

Veränderte Kindheit Und Konsequenzen Für Den Schulsport - Florian Schwarze

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Schaut man in den Sportunterricht von heute, so erkennt man schnell, dass Übergewicht, Haltungsschwächen, mangelnde koordinative und konditionelle Fähigkeiten, Herzkreislaufschwächen und schwach ausgebildete motorische Fähigkeiten den Alltag prägen. Der Anteil von Übergewichtigen und unsportlichen Kindern im Vergleich zu normalgewichtigen Kindern nahm in den letzten Jahren stetig zu. Einfachste motorische Bewegungen wie beispielsweise das Rückwärtslaufen stellt für die Mehrheit der Kinder eine große Herausforderung dar. Das Robert-Koch-Institut hat ermittelt, dass das Übergewicht bei Kindern bis 17 Jahren innerhalb der letzten 20 Jahre um mehr als 50% zugenommen hat. Fast zwei Millionen Kinder sind laut dieser Studie zu dick. Dazu kommt außerdem, dass die Kinder und Jugendlichen zunehmend an Aufmerksamkeitsstörungen, Konzentrationsschwierigkeiten, Unruhe und Aggressivität leiden, da ihnen schlichtweg der sportliche Ausgleich fehlt. Auch in den Medien finden diese Auffälligkeiten immer mehr Beachtung, beschäftigen sich doch Jugendpsychologen im Nachmittagsprogramm vermehrt mit dieser Thematik. Nicht allein diese Tatsache macht deutlich, dass es dringend notwendiger Maßnahmen bedarf. Aber was ist der Auslöser für diesen Missstand? Bei unserem heutigen Wissensstand über Ernährung und gesunde Lebensweise, fragt man sich, warum es zu so einer Negativentwicklung kommen konnte. Welche Rolle spielt hierbei die Bewegungswelt der Kinder? Die weiteren Seiten beschäftigen sich mit der Kindheit der 50er und 60er Jahre im Vergleich zur Heutigen, finden eine Antwort auf die die Frage nach der Veränderung der Kindheit und zeigen die Konsequenzen für den Schulsport auf. Author: Schwarze, Florian Publisher: GRIN Verlag Illustration: N Language: GER Title: Veränderte Kindheit und Konsequenzen für den Schulsport Pages: 00015 (Encrypted PDF) On Sale: 2010-01-01 SKU-13/ISBN: 9783640606122 Category: Sports & Recreation : General Category: Crafts & Hobbies : General

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