

Aerobic-trainer B-lizenz Hausarbeit Bsa, Aerobic / Gymnastik - Ruth Baumann

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Gymnastik -in welcher Form auch immer- ist aus dem heutigen Sport nicht mehr wegzudenken. Gymnastik gehört in vielen Wettkampfsportarten zum Standardprogramm der Aufwärmens (allgemeines Warm-up und spezielles Warm-up) oder zur körperlichen Regeneration, wie zum Beispiel beim Cool Down oder beim Stretching. Gymnastik hat aber auch eine präventive Funktion. Da spezielle Übungen die motorischen Fähigkeiten erhöhen und Verletzungsrisiken mindern können, wird Gymnastik auch von der Sportmedizin zur Vorbeugung oder als Heilgymnastik empfohlen. Vorbeugend betrieben kann Gymnastik gegen Herz-Kreislauf Erkrankungen oder gegen Rückenerkrankungen etc. wirken. Wenn zum Beispiel sogar der Heilungsprozess von bestimmten Erkrankungen (z.B. Bandscheibenprolaps, Hyper-/Hypotonie, Verletzung des Kniegelenkes) durch spezielle gymnastische Übungen beschleunigt werden kann bzw. das Wohlbefinden verbessert werden kann, spricht man von Heilgymnastik. Gymnastik ist grundsätzlich unter 3 verschiedenen Gesichtspunkten zu sehen: als eigenständige Sportart (Jazz-Dance, Aerobic u.a.) als Möglichkeit zur Steigerung der allgemeinen Fitness (Körpertraining) als Heilgymnastik als Warm-up oder Cool-down, als Lockerungs- und Entspannungsübungen. Studienarbeit aus dem Jahr 2003 im Fachbereich Sport - Bewegungs- und Trainingslehre, Note: 1,0, - (BSA-Akademie), Sprache: Deutsch. Author: Baumann, Ruth Publisher: GRIN Verlag Illustration: N Language: GER Title: Aerobic-Trainer B-Lizenz Hausarbeit BSA, Aerobic / Gymnastik Pages: 00032 (Encrypted PDF) On Sale: 2004-01-01 SKU-13/ISBN: 9783638300339 Category: Sports & Recreation : General

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