



Erstellung eines Ausdauertrainingsplans (German Edition)

Vicky Tlatlik

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Studienarbeit aus dem Jahr 2012 im Fachbereich Sport - Bewegungs- und Trainingslehre, Note: 0,5, Deutsche Hochschule für Prävention und Gesundheitsmanagement GmbH, Sprache: Deutsch, Abstract: Aus der Anamnese geht hervor, dass Sport für den Kunden einen hohen Stellenwert einnimmt, welches sich durch seine berufliche Tätigkeit (Student der Sportwissenschaft) sowie der jahrelangen Trainingserfahrung im Fußball bestärkt. Aufgrund seines Studiums fallen verpflichtende Seminare in seine bisherigen Fußballtrainingseinheiten, so dass der Kunde vorerst zwei dieser Trainingseinheiten nicht mehr wahrnehmen kann. Die folgende Tabelle 2 gibt einen Wochenüberblick über das bisherige Sportpensum des Kunden an. Aus dem Kundenwunsch geht hervor, dass das Ausfallen der beiden Trainingseinheiten (mittwochs und freitags) kompensiert werden soll. Vor allem der Bereich der Ausdauer weist eine hohe Relevanz für ihn auf, um sonntags regulär an Fußballspielen teilnehmen zu können.

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