



Schnellkraft und Schnellkrafttraining (German Edition)

Marco Danisch

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Studienarbeit aus dem Jahr 1998 im Fachbereich Sport - Bewegungs- und Trainingslehre, Note: 1, Universität Bremen (Institut für Sportwissenschaften), Veranstaltung: Ausgewählte Themen der Trainingswissenschaft, Sprache: Deutsch, Abstract: Die vorliegende Arbeit befaßt sich mit dem Thema „Schnellkraft und Schnellkrafttraining“. Schwerpunkte innerhalb dieser Themenstellung sind die Verdeutlichung der physiologischen Grundlagen der Schnellkraft, der Bezug auf Kinder und Jugendliche, sowie abschließend eine Übertragung in die Praxis, u.a. in Form einer praktischen Unterrichtsstunde. Ebenso wird unsererseits eine Übersicht über schon in der Veranstaltung behandelte Themen wie z.B. Muskelaufbau oder Trainingsmethoden gegeben. Diese werden inhaltlich auf das Thema Schnellkraft bezogen.

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