

Ausdauer - Kondition Und Konditionelle Fähigkeiten - Sonja Kellner

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Einleitung In dieser Hausarbeit soll es darum gehen, die Ausdauer genau zu definieren und nach bestimmten Kriterien zu unterteilen. Man kann den Begriff Ausdauer von mehreren Seiten betrachten. Als erstes werde ich den Begriff Ausdauer näher erläutern, das heißt ich gebe mehrere Definitionen zum Vergleich an. Im zweiten Teil werde ich verschiedene Ausdauerformen aus der Sicht der Sportmedizin vorstellen, die nach verschiedenen Kriterien unterteilt wurden. Danach gehe ich auf die, für die Trainingsmethodik wichtigen Ausdauerformen ein. Wenn wir den Begriff Ausdauer hängen, dann werfen sich viele Fragen auf. Was ist Ausdauer? Was verstehen wir darunter? Wer braucht Ausdauer? Jeder Mensch braucht Bewegung, jedoch nimmt die heutige Lebenssituation ihm die Chance dies im Alltag auch regelmäßig zu tun; sitzen am Arbeitsplatz, im Auto oder vor dem Fernseher zu Hause. Deshalb ist der Freizeitsport eine gesundheitspolitische Notwendigkeit, er ist ein wichtiges Mittel der Gesunderhaltung und der körperlichen Leistungsfähigkeit. Die Forderung nach allgemeiner Ausdauerschulung ist heute wichtiger denn je; alle Fachleute (Sportlehrer, Ärzte, Übungsleiter und Trainer) klagen über rapiden Verfall der allgemeinen sportlichen Leistungsfähigkeit, über Bewegungsmangel und viele damit verbundenen Beeinträchtigungen. (Mallow 96, S. 18) Ausdauer ist deshalb eine Voraussetzung für jeden Trainingsprozeß. Wer nicht ausdauernd trainiert, kann keine optimale Trainingswirkung erreichen und keinen Leistungszuwachs sichern. Author: Kellner, Sonja Publisher: GRIN Verlag Illustration: N Language: GER Title: Ausdauer - Kondition und konditionelle Fähigkeiten Pages: 00012 (Encrypted PDF) On Sale: 2005-01-01 SKU-13/ISBN: 9783638367844 Category: Sports & Recreation : General

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