

Das Prinzip Des Mentalen Trainings - Karlheinz Piringer

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Beim mentalen Training versteht man gedanklich geistige Übungen. In der Literatur wird oft auch vom psychologischen Training gesprochen, wobei unter diesem Training verschiedene Methoden wie zum Beispiel Autogenes Training, Psychohygiene, Muskelentspannungstechniken und andere mehr verstanden werden. Eine einheitliche Definition fällt schwer, da viele verschiedene Begriffe für dieses Training verwendet werden. Einige dieser Termini sind: Training auf höherer Regulationsebene, inneres Probehandeln, bildhafte Übung (imagery practice), Vorstellen (visualisation), Training durch innere Realisation und einige mehr (vgl. JANSSEN, 1995). Dokument aus dem Jahr 2004 im Fachbereich Sport - Sportpsychologie, Note: 1, Die Sportakademie.Wien (Bundesanstalt für Leibeserziehung), Veranstaltung: UEFA-A-Lizenz-Trainerausbildung, 0 Quellen im Literaturverzeichnis, Sprache: Deutsch.Author: Piringer, Karlheinz Publisher: GRIN Verlag Illustration: N Language: GER Title: Das Prinzip des mentalen Trainings Pages: 00015 (Encrypted PDF) On Sale: 2005-01-01 SKU-13/ISBN: 9783638348164 Category: Sports & Recreation : General

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