



Trainingsplanung für die Beweglichkeit und die Koordination (German Edition)

Vicky Tlatlik

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Studienarbeit aus dem Jahr 2012 im Fachbereich Sport - Bewegungs- und Trainingslehre, Note: 1,2,
Deutsche Hochschule für Prävention und Gesundheitsmanagement GmbH, Sprache: Deutsch, Abstract: Vor
dem Hintergrund der theoretischen Grundlagen und der individuellen Testergebnisse wird für einen Kunden
ein optimal angepasstes Beweglichkeits- und Koordinationstraining erstellt.

Aus der Anamnese geht hervor, dass Sport für den Kunden einen hohen Stellenwert einnimmt. Aufgrund
seines Studiums (Sportwissenschaft) und der jahrelangen Trainingserfahrung im Fußball, führt der Kunde
bereits ein individuelles angepasstes Ausdauer- und Krafttraining durch. Beim Fußballtraining ist jahrelang
das Beweglichkeits- und Koordinationstraining vernachlässigt worden. Aus dem Kundenwunsch geht hervor,
dass ein individuelles und sportartspezifisches Beweglichkeits- und Koordinationstraining erstellt werden
soll, welches der Kunde in sein bisheriges sportliches Wochenpensum integrieren kann.

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