



Trainingslehre 3. Praxisanalyse mit einer 22-jährigen Kandidatin (German Edition)

Melanie Götz

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Studienarbeit aus dem Jahr 2014 im Fachbereich Sport - Bewegungs- und Trainingslehre, Note: 1,4,
Deutsche Hochschule für Prävention und Gesundheitsmanagement GmbH, Sprache: Deutsch, Abstract: In
der vorliegenden Arbeit soll der Verlauf eines Trainings mit einer 22-jährigen Studentin analysiert werden
und die körperliche Fitness durch diverse Ziele erweitert und verbessert werden. Es wird ein
Beweglichkeitstest durchgeführt und die Kandidatin auf Beweglichkeit trainiert. Dabei durchläuft sie
verschiedene Dehnungsaufgaben. Des Weiteren beschäftigt sich diese Praxisanalyse mit einem
Koordinationstraining.

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