

Kraftfähigkeit - Grundlagen Und Methoden: Grundlagen Und Methoden - Tobias Jantz

[DOWNLOAD HERE](#)

Die Kraftfähigkeit ist sehr komplex. Deswegen kann in dieser Arbeit nur auf allgemeine Gegenstände eingegangen werden. Krafttraining wird mehr oder minder bei jedem Sport betrieben - im Gesundheitssport ebenso wie im Bodybuilding oder Kraftsport, wo die Ausprägung der Kraftfähigkeit primäres Ziel ist. Gerade dort wird auf andere Formen der Kraftentwicklung zurückgegriffen¹. Allein diese sehr spezifischen Kraftentwicklungsformen bieten genügend Stoff für eine Arbeit dieses Umfangs. Ziel dieser Arbeit ist es, dem Leser einen inhaltlichen Überblick zum Thema zu geben. Die Kraftfähigkeit soll eingeordnet, strukturiert, definiert und erläutert werden. Weiterhin sollen allgemeine Methoden zur Kraftentwicklung dargelegt werden. Aufgrund der zeitlichen und räumlichen Beschränkung kann jedoch nur bedingt vertiefend auf einzelne Probleme eingegangen werden. Der Verfasser ist bemüht, die Kraftfähigkeit isoliert zu betrachten, auch wenn diese in der Praxis gemeinsam mit anderen Fähigkeiten in Erscheinung tritt. Bei der Auswertung der einschlägigen Literatur ist festzustellen, daß fast alle Autoren auf die Arbeiten von BÄHRLE oder MARTIN, CARL, LEHNERTZ zurückgreifen. Ebenso fällt auf, daß alle Definitionen lediglich Vorschläge sind, die längst nicht allgemein anerkannt sind, was darauf schließen läßt, daß in der Trainingswissenschaft, speziell im Bereich der Kraftfähigkeit, noch ein großer Forschungsbedarf besteht. Bei stark divergierenden Ansichten ist der Autor bemüht, diese dem Leser aufzuzeigen. ¹ Für Fitneß- und Gesundheitssport ist beispielsweise das sogenannte sanfte Krafttraining sehr sinnvoll, während Kraftsportler auf Methoden wie Last Repetition, Forced Repetition etc. zurückgreifen. Vgl. dazu BOECKH-BEHRENS, BUSKIES 2000, S.48ff bzw. ebd. S.56ff. Auf diese Formen wird in dieser Arbeit nicht eingegangen.

Author: Jantz, Tobias
Publisher: GRIN Verlag
Illustration: N
Language: GER
Title: Kraftfähigkeit - Grundlagen und Methoden: Grundlagen und Methoden
Pages: 00016 (Encrypted PDF)
On Sale: 2005-01-01
SKU-13/ISBN: 9783638377911
Category: Sports & Recreation : General

[DOWNLOAD HERE](#)

Similar manuals:

[Spring Flowers At Wahweap Bay Lake Powell Glen Canyon National Recreation Area Utah USA](#)

[Spring Flowers And Badlands Glen Canyon National Recreation Area Utah USA](#)

[Spring Flowers And Badlands Glen Canyon National Recreation Area Utah USA](#)

[Spring Flowers And Badlands Glen Canyon National Recreation Area Utah USA](#)

[Late Afternoon At Lake Powell Glen Canyon National Recreation Area Utah USA](#)

[View From Alstrom Point At Lake Powell Gunsight Butte And Navajo Mountain Glen Canyon National Recreation Area Arizona Utah USA](#)

[View From Alstrom Point At Padre Bay Lake Powell Glen Canyon National Recreation Area Arizona Utah USA](#)

[Spring Flowers And Badlands Glen Canyon National Recreation Area Utah USA](#)

[BRD Germany Bavaria Upper Bavaria Tutzing At The Starnberger Lake Holiday Region Recreation Area For Munich Upper Bavarian Watering Lake People At The Beachside Watering Sunshade Boats On The Lake](#)

[BRD Germany Bavaria Upper Bavaria Tutzing At The Starnberger Lake Holiday Region Recreation Area For Munich Upper Bavarian Watering Lake People At The Beachside Watering Sunshade Boats On The Lake](#)

[BRD Germany Bavaria Upper Bavaria Tutzing At The Starnberger Lake Holiday Region Recreation Area For Munich Upper Bavarian Watering Lake View To The Lake With Boats Old Quay And Mountain Range](#)

[BRD Germany Bavaria Upper Bavaria Tutzing At The Starnberger Lake Holiday Region Recreation Area For Munich Upper Bavarian Watering Lake People At The Beachside Watering Sunshade Boats On The Lake](#)

[BRD Germany Bavaria Upper Bavaria Capitol Of Bavaria Odeons Square Hall Of Generals With Lion And The Theatiner Church Towers Of Theatiner Church](#)

[Cleaning The Beach At The International Tourism And Recreational Complex Tuan Chau Vietnam](#)

[International Tourism And Recreational Complex Tuan Chau Vietnam](#)

[Cleaning The Beach At The International Tourism And Recreational Complex Tuan Chau Vietnam](#)

[Swimmingpool At The International Tourism And Recreational Complex Tuan Chau Vietnam](#)

[White House At The International Tourism And Recreational Complex Tuan Chau Vietnam](#)

[Munich, DEU, 20. May 2005 - Donnersberger Bridge In Munich, On Right Hand Side Is The General Customs Office Visible.](#)

[White Nights, GUS Russia St. Petersburg 300 Years Old Venice Of The North Gate From General Staff Building To The Big Square With Alexander Columnne Built In 1834 By Architect Auguste Montferrand N](#)

[White Nights, GUS Russia St. Petersburg 300 Years Old Venice Of The North Gate From General Staff Building To The Big Square With Alexander Columnne Built In 1834 By Architect Auguste Montferrand N](#)

[White Nights, GUS Russia St. Petersburg 300 Years Old Venice Of The North Gate From General Staff Building To The Big Square With Alexander Columnne Built In 1834 By Architect Auguste Montferrand N](#)

[White Nights, GUS Russia St. Petersburg 300 Years Old Venice Of The North Victory Coach On The Gate General Staff Building To The Big Square](#)

[White Nights, GUS Russia St. Petersburg 300 Years Old Venice Of The North Victory Coach On The Gate Of The General Staff Building To The Big Square With Alexander Columnne Built In 1834 Near Eremit](#)

[White Nights, GUS Russia St. Petersburg 300 Years Old Venice Of The North Victory Coach On The Gate Of The General Staff Building To The Big Square With Alexander Columnne Built In 1834 Near Eremit](#)

[White Nights, GUS Russia St. Petersburg 300 Years Old Venice Of The North Victory Coach On The Gate Of The General Staff Building To The Big Square With Alexander Columnne Built In 1834 Near Eremit](#)

[White Nights, GUS Russia St. Petersburg 300 Years Old Venice Of The North Victory Coach On The Gate Of The General Staff Building To The Big Square With Alexander Columnne Built In 1834 Near Eremit](#)

[GUS Russia St. Petersburg 300 Years Old Venice Of The North Victory Coach On The Gate Of The General Staff Building To The Big Square](#)

[GUS Russia St. Petersburg 300 Years Old Venice Of The North Victory Coach On The Gate Of The General Staff Building To The Big Square](#)

[White Nights, GUS Russia St. Petersburg 300 Years Old Venice Of The North Gate From General Staff Building To The Big Square With Alexander Columnne Built In 1834 By Architect Auguste Montferrand N](#)

[GUS Russia St. Petersburg 300 Years Old Venice Of The North Gate From General Staff Building To The Big Square With Alexander Columnne Built In 1834 By Architect Auguste Montferrand Near Eremitage](#)

[White Nights, GUS Russia St. Petersburg 300 Years Old Venice Of The North Big Square With Alexander Columnne Built In 1834 By Architect Auguste Montferrand And The Building Of General Staff And The](#)

[White Nights, GUS Russia St Petersburg 300 Years Old Venice Of The North At The Royal Field](#)

[Memorial For Generalism Alexander Suworow](#)

[Man Jumping From A Rock Glen Canyon National Recreation Area - Utah - USA](#)

[USA Utah Lake Powell Glen Canyon National Recreation Area - View From Romana Mesa](#)

[USA Utah Lake Powell Glen Canyon National Recreation Area Romana Mesa Houseboat](#)

[Rock Formations Near Lake Powell, Glen Canyon National Recreation Area](#)

[USA Utah Glen Canyon National Recreation Area Traces In Sand](#)

[Big Wood River Valley, Sawtooth National Recreation Area, Idaho, USA](#)

[Alturas Lake, Sawtooth National Recreation Area, Idaho, USA](#)

[Joshua Tree, Lake Mead National Recreation Area, Nevada, USA](#)

[Joshua Tree, Lake Mead National Recreation Area, Nevada, USA](#)

[Joshua Tree, Lake Mead National Recreation Area, Nevada, USA](#)

[Privat Jet Behind A Security Fence At General Aviation Area At Munich Airport Bavaria Germany](#)

[Sarcastic Sign For Welcoming People At The Lonesome Military Station QuotGeneral Eugenio Agarrayquot At The Deserted Border Between Paraguay And Bolivia, Gran Chaco Welcome At General Eugenio Agar](#)

[Statue Of General Jose Gervasio Artigas, Plaza Uruguay, Asuncion, Paraguay](#)

[General Sherman Tree Sequoiadendron Giganteum In The Giant Forest, Sequoia NP, California, USA](#)

[Mother With Kids With A Campfire, House Boat On Lake Powell, Glen Canyon National Recreation Area, Utah, Arizona, USA](#)

[House Boat On Lake Powell, Glen Canyon National Recreation Area, Utah, Arizona, USA](#)

[Lake Powell, Glen Canyon National Recreation Area, Utah, Arizona, USA](#)