



Gesundheitsorientiertes Krafttraining. Entwurf eines Trainingsplans zur Prävention von Rückenschmerzen (German Edition)

Niklas Ackermann

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Studienarbeit aus dem Jahr 2015 im Fachbereich Sport - Bewegungs- und Trainingslehre, Note: 1,7, Deutsche Hochschule für Prävention und Gesundheitsmanagement GmbH, Sprache: Deutsch, Abstract: Die vorliegende Arbeit entwickelt einen 26-wöchigen Krafttrainingsplan für eine Person, die unter Rückenproblemen leidet. Neben einer ausführlichen Anamnese einer realen Person bietet der Autor eine Übersicht über den Trainingsplan und legt die Gründe für die Auswahl von Übungen und die Gestaltung des Planes in seiner finalen Form dar. Dabei geht er auch auf die individuelle Anatomie, Leistungsbereitschaft und weitere Eigenschaften der Person ein, für die der Plan erstellt wurde.

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