum wissenschaftliche Belege über ihre Wirksamkeit. Die erste Studie fand im Jahr 2000 statt und konnte hochsignifikante Kraftsteigerungen bei Beginnern und Fortgeschrittenen feststellen (vgl. STRACK/EIFLER, 2005; HAUPERT, 2007). Jedoch lassen sich die Ergebnisse der Studie nicht eins zu eins auf die heterogene Klientel einer Fitnessseinrichtung übertragen, da auch hier Sportstudentinnen und Sportstudenten als Probanden getestet wurden. Author: Filev, Petar Publisher: GRIN Verlag Illustration: N Language: GER Title: Die Individuelle-Leistungsbild-Methode: Eine empirische Überprüfung der ILB-Methode Pages: 00073 (Encrypted PDF) On Sale: 2010-01-01 SKU-13/ISBN: 9783640760893 Category: Sports & Recreation : General

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