



Trainingslehre 2. Praxisanalyse mit einer 28-jährigen Kandidatin (German Edition)

Lisa Fischer

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Studienarbeit aus dem Jahr 2014 im Fachbereich Sport - Bewegungs- und Trainingslehre, Note: 1,3,
Deutsche Hochschule für Prävention und Gesundheitsmanagement GmbH, Sprache: Deutsch, Abstract: In
der vorliegenden Arbeit soll der Verlauf eines Trainings mit einer 28-jährigen Versuchsperson analysiert
werden und die körperliche Fitness durch diverse Ziele erweitert und verbessert werden. Es wird unter
anderem versucht durch eigens an die Person angepasste Methoden eine Trainingsmotivation zu erzielen.
Die Versuchsperson hat sich für drei Ziele entschieden: Fettstoffwechseloptimierung durch
Langzeitdauertraining, Absenkung der Ruheherzfrequenz durch gezieltes Ausdauertraining, Stressabbau
durch niedrige Trainingsintensität.

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