

Angst Im Sport - Sören Ha?

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Situationen, in denen Angst bei Schülern eine Rolle spielt, sind im Sportunterricht fast an der Tagesordnung. Angst ist also ein bedeutendes Thema, dass insbesondere in seiner Form im Sportunterricht nicht zu unterschätzen ist. In den folgenden Kapiteln soll geklärt werden, wie der Begriff Angst zu definieren ist, worin die Ursachen für Angst liegen und was sie auslösen kann (primäre Angstausslöser), unter welchen Symptomen Angst im Sport zu erkennen ist und schließlich welche Möglichkeiten der Lehrer hat, die Angst seiner Schüler zu reduzieren beziehungsweise abzubauen, aber auch welche Möglichkeiten der Schüler selbst hat, seine Ängste zu überwinden. Author: Haß, Sören Publisher: GRIN Verlag Illustration: N Language: GER Title: Angst im Sport Pages: 00013 (Encrypted PDF) On Sale: 2010-01-01 SKU-13/ISBN: 9783640758524 Category: Sports & Recreation : General

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