

Ausbildung Zum Erwerb Der Fitnesstrainer-b-lizenz - Lars Keller

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Das vorliegende Buch beinhaltet eine Hausarbeit zum Erwerb der Fitness-Trainer-B-Lizenz. Deren gibt es bekannterweise viele auf dem Markt, doch zeichnen sich die meisten von ihnen durch immer wiederkehrenden Formulierungen und eher theoretischen Inhalte wenig aus. Dieses Buch will anders sein! Am direkten Beispiel der Trainingssteuerung des Verfassers wird aufgezeigt, was gezieltes Fitnesstraining auch noch im 18. Trainings- und 35. Lebensjahr! bei einem motivierten Sportler zu bewirken vermag. An erster Stelle steht die konkrete Diagnose der sportlichen und gesundheitlichen Situation, es folgen die Kapitel über tatsächlich vorliegende biometrische Parameter, gesundheitliche Einschränkungen, sportliche Aktivitäten sowie Trainingswünsche und motive. Im Anschluss wird die Durchführung des ILB-Tests mit ausführlichen Tabellen veranschaulicht und damit für jedermann und jederfrau nachvollziehbar. Auch die Kapitel zu Beweglichkeitstests, Trainingsplanung, Auf- und Abwärmübungen sowie Trainingsdurchführung sind mit Grafiken und Fotos reich bebildert und laden damit zur konkreten Selbstanwendung und Überprüfung ein. Zum Schluss wird eine genaue Trainingsanalyse in Form von Evaluation und Re-Test vorgestellt. Letztlich will dieses Buch eine Anleitung für Hobbysportlerinnen und Sportler sein, die entweder am Anfang ihrer sportlichen Karriere stehen oder sich bereits mitten darin befinden, aber vielleicht einmal wieder ein wenig Motivation benötigen. Prinzipiell ist eine Übertragung auf die jeweils eigene Person möglich und gewünscht, und so eignet sich die Studie ebenso sehr gut als Leitfaden zur Erstellung einer eigenen Trainingsanalyse und damit eventuell auch zur einfachen und doch individualisierten Erstellung einer Hausarbeit in der Ausbildung zum Fitness-Trainer-B. Viel Vergnügen! Studienarbeit aus dem Jahr 2005 im Fachbereich Sport - Bewegungs- und Trainingslehre, Note: sehr gut, - (BSA-Akademie), 27 Quellen im Literaturverzeichnis, Sprache: Deutsch, Author: Keller, Lars Publisher: GRIN Verlag Illustration: N Language: GER Title: Ausbildung zum Erwerb der Fitnesstrainer-B-Lizenz Pages: 00052 (Encrypted PDF) On Sale: 2005-01-01 SKU-13/ISBN: 9783638408103 Category: Sports & Recreation : General Category: Crafts & Hobbies :

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