

Belastungsgestaltung Im Spiel Im Proze? Der Sporttherapie - Mario Heinrichs

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Der vorliegende wissenschaftliche Beitrag beschäftigt sich mit dem schwierigen, aber dennoch, zur Zielstellung einer ganzheitlichen Therapie, notwendigen und spannendem Thema der Belastungsgestaltung im sportlichen Spiel bei verschiedenen Krankheitsbildern. Aufgegriffen werden Problematiken der Zielstellung, die korrekte Auswahl des Spiels, die methodischen Durchführungskriterien, sowie die didaktisch anwendbaren Prinzipien der belastungsgerechten therapeutischen Intervention. Zur praktischen Veranschaulichung werden die angesprochenen Problematiken anhand zweier Sportarten diskutiert und notwendige Änderungen aufgrund der medizinischen Indikation aufgezeigt. Speziell wird dabei auf die Krankheitsbilder koronarer Herzerkrankungen, Diabetes mellitus (typunabhängig), Dialysepatienten, Asthmatikern, Adipositas eingegangen. Abschließende Gedanken und reflektorische Anregungen runden den wissenschaftlichen Beitrag ab. Dipl. Sportlehrer, cand. med. Mario Heinrichs
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