Verletzungen Im Volleyball - Martin Plessl

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Verletzungen zÃƒÂ¤hlen in der Karriere eines Sportlers immer wieder zu einschneidenden Erlebnissen.Kaum eine Sportler und kaum eine Sportart bleibt fÃƒÂ¼r immer von Verletzungen verschont. So verhÃƒÂ¤ltes sich auch beim Sportspiel Volleyball. Obwohl Volleyball eine Sportart ohne direkteGegnerberÃƒÂ¼hrung ist, zÃƒÂ¤hlt es doch zu den 'gefÃƒÂ¤hrlichen' Sportarten.Die GrÃƒÂ¼nde mich mit dieser Thematik zu befassen sind vielfÃƒÂ¤ltig. Einerseits bin ich persÃƒÂ¶nlich schonseit langem im Volleyballsport als Trainer tÃƒÂ¤tig, und die Liste der Spieler die an Verletzungen oderchronischen SchÃƒÂ¤den leiden, bestimmt nur allzu oft die Aufstellung und auch das Spielergebnis.Andererseits betreibe ich diesen Sport auch aktiv und habe im laufe meiner sportlichen Karriere mehrals einmal mit einer 'schweren' Verletzung (zur Begriffsabgrenzung spÃƒÂ¤ter) pausieren mÃƒÂ¼ssen.Aus diesen persÃƒÂ¶nlichen Erfahrungen ergaben sich einige Fragestellungen: Gibt es volleyballspezifische Verletzungen? Wenn ja welche sind diese? Welche Ursachen haben diese Verletzungen? Was sind die verletzungstrÃƒÂ¤chtigsten Elemente beim Volleyball? Welche MÃƒÂ¶glichkeiten gib t es, das Verletzungsrisiko zu minimieren?In der vorliegenden Arbeit werde ich versuchen, einige Antworten auf diese Fragen zu finden. DabeimÃƒÂ¶chte ich zunÃƒÂ¤chst einmal eine Begriffsbestimmung vor allem der Begriffe Sportverletzung undSportschaden durchfÃƒÂ¼hren. Danach soll die Struktur des Volleyballspiels analysiert werden, um einVerstÃƒÂ¤ndnis fÃƒÂ¼r die HandlungsablÃƒÂ¤ufe in diesem Sport zu vermitteln. AnschlieÃƒÂŸend werde ich auf dieArten und HÃƒÂ¤ufigkeiten von Sportverletzungen im allgemeinen und im Volleyball im speziellen eingehen, wobei auch ihre Diagnose und Behandlung zumindest kurz abgehandelt werden sollen.Weiters mÃƒÂ¶chte ich versuchen die Ursachen fÃƒÂ¼r Verletzungen im Volleyball zu klÃƒÂ¤ren. AbschlieÃƒÂŸendwerde ich einige MÃƒÂ¶glichkeiten zur VerletzungsprÃƒÂ¤vention anfÃƒÂ¼hren.Author: Plessl, Martin Publisher: GRIN Verlag Illustration: N Language: GER Title: Verletzungen im Volleyball Pages: 00021 (Encrypted PDF) On Sale: 2005-01-01 SKU-13/ISBN: 9783638390576 Category: Sports & Recreation : General

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