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Herz, Sport Und Gesundheit

By Johannes Wiesner

Grin Verlag. Paperback. Condition: New. 56 pages. Dimensions: 8.1in. x 5.8in. x 0.3in. Studienarbeit aus dem Jahr 2007 im Fachbereich Sport - Sportmedizin, Therapie, Prvention, Ernährung, Note: 1,0, Ernst-Moritz-Arndt-Universität Greifswald, Veranstaltung: Sport und Gesundheit, 9 Quellen im Literaturverzeichnis, Sprache: Deutsch, Abstract: . . . Der finnische Kliniker Henschen beschrieb 1899 im Zuge einer sportmedizinischen Studie mit Skilanglaufers erstmals die physiologische Hypertrophie des Herzmuskels als heart of the athlete (Sportherz). Er konnte bei Athleten mit hohen Ausdauerbelastungen generell größere Herzen feststellen, sogar interdisziplinäre Unterschiede erkennen. 95km-Läufer attestierten Henschen ein größeres Herz als ihren Kurzstreckenkollegen. Er befand dieses kardiologische Phänomen physiologisch und funktionell effizient da es sich perfekt an die Belastungsintensitäten und -Umfänge adaptierte. . . . Henschen introduced the now generally understood distinction between the functionally efficient large heart of successful endurance athletes, as against the pathologically enlarged heart of patients with cardiac myopathy in whom it is indicative of severe progressive disease. (Jokl and Jokl in Schulte 1991, 5) Nach der erfolgreichen Einführung der Röntgentechnologie, konnten die teilnehmenden Athleten der Olympischen Spiele 1928 in Amsterdam durch eine umfassend stattfindende röntgenologische Bildgebung untersucht werden. Die Resultate verifizierten Henschens Ergebnisse. Auf die genaue Arbeitsweise, Funktionalität und Anpassungsreaktionen des Sportherzens und auf...



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