

Präventive Rückenschule - Thema Rücken Und Sport: Thema Rücken Und Sport - Daniel Pfender

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Bei der vorliegenden Ausarbeitung handelt es sich um eine Kursstunde im Rahmen eines präventiven Rückenschulkurses, welcher nach der Karlsruher Rückenschule konzeptionell als Grundkurs eingeordnet wird und für Personen ohne Erfahrungen in Bezug auf Rückenschulcourse ausgelegt ist. Das Thema der Stunde lautet Sport und Rücken, wobei der Schwerpunkt auf der Erarbeitung ausgewählter Sportarten liegt. Zunächst wird die teilnehmende Rückenschulgruppe beschrieben, bevor anschließend eine Einordnung der geplanten Kursstunde in das Gesamtkonzept des Rückenschulkurses vorgenommen wird. Dabei soll vor allem die Sinnhaftigkeit des gesamten Rückenschulkurses, hauptsächlich mit Blick auf Inhalte und Ziele, näher beleuchtet werden. Des Weiteren erfolgt ein Rückblick auf die zuvor absolvierten Stunden, mit dem Schwerpunkt der für die aktuelle Stunde notwendigen bzw. voraussetzenden Kenntnisse. Anschließend folgt eine detaillierte Beschreibung der geplanten Kursstunde, wobei explizit die Ziele, Organisationsformen, Materialien, Zeitvorgaben und das didaktisch-methodische Vorgehen erläutert werden. Author: Pfender, Daniel Publisher: GRIN Verlag Illustration: N Language: GER Title: Präventive Rückenschule - Thema Rücken und Sport: Thema Rücken und Sport Pages: 00023 (Encrypted PDF) On Sale: 2004-01-01 SKU-13/ISBN: 9783638312134 Category: Sports & Recreation : General

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