

Belastungsgestaltung- Und Verträglichkeit Im Rudersport - Johan Kegler

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Die Sportart, die in der folgenden Abhandlung thematisiert wird, ist das Rudern. Um die Frage zur Sicherung der Belastbarkeit im sportlichen Ausbildungsprozess zu beantworten, wird im ersten Teil dieser Arbeit auf spezifische Belastungen des Rudersports eingegangen. Rudern gehört mit Sportarten wie Radfahren, Schwimmen, Boxen, Triathlon, um nur einige Beispiele zu nennen, zu den Sportarten mit dem höchsten Trainingsaufwand. Dieser wird über die Jahre sowohl hinsichtlich des Umfangs als auch der Intensität gesteigert. Um die Belastbarkeit zu sichern, ist einerseits ein sinnvoller, abgestimmter und dem Alter des Athleten angepasster Trainingsplan nötig. Für eine erfolgreiche und langfristige Belastungsgestaltung ist es andererseits auch wichtig, der Regeneration besondere Aufmerksamkeit zu widmen, um ein 'Übertraining' zu vermeiden und eine regelmäßige Trainingsbelastung zu ermöglichen. Daher geht es im zweiten Teil dieser Arbeit um regenerative Aspekte, ohne die ein zielgerichtetes Spitzentraining nicht durchführbar ist. Im dritten Teil dieser Arbeit wird kurz auf endogene Bedingungen des Kindes und Jugendalters eingegangen werden, die auch für das Rudern gelten. Aufgrund der Komplexität der Thematiken Belastung und Regeneration versteht es sich von selbst, dass diese Arbeit keinen Anspruch auf Vollständigkeit erheben, sondern nur einen Überblick verschaffen kann. Author: Kegler, Johan Publisher: GRIN Verlag Illustration: N Language: GER Title: Belastungsgestaltung- und verträglichkeit im Rudersport Pages: 00025 (Encrypted PDF) On Sale: 2011-01-01 SKU-13/ISBN: 9783640816439 Category: Sports & Recreation : General

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