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TRAININGSPLAN AUSDAUERTRAINING MIT FAHRRADERGOMETERTEST (GERMAN EDITION)



Grin Verlag. Paperback. Condition: New. This item is printed on demand. Dimensions: 8.3in. x 5.8in. x 0.1in. Einsendeaufgabe aus dem Jahr 2014 im Fachbereich Sport - Bewegungs- und Trainingslehre, Note: 1, 6, Deutsche Hochschule für Prävention und Gesundheitsmanagement GmbH (BSA), Sprache: Deutsch, Abstract: Anhand eines Fallbeispiels findet in dieser Arbeit zunächst die Anamnese des Klienten statt; eines durchschnittlichen Breitensportlers, der seine Ausdauer in Vorbereitung eines Marathonlaufs verbessern möchte. Für die Leistungsdiagnostik wird der Hollmann- und Venrath-Test durchgeführt, der zur Beurteilung der...

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