

Motivation Im Sport - Mental Zum Erfolg - Daniel Scheibelhut

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Seit jeher trachten die Menschen danach, sich in Wettkämpfen zu messen, um den Schnellsten, Stärksten oder Geschicktesten zu ermitteln. Das Streben danach, zu den Besten zu gehören, scheint in der Natur des Menschen fest verankert zu liegen. Schon früh erkannte man, dass zielgerichtetes Trainieren zu einem besseren Ergebnis im Wettkampf führt. Nicht nur im Hochleistungssport, sondern auch im Breiten- und Schulsport stellt sich immer die gleiche Frage: Wie kann die sportliche Leistungsfähigkeit beeinflusst werden, um so ein optimales Leistungsniveau zu erreichen? Es gibt verschiedene Wege Lösungsmöglichkeiten auf diese Frage zu finden. Neben der Ausprägung von Fertigkeiten eines Sportlers und der physiologischen Vorbereitung spielt auch der psychologische Aspekt dabei eine herausragende Rolle. Die Relevanz des Letzteren wird deutlich, führt man sich einmal die typischen Rechtfertigungen eines Sportlers nach einer Niederlage vor Augen: 'Ich habe mich heute einfach nicht gut gefühlt', 'Ich habe meine Konzentration verloren', 'Ich war nicht aggressiv genug', oder 'Ich hab mir selbst eingeredet, dass ich gegen ihn verlieren würde' (vgl. TERRY 1990, 8). All dies sind triftige und durchaus nachvollziehbare Gründe für eine schwache Leistung. Dennoch liegen alle innerhalb unserer Einflussmöglichkeiten. Im Folgenden soll das Hauptaugenmerk auf die psychologische Bereitschaft und Verfassung, also auf die Motivation des Sporttreibenden gelegt, und ihre Relevanz für die sportliche Leistung herausgearbeitet werden. Auf Grund der Breite und Tiefe des Themenbereichs 'Motivation' werde ich mich auf bestimmte Aspekte beschränken (siehe Inhaltsverzeichnis). Author: Scheibelhut, Daniel Publisher: GRIN Verlag Illustration: N Language: GER Title: Motivation im Sport - Mental zum Erfolg Pages: 00015 (Encrypted PDF) On Sale: 2010-01-01 SKU-13/ISBN: 9783640726905 Category: Sports & Recreation : General

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