



Trainer B-Lizenz: Trainingsplanung (German Edition)

Bernhard Rieden

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Studienarbeit aus dem Jahr 1999 im Fachbereich Sport - Bewegungs- und Trainingslehre, Note: Gut, BSA-Akademie Saarbrücken (Trainer B-Lizenz), Veranstaltung: Trainer B BSA-Akademie, Sprache: Deutsch, Abstract: I. TRAININGSSTEUERUNG

1. Diagnose

- Darstellung der Person

Die Person heißt Martin Muster ist 32 Jahre alt und trainiert seit Anfang des Jahres 1998 im Fitnessbereich Freizeit und Bodybuildingbereich. Die Testperson ist männlich, trinkt keinen Alkohol, und hat einen Nikotinabusus von ca. 10 - 15 Zig. /Tag.

Die Person befindet sich in vollem Training und ist hochmotiviert.

Der oben genannte ist sehr willensstark, ernährt sich gesund, achtet auf ausreichende Ruhephasen und erzielt somit schnell größtmögliche Steigerungen. Um den momentanen Leistungsstand festzustellen, wurde das folgende Testprotokoll (siehe umseitig) gemacht.

- Spezielle Parameter

TESTPROTOKOLL 6. November 1999 (...)



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