

Trainingsplanung zu Beweglichkeits- und Koordinationstraining



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Reviews

This book is definitely not straightforward to get started on studying but extremely exciting to read. It is really simplistic but shocks in the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Ally Reichel)

TRAININGSPLANUNG ZU BEWEGLICHKEITS- UND KOORDINATIONSTRAINING



GRIN Verlag Jan 2015, 2015. Taschenbuch. Condition: Neu. Neuware - Studienarbeit aus dem Jahr 2014 im Fachbereich Sport - Bewegungs- und Trainingslehre, Note: 0,6, Deutsche Hochschule für Prävention und Gesundheitsmanagement GmbH, Sprache: Deutsch, Abstract: In der vorliegenden Arbeit wird anhand einer Testperson ein Trainingsplan aufgestellt, mit dessen Hilfe die Beweglichkeit und die Koordinationsfähigkeit der Testperson auf lange Sicht verbessert werden kann. Inhaltsangabe 1. Personendaten 1.1 Datensammlung 1.2 Bewertung der Daten auf die Belastbarkeit bzw Trainierbarkeit 2. Beweglichkeitstestung 3. Trainingsplanung Beweglichkeitstraining 3.1 Dehnübungen 3.2 Dehnprogramm 3.3 Beschreibung des Dehnprogramms 4. Trainingsplanung Koordinationstraining 4.1 Koordinationsübungen - Gleichgewicht 4.2 Beschreibung des Koordinationstraining 5. Literaturrecherche 5.1 Studie 1 5.2 Studie 2 32 pp. Deutsch.



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