



# Angst im Sport (German Edition)

*Sören Haß*

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## **Angst im Sport (German Edition)** Sören Haß

Studienarbeit aus dem Jahr 2007 im Fachbereich Sport - Sportpädagogik, Didaktik, Note: 2,0, Universität Bremen, Veranstaltung: Begleitung des Halbjahrespraktikums, Sprache: Deutsch, Abstract: Situationen, in denen Angst bei Schülern eine Rolle spielt, sind im Sportunterricht fast an der Tagesordnung. Angst ist also ein bedeutendes Thema, dass insbesondere in seiner Form im Sportunterricht nicht zu unterschätzen ist.

In den folgenden Kapiteln soll geklärt werden, wie der Begriff Angst zu definieren ist, worin die Ursachen für Angst liegen und was sie auslösen kann (primäre Angstauslöser), unter welchen Symptomen Angst im Sport zu erkennen ist und schließlich welche Möglichkeiten der Lehrer hat, die Angst seiner Schüler zu reduzieren beziehungsweise abzubauen, aber auch welche Möglichkeiten der Schüler selbst hat, seine Ängste zu überwinden.

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