

# Fitness-trainer B-lizenz: Der Einstieg In Die Fitnesswelt - Harald Schwimmer

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Im Rahmen dieser Hausarbeit bildeten die Trainingssteuerung, die Allgemeine Trainingslehre und eine Übungsanalyse der Bauch und Rückenstrecker Muskulatur die Eckpfeiler dieser Arbeit. Alle Kapitel basieren auf sportwissenschaftlichen theoretischen Ansätzen, wobei das Kapitel 1 mit sportpraxischen Erfahrungswerten realitätsnäher und praxisrelevanter dargestellt wird. Mit folgender Arbeit ist es möglich eine sehr praxisnahe und nach sportwissenschaftlichen Gegebenheiten moderne Trainingsplanung/steuerung zu gewährleisten. Gliederung: 1 Trainingssteuerung/Trainingsplanung im Krafttraining nach der ILB-Methode (Planungszeitraum 30 Wochen) 1.1 Diagnose 1.2 Zielsetzung/Prognose 1.3 Trainingsplanung nach der ILB-Methode 1.4 Analyse (Re-Test) 2 Allgemeine Trainingslehre 2.1 Beschreiben sie mit eigenen Worten die allgemeinen Trainingsprinzipien der Trainingslehre 2.2 Beschreiben sie stichpunktartig (Belastungskomponenten usw.) eine anerkannte Krafttrainingsmethode 2.3 Erklären sie anhand des Schemas der Superkompensation den Zusammenhang zwischen Belastung und Regeneration 2.4 Nennen sie die Ziele und die Inhalte (Ablauf/Schritte) des Aufwärmens 2.5 Nennen sie die Ziele und die Inhalte (Ablauf/Schritte) des Abwärmens 2.6 Beschreiben sie die Ziele und Inhalte eines ganzheitlichen Fitnessstrainings 3 Übungsanalyse 3.1 Bauchmuskulatur 3.2 Rückenmuskulatur Mit sportlichen Größen Harald Schwimmer Studienarbeit aus dem Jahr 2004 im Fachbereich Sport - Bewegungs- und Trainingslehre, Note: sehr gut, - (BSA), Sprache: Deutsch. Author: Schwimmer, Harald Publisher: GRIN Verlag Illustration: N Language: GER Title: Fitness-Trainer B-Lizenz: Der Einstieg in die Fitnesswelt Pages: 00024 (Encrypted PDF) On Sale: 2004-01-01 SKU-13/ISBN: 9783638295895 Category: Sports & Recreation : General

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