

Mentales Training - Psychologische Und Neurophysiologische Grundlagen - Isabelle Glauner

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Im Folgenden sollen die psychologischen wie auch die neurophysiologischen Grundlagen des Mentalen Trainings näher beleuchtet werden. Es werden dabei im ersten Teil die Erzeugung und Entwicklung von Vorstellungen und Bewegungsvorstellungen im Fokus stehen. Zusammenhänge von Bewegungswahrnehmungen und Bewegungsrepräsentationen wie auch das Konzept des Bewegungs- Wahrnehmungssystems sind hierbei die zentralen Themen. Auf die neurophysiologischen Grundlagen, insbesondere auf die Theorie der neuronalen Plastizität und deren Zusammenhang mit dem motorischen Lernen wird im zweiten Teil das Augenmerk liegen. Weiterhin werden Erkenntnisse neurowissenschaftlicher Studien zum Mentalen Training zusammengefasst und die Funktion und Wirkungsweise des sensomotorischen Systems erläutert. Author: Glauner, Isabelle Publisher: GRIN Verlag Illustration: N Language: GER Title: Mentales Training - Psychologische und neurophysiologische Grundlagen Pages: 00013 (Encrypted PDF) On Sale: 2010-01-01 SKU-13/ISBN: 9783640750511 Category: Sports & Recreation : General

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