

Bewegungsanalyse Eines Golfschwungs - Miriam Scholl

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In den folgenden Kapiteln soll eine detaillierte Bewegungsanalyse eines Golfschwunges beschrieben werden. Da es im Golfsport zahlreiche Schwungvarianten aus verschiedenen Positionen mit unterschiedlicher Intensität gibt, beschränke ich mich auf den Grundschwung, der u.a. beim Abschlag angewandt und dem langen Spiel zugeordnet wird. 'Eine Bewegungshandlung- man spricht auch von einer sportmotorischen Handlung- stellt einen Prozess dar, der von außen betrachtet, durch einen bestimmten räumlichen, zeitlichen und dynamischen Verlauf gekennzeichnet ist. Die Bewegungshandlung ist dadurch charakterisiert, dass sie zielgerichtet und erwartungsgesteuert ist und dass motorische, kognitive und emotionale/affektive Faktoren eine entscheidende Rolle spielen' (BAUMMAN/REIM 1994, S.58). Eine Bewegungshandlung kann in mehrere Abschnitte untergliedert werden, die jedoch alle funktional miteinander verbunden sind. Man unterteilt in Vorbereitungsphase, Hauptphase und Endphase. Der Vorbereitungsteil unterliegt emotionalen Einflüssen (Motivation, Interessen, Erwartungen, etc.) sowie kognitiven Einflüssen. Hier steht die Planung der Handlungsausführung auf Basis des Analysierens der situativen Gegebenheiten im Vordergrund. Konzentration und Aufmerksamkeit sowie die Einschätzung der eigenen Fähigkeiten und Fertigkeiten auf Basis bereits gemachter Bewegungserfahrungen beeinflussen die Erstellung des Handlungsplans. In der Hauptphase spielen sensomotorische Parameter (Ausführung des Handlungsplans) eine tragende Rolle. Diese Einteilung der Bewegungshandlung ist gerade bei schnellen Bewegungen nur formal zu trennen und nicht ausnahmslos gültig. Die kontinuierliche Bewegungsfolge des Grundschwungs im Golf ist jedoch mittels dieser Einteilungskriterien relativ gut zu erfassen. Author: Scholl, Miriam Publisher: GRIN Verlag Illustration: N Language: GER Title: Bewegungsanalyse eines Golfschwungs Pages: 00021 (Encrypted PDF) On Sale: 2009-01-01 SKU-13/ISBN: 9783640241873 Category: Sports & Recreation : General

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